



? WHAT IS THE DAPP?

The IDB's DAPP helps employees prevent domestic abuse by focusing on early intervention and effective case management.

Services include:

- Safety Planning
- Risk assessment
- Emergency PPO funds
- Counseling
- Legal Consultation



For more information about the DAPP, visit our webpage.

Contact Us:

IDB's Domestic Abuse Prevention confidential helplines

for employees and family members

1-202-458- 5800 (HQ & COF)
1-202-623-1909 (HQ & COF)
familyrelations@iadb.org (HQ&COF)

For immediate danger in the U.S., call 911.

OTHER RESOURCES

IDB Security contact info

Email
security@iadb.org

Phone
1-202-623-3300
(24 hr. emergency)

Office of Ethics

Email
ethics@iadb.org

Phone
Ethics Hotline:
x3007, (202) 623-3007
or (877) 354-4037
(toll-free)

Code of Ethics

Employees who perpetrate domestic abuse. Misconduct under our Codes of Ethics, Sec 10.1 may face disciplinary consequences.

Family Association

Email
familya@iadb.org

Phone
1-301-493-6576

Counseling and Well-being Support

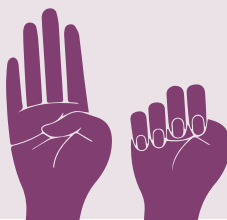
Contact the Employee Assistance Program (EAP)

- HQ - for Staff: 800-432-3637, option 3
- HQ - for Consultants: 1-877-622-4327
- COF - WhatsApp: +1-984-920-6875

Other Resources Outside the U.S.



For assistance outside the U.S., check the No More Foundation Global Directory



The universal signal for domestic abuse:
Hold up your hand, tuck your thumb into your palm, then fold your fingers down to trap your thumb.



DOMESTIC ABUSE PREVENTION PROGRAM (DAPP)

We are here,
you are not alone.



WHAT IS DOMESTIC ABUSE?

Domestic abuse is the misuse of power or the use of force within an intimate relationship. It involves domination, coercion, or intimidation of a partner or another household member.

TYPES OF DOMESTIC ABUSE



Physical & sexual abuse

e.g. Touching any part of you without your clear consent; refusing to use condoms or restricting someone's access to birth control.



Emotional & psychological abuse

e.g. Preventing you from seeing or communicating with friends or family; gaslighting you by pretending not to understand or refusing to listen to you, questioning your feelings.



Financial Abuse

e.g. Giving you an allowance or monitoring what you buy or maxing out your credit cards without permission.



Cyber abuse

e.g. Using social media to track your activities; sharing or sending intimate photos on social media without consent.

For more information about examples of domestic abuse, visit Love is respect.



What to do if facing Domestic Abuse



Acknowledge that you are not to blame; don't judge, hide, or be ashamed of yourself.



Turn to your support network: family, friends, mentors, or the DAPP program.



Recognize that something has to change.



Create a safety plan

- Housing
- Economic and legal
- Emotional and psychological support

In case of physical or sexual violence:

- Report what happened
- Go to the emergency room
- Find a shelter

It's vital to have supporting proof. Be sure to:

Save or document threatening messages, photos, videos, or voicemails as evidence of abuse.