

# RAISE YOUR VOICE

## TO HELP NEIGHBORS AT RISK OF ABUSE

During times of crisis, your eyes and ears are needed to help identify neighbors at risk of abuse. This abuse can occur face-to-face or online in the various forms listed below. You don't have to prove that abuse or neglect occurred. Suspicion is enough to make a call. If you have concerns about one or more of the signs below, then call one of these numbers:

City of Alexandria

Child Protective Services: 703.746.5800 | Adult Protective Services: 703.746.5778

### CHILDREN

#### NEGLECT

- Unmet medical needs
- Often asks for food
- Inadequate supervision
- Dirty, unkempt clothing

#### PHYSICAL ABUSE

- Unexplained injuries or injuries that don't match explanation
- Fear of caretaker(s)

#### EMOTIONAL ABUSE

- Out-of-character and/or extreme behaviors
- Heightened watchfulness
- Reluctance to go home
- Difficulty concentrating
- Unexplained irritability

#### SEXUAL ABUSE

- Demonstration of sexual knowledge or behavior unusual for the child's age
- Child describes being sexually touched

#### EXPLOITATION

- Unexplained absences from school/activities
- Unexplained possession of extra money or gifts

### ADULTS

#### NEGLECT

- Unmet medical needs
- Malnourished/dehydrated
- Inadequate hygiene
- Soiled bedding/furniture
- Homelessness
- Lacks needed supervision

#### PHYSICAL AND EMOTIONAL ABUSE

- Multiple/severe bruises, welts, black eyes or burns
- Verbal assaults, threats, intimidation
- Restrained to furniture, locked in
- Fear reaction or mistrust of others

#### SEXUAL ABUSE

- Describes or suggests sexual abuse
- Depression or blunted affect
- Self-destructive or suicidal behavior

#### FINANCIAL EXPLOITATION

- Suspicious signatures on check
- Depleted bank account
- Chronic failure to pay bills
- Another adult financially relies upon the older person
- Transfer of property or savings
- Sudden appearance of uninvolved relatives/friends



City of Alexandria Emergency Mental Health Services | 703.746.3401  
National Suicide Prevention Lifeline | 1.800.273.TALK (8255)

# RAISE YOUR VOICE

## TO HELP NEIGHBORS AT RISK OF ABUSE

During times of crisis, your eyes and ears are needed to help identify those at risk of domestic violence (also called intimate partner violence, domestic abuse or relationship abuse), a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. This abuse can occur face-to-face or online in the various forms listed below. If you are concerned about one or more of the signs listed below, call one of these numbers:

City of Alexandria

Police Department: 911 | Domestic Violence Hotline: 703.746.4911

Sexual Assault Hotline: 703.683.7273



### PHYSICAL ABUSE

Physical abuse is inflicted force to injure or endanger a person's body.

- Visible injuries to the face and neck
- Sprained wrists
- Frequent injuries excused as "accidents"
- Absences from work, school or social occasions without explanation
- Hiding bruises under clothes inconsistent with the weather
- Injuring a pet in the home or unexplained injuries to a pet



### DIGITAL ABUSE

Digital abuse is using technology such as texting and social networking to bully, harass, stalk or intimidate an intimate partner.

- Controls who can and cannot be the partner's friends on social media.
- Sending negative, insulting or threatening messages online
- Uses apps to keep tabs on partner
- Pressures partner to share explicit pictures
- Pressures partner to share their passwords
- Partner fears punishment for not replying to texts



### REPRODUCTIVE COERCION

Reproductive coercion is when one partner takes away the ability of the other to control his or her reproductive health.

- Refusing or denying the use of a condom or other birth control
- Lying about their methods of birth control
- Forcing, preventing or making threats around a woman's choice about abortion



### EMOTIONAL ABUSE

Emotional abuse is intended to chip away at the person's feelings of self-worth and independence.

- Verbal abuse such as yelling, name-calling, blaming and shaming
- Isolation, intimidation and controlling behavior
- Threats of violence, deportation or outing of sexuality



### FINANCIAL ABUSE

Financial abuse is the use of money and access to it to control another's behavior.

- Stealing the partner's money
- Forcing the partner to account for every penny they spend
- Withholding money or credit cards
- Withholding food, clothing, medication and shelter
- Preventing the partner from working
- Sabotaging your job, e.g. making you miss work or calling constantly



### SEXUAL ABUSE

Sexual abuse is being forced to participate in unwanted, unsafe or degrading sexual activity, even by a spouse or intimate partner.

- Forces partner to have sex
- Makes a partner dress in a sexual way
- Makes a partner feel like he or she owes them sex