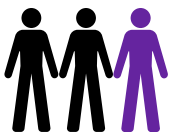




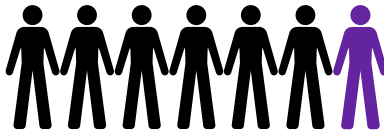
# Domestic violence can affect anyone.



**1 in 3**  
teenagers  
will experience  
domestic violence



**1 in 4**  
women  
will experience  
domestic violence



**1 in 7**  
men  
will experience  
domestic violence

- Domestic violence **can affect anyone** – no matter their age, race, gender, religion or faith tradition, ZIP code or income.
- Domestic violence is a pattern of behaviors used to **maintain power and control** over another partner in an intimate or unsafe relationship.
- Domestic violence **includes behaviors** that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure or wound someone.

## Strangulation

Strangulation is among the most lethal forms of domestic violence and **increases the risk of a domestic violence homicide by 750%.**

Reported strangulations in Western New York are increasing, and being documented as more severe.

- Strangulation survivors may experience changes to their voice and breathing.
- No visible external injuries are present in about half of strangulation survivors, even in cases that lead to death.
- **No visible injuries are needed to prove you were hurt or harmed.**
- *Strangulation resources are available.*

## Help is available.

**Dial 2-1-1** Free, confidential referrals to local agencies, including domestic violence case management, strangulation assessment, medical assistance, legal services, child care, housing & other basic needs.



[erie.gov/dv](http://erie.gov/dv)

National Domestic Violence Hotline –  
1-800-799-SAFE or Text SMART to 88788