



**ACFAN**  
Arizona Child and Family  
Advocacy Network

## What is Domestic Violence?

Domestic violence or intimate partner violence is a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person.

Call 911 and report any Domestic Violence.

Make sure any children are in a safe place.

Contact a FAC for safety planning.



[www.acfan.net](http://www.acfan.net)

[Website](#)

# WARNING SIGNS OF ABUSIVE RELATIONSHIPS

Does your partner...

1. Act jealous or possessive?
2. Make threats to hurt you or those you love, including pets?
3. Threaten to hurt him or herself if you end the relationship?
4. Pressure you sexually?
5. Cause you to feel afraid all or most of the time?
6. Try to make you feel worthless?
7. Withhold approval or affection as a form of punishment?
8. Physically or emotionally abuse you?
9. Control your access to money?
10. Isolate you?

## SAFETY PLANNING

- Keep a copy of important documents/ papers at a trusted friend or outside family members home
- Be sure you have gas in your car at all times
- Be sure you have a charged phone with you at all times
- Try to set aside money and keep it at a trusted friends' house
- Keep a written list of phone numbers with you

To View a CAC or FAC Near You,  
Scan the Code Below

