

Domestic Violence (DV)

Frequently Asked Questions

1Q What is domestic violence (**DV**)?

A Domestic violence describes when one partner in a domestic relationship intimidates, physically assaults, and/or abuses another partner in any other way.

2Q What are the categories of domestic violence?

A

- Emotional/verbal abuse (name calling)
- Physical (choking, kicking, punching, slapping)
- Psychological (threatening)
- Sexual (forced sex acts)

3Q What behaviors are common to abusive domestic relationships?

A

- Blaming a partner for the abuse
- Destroying a partner's personal property
- Threatening to physically or emotionally hurt a partner and/or children in the partnership
- Trying to control all aspects of a partner's life

4Q How can one gain safety from an abusive partner?

A

- Call 9-1-1 if physical harm is likely
- Change door locks
- Change phone number/s
- Gather and keep evidence of all abusive behavior
- Obtain a legal restraining order
- Prepare an emergency travel bag to use if abusive danger forces an abrupt departure

True or False?

1 Only US citizens may obtain legal restraining orders against abusive domestic partners.

False Non-citizens and non-permanent residents of the United States may obtain restraining orders, at no cost, from police stations, women's shelters, and courthouses. A restraining order prevents an abuser from contacting or touching an abusee.

2 Five in every 10 refugee women seek safety from domestic violence.

False One in every 10 refugee women seeks safety from domestic violence. Abused refugee women often fail to report domestic violence for the following reasons:

- Cultural or personal belief that domestic abuse is acceptable behavior
- Fear of feeling shame among family members

- Fear of losing the emotional / financial support from the abusive partner
- Fear of US deportation

3 Only women are victims of domestic violence.

False One in every seven men, at some point in life, has suffered severe physical abuse by an intimate partner. However, men are less likely than women to report abuse.

San Diego Domestic Abuse Advocacy, Education, and Legal Help

Domestic abuse can seriously impact a person's mental and physical health. If you or someone you know is suffering abuse, seek appropriate assistance from the resources that follow.

Center for Community Solutions

1122 Broadway
San Diego, CA 92101
(866) 933-4673
ccssd.org

Family Justice Center

sandiego.gov/sandiegofamilyjusticecenter

Nile Sisters Development Initiative

5532 El Cajon Blvd, Suite 6
San Diego, CA 92115
(619) 265-2959

San Diego Housing Commission Building

1122 Broadway, 2nd Floor
San Diego, CA 92101
(866) 933-4673
(619) 533-6000

YWCA Legal Clinic

1012 C Street
San Diego, CA 92101
(619) 239-2341

Emergency Help, Hotlines, and Shelters

Becky's House

1012 C St.
San Diego, CA 92101
(619) 239-0355

Crisis House

Street address not published in order to protect the safety of residents.
(619) 444-1194

National Domestic Violence Hotline

(800) 799-7233

Rachel's Women's Center and Night Shelter

Street address not published in order to protect the safety of residents.
(619) 696-0873

Women's Resource Center

1963 Apple St.
Oceanside, CA 92054
(760) 757-3500 24-hour hotline

NSDI (Nile Sisters Development Initiative) provides general information and discussion about health-related subjects. Content provided, including text and photographs, is not intended to be and should not be construed to be medical advice. Anyone having a medical concern should consult an appropriately licensed physician or other healthcare worker.

Nile Sisters Development Initiative | 5532 El Cajon Boulevard, Suite 5 | San Diego, CA 92115-3642 | (619) 265-2959

This project / publication was supported by funding awarded by state / federal grant fund K117011223 through the California Governor's Office of Emergency Services (**Cal OES**). The opinions, findings, and conclusions in this publication are those of the author and not necessarily those of **Cal OES**. **Cal OES** reserves a royalty-free, nonexclusive, and irrevocable license to reproduce, publish, and use these materials and to authorize others to do so.