YOU ARE NOT ALONE...

1. 1 in 3 women and 1 in 4 men have been victims of (some form of) physical violence by an intimate partner within their lifetime.¹

2. 72% of all murder-suicides involved an intimate partner; 94% of the victims of these crimes are female.²

3. On a typical day, domestic violence hotlines receive approximately 21,000 calls, an average of close to 15 calls every minute.³

4. Nearly half of all women and men in the United States have experienced psychological aggression by an intimate partner in their lifetime.⁴

5. An estimated 10.7% of women and 2.1% of men have been stalked by an intimate partner during their lifetime.⁵

For more info please visit www.pcadv.org

References

ACCESS York
eliminating racism empowering women
ywca
ACCESS York & Victim Assistance Center
P.O. Box 30
York, PA 17405
Phone: 717.846.5400
Toll Free: 1.800.262.8444
Hanover (Still Waters): 717.637.2235
Administration: 717.845.2631
www.ywca-york.org

NO MORE
eliminating racism empowering women
ywca
ACCESS York & Victim Assistance Center
717.846.5400 • 1.800.262.8444
**ABOUT ACCESS YORK**

ACCESS York was established in 1980 to provide services to victims of domestic violence. All services are free and confidential to victims and their loved ones.

- 24-Hour Hotline
- Shelter (York and Hanover)
- Options and Supportive Information
- Support Groups
- Legal Advocacy and accompaniment through the legal process
- Medical/Hospital Advocacy
- Community Education
- Dating Violence Education to schools and youth groups
- Transitional Housing
- Outreach
- Referral Information

**WHAT IS DOMESTIC VIOLENCE?**

- A pattern of coercive behavior used to exercise power and control over another person. Domestic violence occurs between intimate partners or family members.

**TYPES OF DOMESTIC VIOLENCE**

- **Physical**: hitting, slapping, kicking, biting, strangling (choking)
- **Sexual**: rape, unwanted touching, any coerced sexual activity
- **Emotional**: Name calling, put downs. Tries to make you think you're crazy or makes you feel guilty.
- **Digital**: The use of technologies such as texting and social networking to bully, harass, stalk or intimidate a partner.
- **Economic**: Prevents you from getting or keeping a job. Gives you an allowance. Takes your money. Doesn't allow you to have access to family income.
- **Other warning signs**: Isolation, Denies abuse, Blames you, Intimidation, Uses children

**IF YOU ARE A VICTIM OF DOMESTIC VIOLENCE**

- Know where to get help. Keep a list of important phone numbers (police, domestic violence shelter, hospital) with you.
- Plan with your children. Identify a safe place for them (room with a lock, neighbor's house). Let them know that their job is to stay safe, not to protect you.
- Arrange a signal with a neighbor for when you need help.
- Establish a safe place for important papers, spare keys, and money.
- Seek medical attention if necessary. Tell them what happened. Take pictures of any injuries.

**Call our 24-hour domestic violence hotline at 1-800-262-8444 or 717-846-5400**

If you know someone who is a Victim of Domestic Violence...

- Listen
- Believe them
- Be patient
- Know where to refer them for help