

What to Do if You Are Being Strangled

- **GET OUT!**
- Call the police.
- Go to the hospital and have a full medical examination.
- Tell a trusted friend or family member.
- Make a safety plan for yourself.*
- Get a protective order against the perpetrator.*

**See our brochures on these topics for more information*

How to Help a Friend Who is Being Strangled

- Listen and believe what they are saying.
- Assure them that they do not deserve abuse.
- Encourage them to get help immediately!
- Let them know you support them.
- Gather information for them.
- Take them to clinics and shelters, and offer to help out in any way possible.



WHERE TO TURN FOR HELP

Police

In an emergency, dial 911

Metropolitan Police Department:

1st District: **(202) 299-2037**
1DSubstation: **(202) 698-0068**

2nd District: **(202) 715-7300**

3rd District: **(202) 673-6815**
3DSubstation: **(202) 576-8222**

4th District: **(202) 715-1506**

5th District: **(202) 698-0150**

6th District: **(202) 698-0880**
6DSubstation: **(202) 698-2088**

7th District: **(202) 698-1500**



National

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

Local

Domestic Violence Intake Center

NW: **(202) 879-0152** SE: **(202) 561-3000**

24-hour shelters, Hotlines and Counseling:

House of Ruth: **(202) 667-7001**

My Sister's Place: **(202) 529-5991**

Financial Assistance

Crime Victims Compensation Program:
(202) 879-4216

Legal Assistance

American University: **(202) 274-4140**

AYUDA: **(202) 387-0434**

Bread for the City: **(202) 265-2400**

WEAVE: **(202) 452-9550** ext. 103

SAFE: **(202) 879-7857**



Domestic Violence Unit

300 Indiana Ave, N.W., Room 3156
Washington, D.C. 20001
Office: 202-727-7137 | Fax: 202-727-6491
<http://www.mpdc.dc.gov/DVU>

Strangulation

What happens when abusers strangle their victim?



A guide to getting educated and getting help.



Choking VS. Strangulation

Choking is an **accidental** obstruction of the air passage by some foreign object such as food.

Strangulation is a **purposeful** asphyxiation characterized by a closure of the blood vessels and or air/passages of the neck as a result of external pressure on the neck.

Statistics

- Ten percent of violent deaths are from strangulation.
- Women are strangled six times more often than men.
- A woman can strangle a man twice her size.
- The majority of strangulation cases occur in domestic situations.
- Almost 50% of the time, children are present in strangulation cases.
- After just 50 seconds without oxygen to the brain, most people do not recover.
- After four minutes without oxygen, a person can be declared legally brain dead.

THREE TYPES OF STRANGULATION

- Hanging
- Ligature (with a chord or rope)
- Manual (with hands or forearm)

Possible Effects

- Hoarseness or total loss of voice
- Difficult or painful swallowing
- Difficulty or inability to breathe
- Restlessness and violence early on; psychosis and amnesia (changes in personality) in the long term
- Involuntary urination or defecation
- Miscarriage days or hours later
- Subconjunctival hemorrhage (Blood-red eyes)
- Bruises, cuts, scrapes, petechiae (small red dots), and finger imprints
- Death

Physical Abuse

Ranking Scale Increasing in Severity

1. Throwing things, punching walls
2. Pushing, shoving, grabbing, throwing things at the victim
3. Slapping with an open hand
4. Kicking, biting
5. Hitting with closed fists
6. Attempted strangulation
7. Beating up (pinned to wall, hit and kicked many times)
8. Threatening with a weapon
9. Assault with a weapon

**STRANGULATION
IS A
SERIOUS ISSUE!**

