



## **Domestic and Sexual Violence Includes:**

- Threats to you or others you care about
- Physical violence
- Intimidation
- Stalking.
- Swearing or screaming at you
- Calling you names
- Not letting you leave the house
- Blaming you for everything that goes wrong
- Forcing you to have sex
- Chocking, grabbing, punching, kicking
- Smashing or breaking things

*The above things can be done in person or electronically through phone calls, emails, texts, etc. The instances do not have to be recent and you do not have to know your abuser.*

Above information found on "[DHS 4710 Family Violence Exclusion \(pdf\)](#)"

## **Proving Your Domestic/Sexual Violence Circumstances to IDHS**

Below information found in [PM 21-01-05-b](#)

IDHS case workers will always ask for proof of domestic or sexual violence. They will usually ask for a recent police report, but that is not the only acceptable proof used to prove domestic and sexual violence.

To prove domestic or sexual violence, the client should bring any of the following items they can safely obtain:

1. A written statement from anyone who has knowledge of the client's current domestic violence circumstances.
2. A police report, order of protection, or any office document.
3. A statement from a domestic or sexual violence program or organizations where the client sought services or advice.
4. A statement or documentation from a lawyer, medical professional, or other professions whom the client sought domestic or sexual violence assistance.
5. Physical evidence of the violence.
6. Any other credible evidence, including the statement of the client.

*If the only proof the client can provide is their own statement...that **IS** enough. Under PM 21-01-05-b, the statement of the client is acceptable proof so long as they can explain why they are unable to obtain other proof.*