

# WHAT IS INTIMATE PARTNER VIOLENCE (IPV)?

## Understanding IPV

Intimate partner violence (IPV) is defined as physical, sexual, or psychological harm by a current or former partner or spouse and is characterized by coercive and controlling behavior that includes:

- ✓ Unsolicited contact or stalking
- ✓ Verbal intimidation and threats
- ✓ Emotional manipulation
- ✓ Nonconsensual sex
- ✓ Physical battery

If your partner exhibits any of the following **behaviors**, you may be in an **abusive relationship**:



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### Controls Your Actions:

Controls what you do, who you talk to, and where you go.



### Monitors:

Checks your phone, social media, emails or tracks your location.



### Financial Abuse:

Controls all of the financial aspects or your relationships or takes your money.



### Devalues:

Insults, embarrasses you or demeans you with put downs.



### Physical Abuse:

Physically intimidates you. Pushes you, slaps you, chokes you or hits you.



### Manipulates or Coerces:

Bullies, manipulates or forces you to have sexual intercourse.



### Exhibits Aggression:

Destroys your property or threatens to kill your pets. Threatens to take away your children.



### Threatens Violence:

Intimidates you with guns, knives, or other weapons. Threatens to hurt themselves and/or you.