



FAMILY VIOLENCE AND CHILD ABUSE DURING COVID-19

During the COVID-19 pandemic, there has been an increase in incidences of family violence and child abuse across the globe. Fear, frustration, uncertainty, economic hardship, increased stress levels, and barriers to resources are all contributing factors to this increase. In addition, support systems such as extended family, religious institutions schools, and shelters have been less accessible during the pandemic, leaving victims even more isolated. The pandemic has also led to increased use of substances and an increase in anxiety and depression, which may also contribute to the risk of violence in the homes.

Family violence refers to threatening or other violent behaviors within the family that can include:

- Physical abuse- Assaulting another person by hitting, choking, pushing, or kicking.
- Verbal abuse- The use of abusive words to erode a persons' self-worth and confidence.
- Emotional abuse- Criticizing, embarrassing, shaming, and bullying another person.
- Sexual abuse- Forcing a person into unwanted sexual activity.
- Economic abuse- Controlling or withholding funds or documents such as identification or passports.
- Child abuse- Physically, verbally, emotionally and sexually abusing a minor child.
- Animal mistreatment.

If you or someone you know is experiencing Family Violence or Child Abuse...

REACH OUT. YOU ARE NOT ALONE!

**For assistance, contact MEND at 395 Hudson Street, 5th Floor, NY, NY 10014,
(212) 366-7590, or MEND@NYCCBF.org**

National Domestic Violence Hotline: (800) 799-SAFE (7233)

Safe Horizon: (800) 621-HOPE (4673)

Childhelp National Child Abuse Hotline: (800) 422-4453

New York State Child Abuse Hotline: (800) 342-3720