Wake Forest™ School of Medicine

Women's Health Center of Excellence for Research, Leadership, Education

Fact Sheet

Domestic Violence

Abuse of Women

One in every four women will at some time be in an abusive relationship. Yet this kind of crime is often kept a secret. Women stay with men who batter them for many reasons. Some reasons include money, fear, or inability to cope alone.

Types of Abuse:

Emotional

She may be:

- Bullied or threatened
- Not allowed to see family or friends
- Not allowed to have control of money
- Kept from working
- Made to feel bad about herself

Physical

She may be:

- Hit, slapped, or kicked
- Attacked with a weapon
- Forced to have sex or join in sex acts
- Pushed around, choked, or beaten up
- Not allowed to use birth control

There is a cycle of violence:

- **Stage 1:** Calm state: kindness, apologies, promises of no more violence
- **Stage 2:** Tension builds: name calling, blame, anger, shoving
- **Stage 3:** Battering phase: hitting, beating, sexual abuse, weapons used

With time, the calm stage gets shorter, and the violent stages get longer and more severe. The woman becomes lonely and scared.

If you or someone you know is in an abusive relationship, remember:
You (or she) are not alone. Help is a phone call away:

- Family Services 24 Hour Hotline -723-8125
- Baptist Emergency Room -713-9000
- Police -773-7700 or 911
- National Coalition Against Domestic Violence Hotline - 1-800-799-7233

This information is general. If your doctor tells you something different, follow his or her instructions.

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For more information about women's health issues, stop by our Resource Center at 2000 West First Street, Piedmont Plaza II, 1st Floor, Winston Salem, NC 27104, visit our website at http://www.wakehealth.edu/WHCOE/ or contact us at (336) 713-4220.