

Domestic Violence

What is Domestic Violence?

Domestic violence is when a caregiver, parent, spouse or partner uses abusive behavior to control the behavior of a child or partner. Women who are victims of domestic violence are more likely to suffer from depression, anxiety and substance abuse.

Domestic Violence Includes

- Physical abuse like hitting, slapping, choking, kicking, shaking, throwing objects, threats or physical restraint
- Emotional abuse like name calling, verbal attacks, humiliation, destroying personal items, harming pets or extreme jealousy
- Sexual abuse like unwanted touching or forced sexual acts
- Economic abuse like controlling access to money or forbidding the partner to work

If you are a Victim of Domestic Violence

- GO TO A SAFE PLACE– this can be the home of a friend or relative where the abuser cannot find you or an emergency shelter.
- Come up with a safety plan of what you need to do and what to bring with you in an emergency situation.
- Take your children with you.
- Don't forget to bring your house keys, money and important documents with you.
- File an injunction for protection (restraining order) either at the Emergency Shelter or by contacting the Hillsborough County Domestic Violence 24-hour Hotline at (813) 247-SAFE or (813) 247- 7233