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
- Financial abuse: Controls all of the financial aspects or your relationships or takes your money.
- Devalues: Insults, embarrasses your or demeans you with put downs.
- Physical Abuse: Physically intimates 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.

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

Understanding IPV

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