

**If you are experiencing
Domestic Violence or relationship
violence, you are not alone.
There is help available to you.**

If you are in immediate danger, call 911.

CAMPUS RESOURCES

The Wellness Center*

(Counseling and Health Services)

Located on the 3rd floor of the Elliot Center
603-358-2200 | Afterhours: 603-358-2436

Campus Safety	Title IX Coordinator
603-358-2228	603-358-2010

COMMUNITY RESOURCES

MCVP Crisis and Prevention Center*

24-Hour Confidential Hotline:
1-888-511-6287 or 603-352-3782

Keene Police Department:
911 | Non-Emergency line: 603-357-9813

NATIONAL RESOURCES

National Sexual Assault Hotline*

1-800-656-4673

National Domestic Violence Hotline*

1-800-799-7233

The Network La Red*

(LGBTQIA+ relationship violence hotline)
1-800-832-1901

Safe Horizon Stalking Hotline*

1-800-621-4673

** Indicates a confidential resource*

SOURCES & ADDITIONAL INFORMATION

National Domestic Violence Hotline

www.thehotline.org

Centers for Disease Control and Prevention

www.cdc.gov/violenceprevention

Love Is Respect

www.loveisrespect.org

One Love Foundation

www.joinonelove.org

Planned Parenthood

www.plannedparenthood.org

Keene State's Sexual Violence Prevention

Virtual Resource Center

www.keene.edu/svprc

New Hampshire Coalition Against

Domestic and Sexual Violence

www.nhcadsv.org



The Wellness Center

3rd Floor, Elliot Center
603-358-2200
ksc-wellnesscenter@keene.edu

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Domestic & Relationship Violence

**Information, Supports,
and Resources**



WHAT IS DOMESTIC & RELATIONSHIP VIOLENCE?

Domestic Violence (also referred to as Intimate Partner Violence, dating abuse, or relationship violence) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.



Remember: no one deserves to experience abuse of any kind—for any reason.

National Domestic Violence Hotline



Domestic Violence doesn't discriminate.

People of any race, age, gender, sexuality, religion, education level, or economic status can experience—or perpetrate—domestic violence. That includes behaviors that physically harm, intimidate, manipulate or control a partner, or otherwise force them to behave in ways they don't want to, including through physical violence, threats, emotional abuse, or financial control.

WHAT MIGHT DOMESTIC VIOLENCE LOOK LIKE?

Domestic Violence (DV) or relationship violence can vary in how often it happens and how severe it is. It can range from one episode of violence that could have lasting impact to chronic and severe episodes over multiple years. DV or relationship violence can include any of the following types of behavior:

- **Physical violence** is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- **Sexual violence** is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.
- **Stalking** is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.
- **Psychological aggression** is the use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or to exert control over another person.

COMMON SIGNS OF ABUSIVE BEHAVIOR

Even 1 or 2 of these behaviors in a relationship is a red flag that abuse may be present:

- Telling you that you never do anything right.
- Showing extreme jealousy of your friends or time spent away from them.
- Preventing or discouraging you from spending time with friends, family members, or peers.
- Insulting, demeaning, or shaming you, especially in front of other people.
- Preventing you from making your own decisions, including about working or attending school.
- Pressuring you to have sex or perform sexual acts you're not comfortable with.
- Pressuring you to use drugs or alcohol.
- Intimidating you through threatening looks or actions.
- Intimidating you with weapons.
- Destroying your belongings or your home.



Abuse usually isn't isolated—it forms a pattern of behaviors that collectively make the victim question their own self-worth and become further entrenched in the abusive relationship.

Love Is Respect



According to the CDC's 2018 National Intimate Partner and Sexual Violence Survey, about **1 in 4 WOMEN** & nearly **1 in 10 MEN**

have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime and reported some form of IPV-related impact.