

## How Can You Help?

**1. Speak Out:** Challenge stereotypes and attitudes that perpetuate domestic violence. Encourage healthy relationships based on respect, equality, and consent.

**2. Support Survivors:** Listen without judgement, believe their experiences, and provide information about available resources.

**3. Report Concerns:** If you witness or suspect domestic violence, promptly report it to the appropriate authorities.

If you want to remain anonymous and report an incident of concern, please scan the below QR code to access our Safe Space Anonymous platform.



**Contact:**  
**(256) 372-5555**

**In Case of a Power Outage:**  
**(256) 424-3393**

**Email:**  
**public.safety**  
**@aamu.edu**



ALABAMA A&M UNIVERSITY



# DOMESTIC VIOLENCE AWARENESS



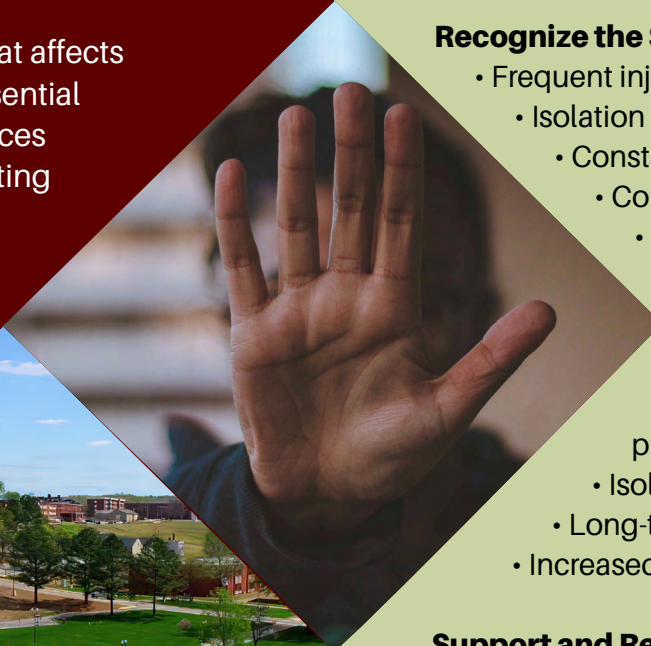
ALABAMA A&M UNIVERSITY  
DEPARTMENT OF PUBLIC SAFETY



Dear Students, Faculty, and Staff,

We at the Alabama A&M University Department of Public Safety are committed to fostering a safe and supportive environment for everyone on our campus. We believe that raising awareness about domestic violence is crucial in creating a community that is free from harm and violence.

Domestic Violence is a widespread issue that affects individuals of all genders and races. It is essential to understand the signs, effects, and resources available to combat this problem. By educating ourselves and supporting survivors, we can work together to prevent and address domestic violence.



## Understanding Domestic Violence

### What is Domestic Violence?

Domestic violence refers to a pattern of abusive behaviors used by one person to gain power and control over another in an intimate relationship. It can manifest in various forms, including physical, emotional, sexual, or financial abuse.

### Recognize the Signs:

- Frequent injuries or unexplained bruises
- Isolation from friends and family
  - Constant fear, anxiety, or depression
  - Controlling behavior by their partner
  - Sudden changes in personality or behavior

### The Impact:

- Physical and emotional trauma
- Negative effects on academic and professional success
  - Isolation and withdrawal from social activities
  - Long-term mental health issues
- Increased risk of substance abuses and self-harm

### Support and Resources On-Campus Resources:

- Alabama A&M University Health and Counseling Center: (256) 425-4201
- Department of Public Safety: (256) 372-5555
- Office of Title IX: (256) 372-4499

### Off-Campus Resources:

- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- Crisis Services of North Alabama: (256) 716-1000
- AshaKiran Hotline: (256) 509-1882 (24/7)

***Your Safety Matters!***