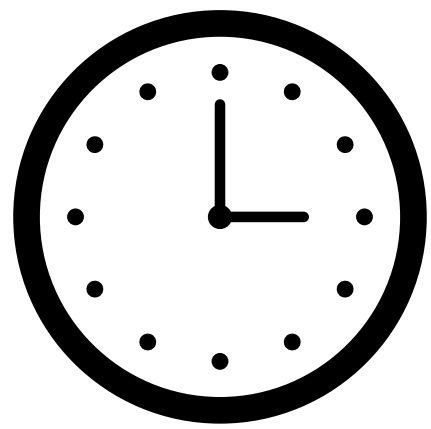
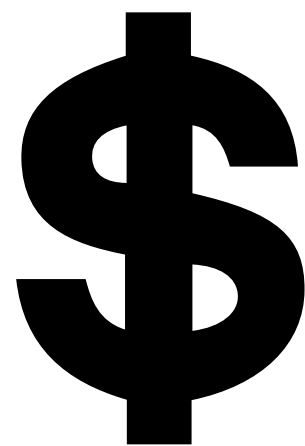


#UMESLovesHealthy



Nearly 20 people per minute are physically abused by an intimate partner in the United States

The cost of intimate partner violence exceeds \$8.3 billion per year, mostly on direct medical and mental health services



43% of dating college women reported experiencing abusive behaviors from their partner



1 in 4 women and 1 in 9 men experience intimate partner violence

There are limited studies on domestic violence and non-heterosexual and transgender people but the prevalence of abusive relationships is not limited to a specific sexual orientation or gender identity

Source: National Coalition Against Domestic Violence

Help is Available!

Office of Institutional Equity and Compliance

Monday-Friday, 8:00 AM-5:00 PM

410-651-6135

www.umes.edu/OIE

Counseling Services

Monday-Friday, 8:00 AM-5:00 PM

410-651-6449

www.umes.edu/CounselingCenter

Public Safety

410-651-3300

www.umes.edu/Police

Life Crisis Center

410-749-HELP (4357)

www.lifecrisiscenter.org

National Domestic Violence Hotline

1-800-799-7233

KNOW THE SIGNS!

SIGNS OF PHYSICAL ABUSE

- Hitting, punching, kicking, shoving, choking, slapping, stabbing, shooting, pulling, pushing
- Abusing, injuring, or threatening to injure others or pets
- Withholding of physical needs including interruption of sleep or meals
- Forcible physical restraint including being held hostage, being held down, or having exits blocked
- Hitting or kicking walls during an argument, destruction of property

SIGNS OF EMOTIONAL ABUSE

- Using actions, statements, or gestures that undermine the victim's sense of self-worth
- Acting jealous or possessive, accusations of being with other partners
- Withholding affection or acknowledgment as a form of punishment
- Using reality-distorting statements to create confusion and insecurity

SIGNS OF SEXUAL ABUSE

- Using force, coercion, guilt, or manipulation to get victim to perform sexual acts
- Involuntary restraining, choking, striking, or holding during sex
- Forcing the victim to watch pornography

SIGNS OF REPRODUCTIVE COERCION

- Refusing to use a condom or other forms of contraception
- Interfering with birth control efforts such as poking holes in condoms, disposing of pills, forcibly removing an IUD, etc.
- Forcing victim to become pregnant
- Forcing victim to get an abortion, or preventing victim from getting one

SIGNS OF DIGITAL ABUSE

- Recording, distributing, or threatening to distribute sexually explicit photos or videos of the victim
- Using social media to track where the victim is and what they are doing
- Looking through the victim's phone to check call history, texts, pictures, etc.

SIGNS OF FINANCIAL ABUSE

- Controlling the family income and limiting the victim's access to funds
- Causing the victim to lose their job or preventing them from working

SIGNS OF STALKING

- Watching victim from a distance
- Harassing telephone calls or notes
- Breaking into victim's house or car
- Violation of restraining orders