

BRUISES

ARE NOT JUST PHYSICAL

Intimate Partner Violence (IPV) is a *repeated* behavior in any relationship that is used by one partner to gain or maintain *power* and *control* over another intimate partner.

"WHEN WE FIGHT, SHE ALWAYS GRABS WHATEVER'S NEAR HER AND THROWS IT AT ME."

Physical Abuse: any intentional and unwanted contact with you or something close to your body.

"WE SHARE A BANK ACCOUNT, BUT SHE WON'T LET ME HAVE ACCESS TO IT."

Economic abuse: making or attempting to make an individual financially dependent

"HE WANTS ME TO ONLY SPEND TIME WITH HIM, SO I'VE LOST MY FRIENDS."

Emotional abuse: undermining individual's sense of self worth and/or self-esteem

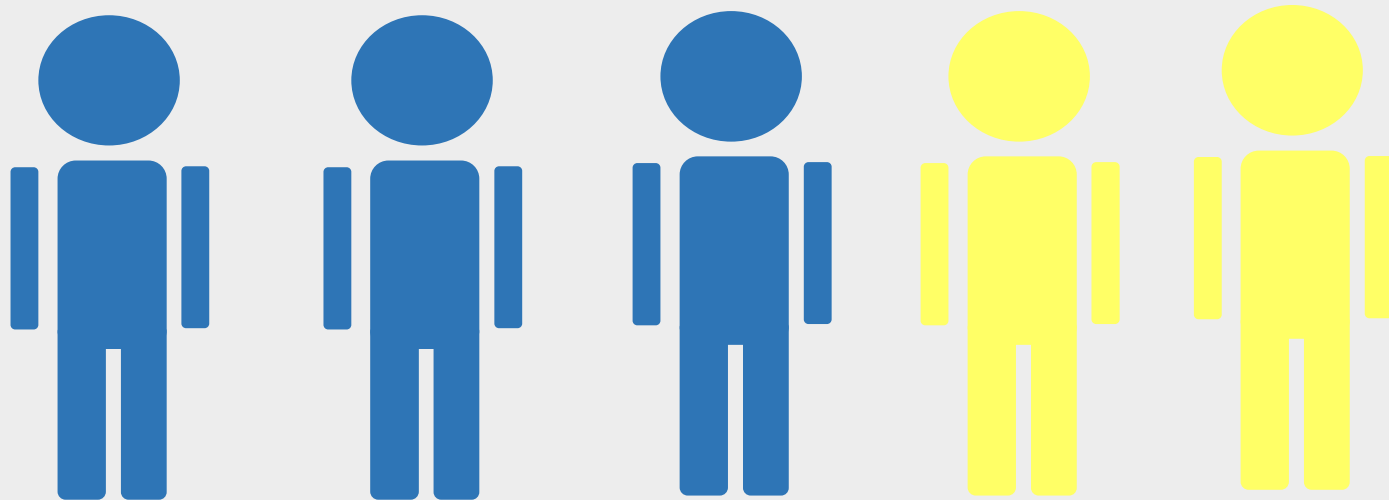
"HE REFUSES TO USE A CONDOM EVEN IF I ASK HIM TO."

Sexual abuse: any action that pressures or coerces someone to do something sexually they don't want to do

A **healthy relationship** allows both partners to feel *supported* and *connected* yet still independent. It is based on mutual *respect*, *trust*, and *equality*.

"HE PUNCHES THE WALL NEXT TO ME TO SCARE ME."

Psychological abuse: fear by intimidation



3 out of **5**

college students are victims or know someone who is a victim of IPV.

DO YOU IDENTIFY WITH ANY OF THESE FORMS OF INTIMATE PARTNER VIOLENCE?

Take the "Is My Relationship Healthy?" quiz on www.loveisrespect.org/#quizhome

For information or if you are concerned about you or your friend's safety, visit these resources:

- Love is Respect: www.loveisrespect.org
- The National Domestic Violence Hotline: www.thehotline.org
- For emergencies call 9-1-1