



Educate
Support
Empower
Together



Smithfield Alumnae Chapter
Delta Sigma Theta Sorority, Incorporated

DOMESTIC VIOLENCE *Awareness*

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Domestic violence is more than physical violence.

It can be a pattern of behaviors used to gain power and control over another person. Abuse can happen through words, money, isolation, technology, sex, threats, intimidation, or physical violence.

In Virginia, domestic violence is defined as behavior that can include physical harm, severe emotional distress, psychological trauma, sexual assault, stalking, false imprisonment, and property damage used to intimidate or control.

It's real. It's serious. And it can happen to anyone.

VIRGINIA BY THE NUMBERS



27,898

Adults & children served by Virginia's sexual and domestic violence agencies in 2025



70,136

Hotline contacts answered in Virginia in 2025



229,020

Nights of emergency shelter provided in 2025



309,922

Hours of crisis response & advocacy provided in 2025

KNOW THE SIGNS

Not all violence is physical.



CONTROL can look like:

Constantly checking your phone, location, messages or social media.



ISOLATION can look like:

Discouraging or preventing you from seeing family, friends, coworkers or your support system.



EMOTIONAL ABUSE can look like:

Insults, humiliation, threats, manipulation, intimidation or repeatedly making you feel worthless.



FINANCIAL ABUSE can look like:

Controlling your money, preventing you from working, taking your paycheck or keeping you financially dependent.



SEXUAL ABUSE can look like:

Pressuring, coercing or forcing sexual activity without consent.



STALKING can look like:

Repeated unwanted calls, messages, appearances, monitoring, following or tracking.



If you find yourself constantly changing your behavior because you are afraid of how someone will react, that matters.

You do not have to wait for physical violence to seek help.

You are not alone.



Virginia Statewide
Sexual & Domestic Violence Hotline

1-800-838-8238

Available 24 hours a day, 7 days a week

Text: 804-793-9999



National Domestic
Violence Hotline

1-800-799-SAFE (7233)

Text START to 88788

Confidential support, safety planning
and connections to local resources.



If you are in
immediate danger,

call 911.