

# WHAT IS DONE TO ONE IS FELT BY ALL

## PROTECT OUR LOVED ONES

45% of American Indian/Alaska Native women have experienced Intimate Partner Violence (IPV), and 1 in 7 men is a victim of IPV Intimate Partner Violence.

**Intimate Partner Violence** is also called domestic violence. It includes physical, sexual, or psychological violence that occurs between current and former spouses or partners. IPV affects both heterosexual and same-sex couples, even if they do not have a sexual relationship.

### Forms of IPV:

- **Physical violence** – grabbing, shaking, shoving, choking, punching, etc.
- **Sexual violence** – using force or intimidation to make a person engage in an unwanted sexual act
- **Threats of violence** – displaying a weapon, or using words or gestures to indicate an intent to physically harm or kill another person
- **Psychological/emotional violence** – isolation, intimidation, controlling behavior, or verbal abuse such yelling, name calling, blaming, and shaming

**You may be in an abusive relationship if your partner:**

- Embarrasses you with put-downs
- Controls what you do, who you see, and where you go
- Downplays the abuse, tells you it's your fault, or denies doing it
- Intimidates you with guns, knives, or other weapons
- Threatens to complete suicide or to kill you if you leave

**If you know someone who is in an abusive relationship:**

- Tell them that you are concerned for their safety
- Acknowledge that they are in a difficult situation
- Be supportive
- Encourage them to get help

**If you or someone you know is experiencing intimate partner violence:**

- Call 911 if anyone is in immediate danger.
- Contact the National Domestic Violence Hotline: 1-800-799-SAFE (7233) or visit [www.thehotline.org](http://www.thehotline.org)

For more information on resources to help victims, contact the National Domestic Violence Hotline: 1-800-799-SAFE (7233) or visit [www.thehotline.org](http://www.thehotline.org)



(Placeholder for local resource label)