

Domestic violence is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. Domestic violence doesn't discriminate. People of any race, age, gender, sexuality, or economic status can be a victim - or a perpetrator - of domestic violence.

Every relationship is certainly different, but one feature shared by most abusive relationships is that the abusive partner tries to establish or gain power and control through many different methods at different moments.

Verbal abuse: when someone says things to intentionally scare you, degrade you, or otherwise damage your self-worth

Physical abuse: any intentional, unwanted contact with you or something close to your body, or any behavior that has the intention of causing you injury, disability, or death

Emotional & verbal abuse: non-physical behaviors such as threats, insults, constant monitoring or "checking in," excessive texting, humiliation, intimidation, isolation, or stalking

Sexual abuse: any behavior that pressures or coerces someone to do something sexually that they don't want to do

Financial abuse: controlling access to money or preventing you from earning an income



No one deserves to experience abuse of any kind - for any reason. Every type of abuse is serious. Abuse of any kind is never your fault - no matter what anyone says to suggest otherwise.

People who abuse others do so in an effort to keep power and control. They might do this for any number of reasons. Abusive behavior often stems from a history of trauma and can be connected to other external/internal factors.

We're all affected by the issue of domestic violence. Talking about abuse is hard, but knowing how to have conversations that empower survivors to make their own decisions is one of the most important ways you can help someone in an abusive relationship reach a safer place.



Everyone deserves healthy relationships. When you're ready, help is available.

FREE 24/7 HOTLINES:

1-800-799-7233
thehotline.org

988 - Suicide Lifeline

LOCAL RESOURCES AND SHELTERS:

childandfamilyservice.org

pachawaii.org

domesticviolenceactioncenter.org

CAMPUS RESOURCES:

Security
(808) 675-3911

Title IX
(808) 675-4585

WSR
(808) 675-3024