

What is domestic violence?



The U.S. Department of Justice defines domestic violence as “a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.”

It can be:¹

Emotional

Psychological

Economic

Sexual

Physical

Who's most likely to be a victim of domestic violence?

Domestic violence impacts individuals in every community regardless of age, race, gender, religion, economic status or educational background. But women are more likely than men to experience it.



Almost **1 in 4** women and **1 in 7** men experience severe physical violence* from a partner.²



About 3/4 of people who experience violence from a family member are female.³

Is your relationship healthy? Ask yourself if you ever⁶ ...

- Yell at your partner
- Criticize or belittle your partner
- Act excessively jealous and/or possessive
- Ignore or put down your partner's opinions and/or accomplishments
- Control where your partner goes
- Control your partner's activities

Then ask yourself if your partner does the above things to you.

If you're experiencing domestic violence — or think you may be treating your loved ones in an unhealthy way — get help now. Call **Here4TN at 855-Here4TN (855-437-3486)** or visit **Here4TN.com** to find out what resources are available to you. It's confidential, so no one will know you called. If you're in immediate danger, call 911.

Domestic violence is a big problem in Tennessee.

9th highest rate of women killed by men⁴

women are **3x** as likely as men to experience domestic violence⁵

Along with physical threats, it can cause:

- Depression
- Anxiety
- Flashbacks
- Insomnia

78,100 domestic violence cases reported in 2016⁵

Juveniles account for almost **10%** of reported cases⁵



*Severe physical violence includes being hit with a fist or something hard; being kicked; having hair pulled; being slammed against something; being choked or suffocated; being beaten; being burned on purpose; or being threatened or harmed with a knife or gun

1. U.S. Department of Justice. Domestic Violence. Available at: <https://www.justice.gov/ovw/domestic-violence>. Accessed September 26, 2017.
2. Centers for Disease Control and Prevention. Facts Everyone Should Know About Intimate Partner Violence, Sexual Violence and Stalking. Available at: <https://www.cdc.gov/violenceprevention/pdf/NISVS-infographic-2016.pdf>. Accessed September 26, 2017.
3. U.S. Department of Justice. Family Violence Statistics. Available at: <https://www.bjs.gov/content/pub/pdf/fvs02.pdf>. Accessed September 26, 2017.
4. Tennessee Bureau of Investigations Domestic Violence 2013–2015 Report (September 20, 2016). The Tennessean. Tennessee, again, ranks high in women killed by men. Available at: <http://www.tennessean.com/story/news/crime/2016/09/20/tennessee-again-ranks-high-women-killed-men/90741480/>. Accessed September 26, 2017.
5. Tennessee Bureau of Investigations. TBI Releases Annual Studies on School Crime, Domestic Violence. Available at: <https://www.tn.gov/tbi/news/50884>. Accessed October 14, 2017.
6. Helpguide. Domestic Violence and Abuse. Available at: <https://www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htm>. Accessed October 14, 2017.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.