**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

1D Substation: (202) 698-0068

2nd District: (202) 715-7300

3rd District: (202) 673-6815

3D Substation: (202) 576-8222

4th District: (202) 715-1506

5th District: (202) 698-0150

6th District: (202) 698-0880

6D Substation: (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 x 217

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

SAFE: (202) 879-7857

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**Strangulation**

What happens when abusers strangle their victim?

A guide to getting educated and getting help.
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
- Subconjuctival 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 a 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

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.

Strangulation is a serious issue!