



# Take A STAND Against Domestic Violence

## What is Domestic Violence (DV)?

According to the Center for Family Justice, DV is a form of abuse with a pattern of coercive, controlling behavior that is a pervasive life-threatening crime affecting people in all our communities regardless of gender, age, sexual orientation, race, ethnicity, religion, social standing and immigration status. Abuse is not love. It is one person in a relationship having power and control over the other person. DV takes on multiple forms, including physical, emotional, economical, harassment and sexual.

**Victims of Domestic Violence** are both women and men, young and old, from all backgrounds and socioeconomics, may become victims of DV.

According to the National Coalition Against Domestic Violence:

- 1 in 4 women and 1 in 10 men experience sexual violence, physical violence and/or stalking by an intimate partner during their lifetime with 'IPV-related impact' such as being concerned for their safety, PTSD symptoms, injury, or needing victim services.
- Approximately 1 in 5 female victims and 1 in 20 male victims need medical care.
- Female victims sustain injuries 3x more often than male victims.
- 1 in 5 female victims and 1 in 9 male victims need legal services.
- 23.2% of women and 13.9% of men have experienced severe physical violence by an intimate partner during their lifetime.

## Signs Someone You Know Is Being Abused

- ⇒ Excuses for injuries
- ⇒ Personality changes, like low self-esteem in someone who was always confident
- ⇒ Constantly checking in with their partner
- ⇒ Never having money on hand
- ⇒ Overly worried about pleasing their partner
- ⇒ Skipping out on work, school, or social outings for no clear reason
- ⇒ Wearing clothes that don't fit the season, like long sleeves in summer to cover

### *When you suspect domestic violence, you should:*

- Notify the proper authorities
- Observe, but do not endanger yourself or others
- Take notes of important details (ex: description of the abuser)

### *Do not:*

- Intervene physically
- Stalk the abuser(s) nor the victim(s)
- Share the details except with proper authorities





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## Where can I get Help?

### [1736 Family Crisis Center](http://www.1736familycrisiscenter.org/index.html)

<http://www.1736familycrisiscenter.org/index.html>  
Torrance, CA 90503  
Phone Number: (310) 543-9900

### [Angel Step Inn](http://www.angelstepinn.org/home.aspx)

<http://www.angelstepinn.org/home.aspx>  
Phone number: (323) 780-HELP

### [The LGBTQ Center of Long Beach](https://www.centerlb.org/)

<https://www.centerlb.org/>  
Long Beach, CA 90814  
Phone number: (562) 434-4455

### [Rainbow Services, Ltd.](http://rainbowservicesdv.org/)

<http://rainbowservicesdv.org/>  
San Pedro CA, 90731-3207  
Phone number: (310) 548-5450

### [Richstone Family Center](https://www.richstonefamily.org/)

<https://www.richstonefamily.org/>  
Hawthorne, CA 90250  
Phone number: (310) 970-1921

### [Su Casa Ending Domestic Violence](https://sucasadv.org/)

<https://sucasadv.org/>  
Long Beach, CA 90808-2149  
Phone number: (562) 402-4888

### [Women's Shelter of Long Beach](https://www.womenshelterlb.org/)

<https://www.womenshelterlb.org/>  
Long Beach CA, 90832  
Phone number: Crisis: (562) 437-4663  
Office: (562) 437-7233