

OCTOBER IS NATIONAL  
**DOMESTIC  
VIOLENCE**  
AWARENESS MONTH



**DOMESTIC VIOLENCE  
IN AN INTIMATE  
RELATIONSHIP CAN  
INCLUDE:**

-  Willful intimidation and/or threats.
-  Physical and/or sexual assault and battery.
-  Emotional and/or psychological abuse.
-  Criminal harassment (i.e. stalking).
-  Economic abuse (i.e. power over finances to control).
-  Repetitive pattern of controlling dominance.

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**National Domestic Violence Awareness Month** helps to unify victims of domestic and partnership abuse, an issue which is prevalent in every community affecting all people regardless of age, gender, socioeconomic status, sexual orientation, race, religion, or nationality.

**National Domestic  
Violence Hotline:**

<https://www.thehotline.org/>

**CALL: 800-799-7233**

**TEXT: "BEGIN" to 88788**

**San Mateo County  
Domestic Violence  
Support Hotline:**

<https://www.corasupport.org/>

**Love shouldn't  
hurt!  
Please don't feel  
alone in this and  
reach out!**

**COMMON SIGNS OF ABUSIVE BEHAVIOR IN A PARTNER INCLUDE:**

**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 others, particularly 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.**

**Controlling finances in the household without discussion, such as taking your money or refusing to provide money for necessary expenses.**

**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.**

**Insulting your parenting or threatening to harm or take away your children or pets.**

**Intimidating you with weapons like guns, knives, bats, or mace.**

**Destroying your belongings or your home.**