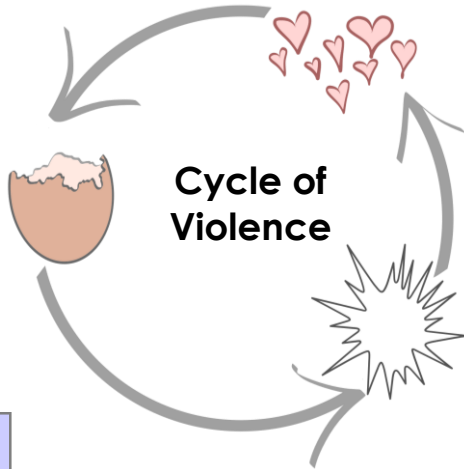


# Intimate Partner Violence Fact Sheet

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

<b>SECTION 1</b>	<p>Intimate partner violence, also known as relationship abuse, describes a pattern of <b>physical violence</b>, <b>sexual violence</b>, <b>stalking</b>, or <b>psychological aggression</b> by a current or former <b>intimate partner</b>.<sup>81</sup></p> <p style="text-align: center;">Abuse is about <b>POWER</b> and <b>CONTROL</b>. <b>NO ONE</b> deserves or wants abuse.</p>												
<b>SECTION 2</b>	<p><b>Lifetime prevalence of rape, physical violence, and stalking by an intimate partner<sup>2</sup></b></p> <table border="0"> <tr> <td><b>For women:</b></td> <td><b>For men:</b></td> </tr> <tr> <td>Heterosexual 35%</td> <td>Gay 26%</td> </tr> <tr> <td>Lesbian 43.8%</td> <td>Heterosexual 29%</td> </tr> <tr> <td>Bisexual 61.1%</td> <td>Bisexual 37%</td> </tr> </table> <p style="text-align: center;">Trans identity was not asked about in the survey</p>	<b>For women:</b>	<b>For men:</b>	Heterosexual 35%	Gay 26%	Lesbian 43.8%	Heterosexual 29%	Bisexual 61.1%	Bisexual 37%	 <p><b>Cycle of Violence</b></p>	<p>Intimate partner violence occurs in <b>heterosexual</b> relationships as well as in <b>LGBTQ+</b> relationships.</p>		
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<b>SECTION 3</b>	<p><b>Signs someone is in an abusive relationship:<sup>3</sup></b></p> <ul style="list-style-type: none"> <li>• Signs of physical abuse</li> <li>• Signs of depression, such as sadness, lack of energy, changes in sleep or appetite, withdrawing from normal activities</li> <li>• Anxiety or worry</li> <li>• Changes in self-care, less attention to hygiene, appearance, grades</li> <li>• Self-harm</li> <li>• Increase in risky behavior</li> </ul>	<p><b>Reasons why people might stay in an abusive relationship:</b></p> <ul style="list-style-type: none"> <li>• Financially dependent</li> <li>• Hope that the abuser will change</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<p><b>How to help someone in an abusive relationship:<sup>4</sup></b></p> <ul style="list-style-type: none"> <li>• Remind them it's not their fault</li> <li>• Believe them</li> <li>• Listen without judgment</li> <li>• Encourage them to <b>seek professional help</b></li> <li>•</li> <li>•</li> <li>•</li> </ul>										
<b>SECTION 4</b>	<p><b>Resources:</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 20%;"><b>One Love</b> 1-844-832-6548 <a href="http://www.joinonelove.org">www.joinonelove.org</a></td> <td style="width: 20%;"><b>StarVista Crisis Line</b> 650-579-0350 <a href="http://www.star-vista.org">www.star-vista.org</a></td> <td style="width: 20%;"><b>National Domestic Violence Hotline</b> 1-800-799-7233 <a href="http://www.thehotline.org">www.thehotline.org</a></td> <td style="width: 20%;"><b>Community Overcoming Relationship Abuse</b> 650-312-8515 <a href="http://www.teenrelationships.org">www.teenrelationships.org</a></td> <td style="width: 20%;"><b>LGBTQ+ Ally: Community United Against Violence</b> 415-333-HELP (4357) <a href="http://www.cuav.org">www.cuav.org</a></td> </tr> </table> <p style="text-align: center;"><b>National Human Trafficking Hotline</b> 1-888-373-7888 <a href="http://www.humantraffickinghotline.org">www.humantraffickinghotline.org</a></p>					<b>One Love</b> 1-844-832-6548 <a href="http://www.joinonelove.org">www.joinonelove.org</a>	<b>StarVista Crisis Line</b> 650-579-0350 <a href="http://www.star-vista.org">www.star-vista.org</a>	<b>National Domestic Violence Hotline</b> 1-800-799-7233 <a href="http://www.thehotline.org">www.thehotline.org</a>	<b>Community Overcoming Relationship Abuse</b> 650-312-8515 <a href="http://www.teenrelationships.org">www.teenrelationships.org</a>	<b>LGBTQ+ Ally: Community United Against Violence</b> 415-333-HELP (4357) <a href="http://www.cuav.org">www.cuav.org</a>			
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<sup>81</sup> CDC (2016). Intimate Partner Violence Retrieved from <http://www.cdc.gov/violenceprevention/intimatepartnerviolence/>

<sup>2</sup> CDC (2016). The National Intimate Partner and Sexual Violence survey. Retrieved from [https://www.cdc.gov/violenceprevention/pdf/nisvs\\_sofindings.pdf](https://www.cdc.gov/violenceprevention/pdf/nisvs_sofindings.pdf)

<sup>3</sup> RAINN (Rape, Abuse & Incest National Network). (2016). Warning Signs for Teens. Retrieved from <https://www.rainn.org/articles/warning-signs-teens>

<sup>4</sup> The National Domestic Violence Hotline. (2016). Help a Friend or Family Member. Retrieved from <http://www.thehotline.org/help/help-for-friends-and-family/>

# Healthy Relationships Brainstorm

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

*Directions:* As you read the questions below, reflect on how they might apply to different relationships you have: family, friends, significant others, etc. The answers might be personal, so you will simply get credit for completing this worksheet.

1) If I get upset with someone I care about how do I want to address it?

2) If someone I care about is upset how will I support them?

3) If I am upset what can I do to make myself feel better?

4) Describe a time you have compromised in one of your relationships.

5) How do I want to show appreciation to someone I care about?

6) What is important to me in a relationship or in a partner?