**Domestic Violence Awareness Month**

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October is Domestic Violence Awareness Month. Domestic Violence affects every gender, race, religion, culture, sexuality, and status. It doesn't always leave a visible mark.

According to the National Domestic Violence Hotline, “domestic violence (also called intimate partner violence [IPV], domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.”

“Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship.”

**Know the Signs of Unhealthy Relationships**

Domestic violence or intimate partner violence can look like someone is "just checking on you." If you ever:

* feel like you're walking on eggshells
* feel scared of how your partner will act
* constantly make excuses to other people for your partner's behavior
* try not to do anything that would cause conflict or make your partner angry
* stay because you're afraid of what your partner would do if you broke up

these are warning signs of intimate partner violence. You deserve safety in relationships. Support and services are available.

**By the Numbers**

* 1 in 4 women and 1 in 9 men have experienced intimate partner violence in their lifetime.
* Survivors of IPV report symptoms of PTSD (52% of women and 17% of men).

**Fact Sheets**  
<https://www.cdc.gov/violenceprevention/pdf/NISVS-infographic-2016.pdf>  
<https://www.cdc.gov/violenceprevention/pdf/ipv-factsheet508.pdf> <https://assets.speakcdn.com/assets/2497/domestic_violence_and_psychological_abuse_ncadv.pdf>

**Images You Can Use**

**A close up of a sign

Description automatically generated**

**Resources:**

***On Campus***

**974-HELP – Dean of Students**  
413 Student Services Building  
1331 Circle Park  
Knoxville, TN 37916  
865-974-4357

974-HELP is a help line for distressed students. It is available 24hrs a day. If you are concerned or worried for a fellow Vol, observe a behavior that makes you uncomfortable, or you feel like a fellow Vol may harm themselves or others, 974-HELP is where you can call for support. Students can also call 974-HELP for themselves. (It is not a resource for immediate emergencies. Contact 911 or UTPD at 865-974-3111 for emergencies.)

**Center for Health Education & Wellness**  
Student Health Building, 2nd Floor  
1800 Volunteer Blvd  
Knoxville, TN 37996  
M -F: 8:00am – 5:00pm

<https://wellness.utk.edu/healthy-relationships/>

The Center for Health Education & Wellness (CHEW) provides education and information on healthy relationships.

**Office of Title IX**  
1817 Melrose Ave

Knoxville, TN 37996

865-974-9600

<https://titleix.utk.edu/>

The Office of Title IX provides support to students who may be experiencing an issue related to Title IX. Their

website is where you can find the full Policy on Sexual Harassment, Sexual Assault, Dating and Domestic Violence and Stalking, their You Are Not Alone guide, Respondent Support guide, and on-campus and community resources related to sexual assault and other forms of interpersonal violence.

**Student Counseling Center**  
Student Health Building, 2nd Floor  
1800 Volunteer Blvd  
Knoxville, TN 37996  
865-974-2196

The Student Counseling Center provides individual sessions, group therapy, and couple’s therapy.

**UT Police Department (UTPD)**

911

865-974-3114

***Off Campus***

**Family Justice Center (FJC)**

865-521-6336 (24/7 hotline)

<https://fjcknoxville.com/>

The FJC assists survivors of both domestic abuse and sexual violence.

**Helen Ross McNabb Sexual Assault Center of East Tennessee (SACET)**

2455 Sutherland Avenue, Building B, Knoxville, TN 37919

865-522-7273 (24/7 hotline)

The SACET provides sexual assault nurse examinations, prophylactic STD and ECP medications, baseline STD testing, expert witness testimony in court, advocacy, therapy, education, and outreach. All services are FREE.

UTPD will provide transportation for UT students to the SACET. You do not have to report to the police to receive transportation services.

**Domestic Violence Awareness Project**

<https://www.dvawareness.org/>

**National Domestic Violence Hotline**

<https://www.thehotline.org/>

**Sources**

Centers for Disease Control and Prevention. (2020, April 30). Violence prevention infographics. Retrieved from <https://www.cdc.gov/violenceprevention/communicationresources/infographics/index.html>

National Domestic Violence Hotline. (n.d.). What is domestic violence. Retrieved from <https://www.thehotline.org/is-this-abuse/abuse-defined/>