



RIVERS OF HOPE

Advocates for Ending Family Violence

What is Family Violence?

Family violence is a pattern of behaviors used to establish and maintain power and control over another person. It can include verbal, physical, emotional, psychological and sexual attacks.

Family violence is a social problem, not an individual family problem. Regardless of gender or age, anyone can be a victim of family violence, but no one needs to be. Family violence is a crime.

Signs of Family Violence

You may be in an abusive relationship or the victim of family violence if someone close to you:

- Touches or talks to you inappropriately
- Discourages or forbids you to spend time with family or friends
- Blames you for everything that goes wrong
- Controls all finances or withholds necessities
- Threatens to harm you, your children, family, friends or pets
- Destroys your personal property
- Pushes, hits, punches or kicks you or your children
- Forces you to perform sex acts against your will