SEPTEMBER 2026

VIOLENCE IN AMERICA

Findings from the 2025 United States Violence Experiences Survey



USVEX
UNITED STATES VIOLENCE EXPERIENCES SURVEY

TULANE UNIVERSITY
Newcomb Institute

UC San Diego
SCHOOL OF GLOBAL POLICY AND STRATEGY

CONTENT WARNING:

This work includes sensitive information on various types of violence, including, but not limited to intimate partner violence and sexual violence. If you need support for these concerns, mental health services, or substance use services, please contact:

Phone Number	Services Provided
Suicide and Mental Health Crisis Hotline: 988	Free, confidential, 24/7 line for suicide, mental health, or substance use crises
National Domestic Violence Hotline: 1-800-SAFE (7233)	Free, confidential, 24/7 support, crisis intervention, safety planning, shelter referrals, chat/text
Sexual Assault Hotline: 1-800-HOPE (4673)	Free, confidential 24/7 support for survivors of sexual violence (and their loved ones); resources, referrals, chat/text
NAMI Mental Health Helpline: 1-800-950-NAMI (6264)	Free, confidential line to link callers to local low-cost and free mental health resources
SAMHSA Substance Use and Mental Health Services Helpline 1-800-622-HELP (4357)	Free, confidential line to link callers to local low-cost and free substance abuse treatment and mental health resources

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EXECUTIVE SUMMARY

The United States National Study on Violence Experiences across the Lifespan (USVEX) survey 2025 was conducted with a nationally representative sample of U.S.-based adults to provide population-level estimates of experiences of physical, sexual, and intimate partner violence (IPV) across the lifespan and within the past year. USVEX provides data from over 2500 adults across all 50 states to yield population estimates on prevalence of violence in the United States for 2025. Key findings on prevalence are as follows:

Physical Violence

Physical violence is pervasive across the country: more than half of all U.S. adults (52% of women and 52% of men) have experienced physical violence in their lifetime, including incidents involving a gun or knife.

- Threat or use of a gun ever: 14% overall; 12% of women and 16% of men
- Threat or use of a knife ever: 14% overall; 11% of women, 17% of men

Past year experiences of physical violence were experienced by 1 in 20 U.S. adults (5% overall; 5% of women and 4% of men). Physical abuse without weapon-related violence in the past year was reported by 3% overall; 4% of women and 3% of men.

Perpetrators and Locations of Past Year Physical Violence, among those with these experiences

- Women most often experienced physical violence from a spouse or romantic partner (61%).
- Men most often experienced physical violence from a stranger (38%), a spouse/romantic partner (25%), or adult family member (24%).
- Women and men most often say physical violence occurred at home (69% and 34%, respectively), though men also often experienced violence in public spaces (30%).

Consequences of Past Year Physical Violence, among those with these experiences

- Depression/Anxiety: 48% of women and 26% of men said physical violence resulted in anxiety or depression.
- Only a minority of women and men who experienced physical violence in the past year filed formal complaints, with women less likely than men to file a complaint (10% of women, 17% of men).

Sexual Violence

Nearly half of U.S. adults (49%) have experienced sexual violence — harassment or assault — in their lifetime, with higher prevalence for women (68%) than men (29%). This includes:

- Sexual exploitation, reported by 1 in 12 women (8%) and 1 in 50 men (2%).
- Forced sex, reported by almost 1 in 4 women (23%) and 1 in 20 men (5%).

One in 14 U.S. adults (7%) experienced sexual violence – harassment or assault — in the past year, with higher past year prevalence for women (9%) than men (4%). This was mostly in the form of sexual harassment.

- Past year sexual exploitation was reported by 1 in 100 women (1%).
- Past year forced sex was reported by 1 in 100 women (1%).

Perpetrators and Locations of Past Year Sexual Violence, among those with these experiences

Strangers were most commonly reported as perpetrators of past year sexual violence (58% of women and 66% of men), followed by acquaintances or community members (47% of women and 41% of men).

- Most women experienced past year sexual violence in public spaces (55%), while most men experienced it at home (64%).

Consequences of Past Year Sexual Violence, among those with these experiences

- Depression/Anxiety: 42% of women and 39% of men said past year sexual violence resulted in anxiety or depression; 4% of women and 10% of men with this experience considered suicide.
- Only a small minority of women and men who experienced sexual violence in the past year filed formal complaints (5% of women and 3% of men).

Intimate Partner Violence (IPV)

Almost two-thirds of women (61%) and about half of men (45%) men have experienced some form of IPV, such as emotional abuse, controlling behaviors, physical abuse, or sexual abuse.

- One in 33 women (3%) and 1 in 100 men (1%) have experienced gun-related IPV in their lifetime.
- One in 10 U.S. adults (10%) experienced IPV in adolescence; women were significantly more likely than men to have experienced IPV in adolescence (13% vs. 7%).

Self-Reported Perpetration of Violence

- One in 5 adults (19% overall; 14% of women and 24% of men) have perpetrated physical violence, and 1 in 10 (9% overall; 5% of women and 14% of men) have perpetrated sexual violence in their lifetime. Those who reported victimization from violence were significantly more likely to also report perpetration of violence.

Violence Against LGBTQ+ People

- Among gender non-conforming (GNC) people, 18% experienced past year physical violence; half (50%) experienced past year sexual violence, and 22% experienced past year IPV.
- Among lesbian, gay, bisexual, or other self-described sexual identity respondents, 8% experienced past year physical violence (compared with 4% of heterosexual respondents); 25% experienced past year sexual violence (compared with 5% of heterosexual respondents), and 10% experienced past year IPV (compared with 4% of heterosexual respondents).

Economic Hardships and Violence

- Past-year physical violence, sexual violence, and IPV were approximately 2–3x more common among U.S. adults lacking sufficient money for food or other basic needs in the past year.
- Past-year physical violence, sexual violence, and IPV were approximately 3–7x more common among U.S. adults experiencing eviction in the past year.
- Past-year physical violence, sexual violence, and IPV were approximately 3–5x more common among U.S. adults experiencing homelessness in the past year.

Mental Health, Substance Use, and Violence

Most U.S. adults (61%) indicated few to no days with depression/anxiety symptoms in the past two weeks; 25% reported mild depression/anxiety; 9% reported moderate depression/anxiety, and 5% reported severe depression/anxiety symptoms. Women were significantly more likely than men to have these symptoms.

- Those reporting past year physical violence, sexual violence, and IPV, respectively, were significantly more likely to report more severe depression/anxiety symptoms.

One in 25 U.S. adults seriously considered suicide in the past year, with comparable levels seen by gender.

- Those reporting past year physical violence, sexual violence, and IPV, respectively, were significantly more likely to report past year suicidality.

About 1 in 4 U.S. adults (23%) engaged in binge alcohol use in the past 30 days, with men slightly more likely than women to report engaging in binge alcohol use.

- Those reporting past year physical violence, sexual violence, and IPV, respectively, were significantly more likely to report past 30-day binge alcohol use.

One in 20 U.S. adults (5%) engaged in illicit drug use in the past 30 days, with men twice as likely as women to report illicit drug use.

- Those reporting past year physical violence, sexual violence, and IPV, respectively, were significantly more likely to report past 30-day illicit drug use.

Conclusion and Implications

Violence is a common experience in the lives of U.S. adults, with substantial burdens of physical violence, sexual violence, and intimate partner violence across the lifespan. Women and LGBTQ+ populations face particularly high risk for sexual violence and IPV.

Violence is strongly associated with economic hardship, poorer mental health, suicidality, and substance use, highlighting its far-reaching effects on individual and community well-being.

These findings reinforce the need to address violence as a public health and social issue, with investments in prevention, early intervention, and support services for those affected.

DEFINITIONS FOR THE REPORT

In this report we assess both experiences with victimization from violence, as well as committing violence against others, using the following definitions.

Definitions of Violence in the USVEX 2025 survey

Physical violence	• Physical violence includes physical abuse and threat of use of a weapon. Physical abuse can include being hit, slapped, punched, shoved, choked, kicked, shaken, or otherwise physically hurt. Weapon use was specific to knife or gun.
Verbal sexual harassment	• This can include someone whistling, leering or staring at you, or calling out to you in ways that make you feel disrespected or unsafe; someone talking about your body parts (such as your butt or breasts) inappropriately or offensively or saying sexually explicit comments or questions ("I want to do BLANK to you"); and someone repeatedly asking you for a date or your phone number when you've said no. In some cultures, this is also known as 'eve teasing'.
Homophobic or transphobic comments	• This can include someone misgendering you or calling you a homophobic or transphobic slur.
Cyber sexual harassment	• This can include someone electronically sending you or showing you sexual content without your permission, such as over social media, private texts or emails, or other digital means. This can also include someone taking and/or sharing sexual pictures or videos of you without your permission.
Physically aggressive sexual harassment	• This can include someone flashing or exposing their genitals to you without your permission. This can also include someone purposely touching you or brushing up against you in an unwelcome, sexual way.
Quid pro quo sexual harassment or coercion	• This can include someone forcing or pressuring you to do a sexual act in exchange for something (such as a good grade, a promotion, a job, drugs, food, money, or something similar) or instead of something (like paying rent or a citation, etc.)
Forced sex	• This can include someone forcing you to do a sexual act without your permission or explicit agreement (including while you are under the influence of alcohol or drugs).
Sexual violence	• Sexual violence includes any of the above six forms of violence: verbal sexual harassment, homophobic or transphobic comments, cyber sexual harassment, physically aggressive sexual harassment, quid pro quo sexual harassment or coercion, or forced sex.
Intimate partner violence	• Inclusive of physical, sexual and reproductive, economic, and emotionally controlling IPV, as well as threats of violence against self, others, or a pet, as well as use of a weapon during IPV, from a current or former romantic or sexual partner.

INTRODUCTION

Violence and violent crime remain among the most significant public concerns in the United States, consistently ranking as major issues affecting perceptions of safety, community well-being, and national stability (1). Violence affects individuals, families, and communities across the country, shaping not only personal safety but also the nation's health, economic vitality, and civic well-being (2,3). When violence occurs — whether in homes, workplaces, schools, or public spaces — it reverberates across systems, increasing health-care costs, disrupting education and employment, straining social services, and contributing to intergenerational harms that affect children, families, and communities over time (2-4).

Current understanding of violence in the United States relies heavily on government administrative and surveillance systems, including crime statistics, child welfare reporting systems, and national public health surveys such as the Centers for Disease Control and Prevention's (CDC) National Intimate Partner and Sexual Violence Survey (NISVS) and the Youth Risk Behavior Survey (YRBS) (3,5,6). These systems provide critical insight into violence exposure and related harms, but they also face certain vulnerabilities.

Administrative and crime data capture only incidents that come to the attention of institutions or law enforcement, despite substantial evidence that many experiences of violence — including those involving injury — are never formally reported (7,8). NSVIS and YRBS data offer population-based experiences. However, NSVIS is specific to intimate partner violence (IPV) and sexual violence, leaving out a range of interpersonal violence experiences, and YRBS is specific to youth in schools. Further, there is vulnerability to long-term reliance on these behavioral data given recent budget reductions and structural changes affecting federal public health surveillance infrastructure, including the CDC (9). These challenges underscore the need for robust, population-based data systems capable of monitoring violence experiences beyond official reporting channels and inclusive of population-based survey data.

The Violence Experiences across the Lifespan (VEX) study was developed to help address these data gaps by providing population-based data on violence experiences beyond those reported to law enforcement or service systems and inclusive of a range of interpersonal violence experiences across the lifespan. Previously collected at the state level for select states since 2020, VEX was for the first time implemented with a nationwide sample of adults in late 2025, offering population-based estimates on experiences of physical violence – including violence with a weapon, sexual violence — including sexual harassment and assault, and IPV- including emotional, physical, and sexual experiences of IPV.

These data also include information on economic stress, discrimination, policing experiences, gender identity, and community context — factors that are associated with violence and can influence both risk and resilience. In doing so, the survey offers insight not only into the prevalence of violence, but also the broader social and economic conditions associated with violence exposure and recovery. Finally, the survey includes assessments of key behavioral health outcomes that can be correlated with violence experiences, including depression/anxiety, suicidality, and unhealthy substance use.

Understanding violence within this broader context is critical to developing effective responses. Reliable data of this kind are essential for strengthening public safety, improving health outcomes, and supporting economic stability across both metropolitan and non-metropolitan communities. For policymakers, service providers, researchers, and advocates alike, these findings provide a foundation for pragmatic, evidence-based solutions that prioritize prevention, reduce burdens on emergency and health systems, and support healthier and safer communities. Reducing violence is therefore not only a moral and public health imperative, but also an investment in the nation's long-term economic and civic well-being.

Violence exposure is also not distributed evenly across the population. Prior research has documented elevated risks for sexual violence, intimate partner violence, bullying, and other forms of interpersonal violence among women and sexual and gender minority populations, as well as higher rates of exposure to some forms of serious violence among certain age groups (e.g., adolescents and young adults (10-15)), racial/ethnic minority groups, and economically disadvantaged communities. Understanding these differences is important for developing targeted prevention and response efforts. USVEX 2025 is intended to advance understanding of the factors associated with violence across the United States and to equip organizations, communities, and government entities with data to inform targeted policy and programmatic action.

METHODS

The United States Violence Experiences Survey (USVEX) 2025 was administered by NORC at the University of Chicago on behalf of the University of California San Diego and Tulane University. The survey was fielded in late 2025 and was completed by adults aged 18 years and older residing in the United States.

The VEX Survey assesses experiences of violence, discrimination, and mental health and has been conducted in select states since 2020. The USVEX 2025 survey represents the first wave of nationally representative data collection in the United States.

Sampling and Response Rates

The sample for the USVEX survey was drawn from a general population of adults aged 18 and older residing in the United States. Respondents were recruited primarily from NORC's AmeriSpeak® Panel, the most representative online probability panel available in the U.S. AmeriSpeak is a probability-based panel designed to reflect the U.S. household population, funded and operated by NORC at the University of Chicago. Randomly selected U.S. households are sampled using area probability and address-based sampling, with a known, non-zero probability of selection from the NORC National Sample Frame. Households are contacted by U.S. mail, telephone, and in-person field interviewers. The panel provides coverage of approximately 97% of the U.S. household population, excluding P.O. Box – only addresses, some unlisted addresses, and some newly constructed dwellings.

While most AmeriSpeak households participate in surveys via the web, non-internet households may complete surveys by telephone. Households without conventional internet access but with smartphone access are also able to participate online. AmeriSpeak panelists complete studies conducted by NORC on behalf of governmental agencies, academic researchers, media, and commercial organizations.

To increase sample size and representation, the AmeriSpeak sample was supplemented with respondents from the Dynata and Lucid non-probability online opt-in panels. TrueNorth statistical calibration was conducted by NORC to combine the probability and non-probability samples and reduce selection bias.

The response rate reporting for the AmeriSpeak sample was as follows:

- Weighted AAPOR RR3 recruitment rate: 24.7%
- Weighted Household retention rate: 78.2%
- Survey completion rate: 17.5%
- Weighted cumulative response rate: 3.4%

The study design effect was 1.74, with a study margin of error of +/- 2.48%.

The final study sample was N=2720.

Data Collection Procedures

NORC conducted a soft launch of the 2025 online survey to ensure clarity, respondent comprehension, and alignment with the intended 15-minute length; no issues were identified.

The online survey was then administered between October 28 and December 1, 2025, to adults aged 18 and older in the U.S. with respondents completing it online in English or Spanish. To encourage participation, NORC sent reminder emails to panelists at regular intervals throughout the fielding period.

Sensitive items, such as those on violence or sexual harassment, included additional privacy protections and the option to decline. Participants were provided USD $4 for completing the survey, as specified in NORC's fieldwork guidelines. Participation was voluntary, and respondents could skip any question (except for required demographic items) or stop the survey at any time.

At the end of the survey, respondents were allowed to provide anonymous feedback. Whether positive or negative, it was accessible only to NORC staff.

For more information on data, processing, weighting, and NORC's TrueNorth Calibration please see the USVEX 2025 Project Methods and Transparency Report (vexdata.org).

Ethics Approval

A review of these comments indicated no major concerns with survey items. All study procedures were reviewed and approved by the NORC/University of Chicago. Data analysis of deidentified data was deemed exempt by the Tulane University and University of California San Diego Institutional Review Boards.

Survey Measures

The U.S. Violence Experiences Survey (USVEX) 2025 was built on prior rounds of the Violence Experiences (VEX) surveys conducted in California (CalVEX) since 2020, in Louisiana (LaVEX) since 2023, and in Mississippi (MsVEX) and Texas (TexVEX) since 2025 (see vexdata.org for more information and state reports by year).

The USVEX survey asked closed-ended questions about experiences of violence ever and in the past year, experiences of discrimination and interface with the police, firearm attitudes and ownership, mental health and substance use, community engagement and action, gender ideologies, and demographic and socio-economic indicators. We also ask about perpetration of violence ever and in the past year.

In addition to closed-ended questions for quantitative assessment, we included open-ended questions for participants who disclosed victimization from physical or sexual violence in our survey, asking them to briefly describe an incident of violence for each of these forms of violence. Specifically, we asked: "Could you describe an incident of violence that you've experienced in the past year? We want to know who did this, in what circumstance, and whether there were any consequences for them." This allows some qualitative insight into experiences of violence.

For the 2025 survey, please see vexdata.org.

Assessing Gender Identity

For this report, we present data by gender. This survey included an item on biological sex at birth and an item asking, 'What is your gender identity?' with options 'Woman, Man, Non-binary/Genderqueer/Gender fluid person, Prefer to self-describe [open text].' Responses to the gender identity item were categorized as: 'woman,' 'man,' or 'gender non-conforming,' with the latter based on our grouping together non-binary, genderqueer, gender fluid, and other self-described gender respondents (collectively termed 'gender non-conforming people' or GNC throughout the report). Throughout the report, we present data by gender but largely limit the analyses to women and men due to small numbers of GNC identifying participants. A brief descriptive section is also included for GNC respondents where sample sizes were sufficient for analysis.

Sample Characteristics

The USVEX survey 2025 was designed to represent U.S. adults aged 18 and older and included 2720 respondents (women n=1414; men n=1263; GNC n=42). To assess representativeness, the weighted sample was compared with U.S. census data (16) and demographic projections across several key socio-demographic characteristics. These include:

- ***Gender Identity:*** In the weighted sample, 51% identified as women, 48% as men, and 1% as GNC. U.S. Census data indicate that the population is 51% women and 49% men, with GNC not represented in these data. We also separately asked if the individual had ever identified as transgender, recognizing that gender fluidity is possible. The weighted sample included 1% transgender and 99% cisgender respondents. We found very high and significant correlation between currently identifying as GNC and transgender ever.

- ***Race/Ethnicity:*** The weighted sample included 60% non-Hispanic White, 18% Hispanic/Latine, 12% non-Hispanic Black, 7% non-Hispanic Asian, and 3% identifying as other or multiple races. These distributions are broadly consistent with U.S. Census estimates — 56% non-Hispanic White, 20% Hispanic/Latine, 12% non-Hispanic Black, and 6% non-Hispanic Asian. We do see slightly higher non-Hispanic White representation and slightly lower Hispanic representation in our weighted sample.
- ***Education:*** Almost all participants (91%) completed high school or had a GED, and 37% had a bachelor's degree or higher. This aligns with U.S. Census estimates indicating that 90% of U.S. adults hold a high school degree or GED and 37% hold a bachelor's degree or higher.
- ***Employment:*** In the weighted sample, 65% were employed full- or part-time, closely aligning with U.S. census estimates of 63% employment.
- ***Income:*** The median household income for the weighted sample fell between $60,000–$74,999 (income assessed categorically), which is somewhat lower than U.S. 2024 median household income of $81,604.
- ***Metro/Non-Metro Residence:*** The majority of respondents (88%) lived in metropolitan areas, while 12% lived in non-metropolitan areas, aligning with U.S. Census data, which indicates that 14% of the U.S. lives in a non-metropolitan area.
    - Note: We use metro/non-metro rather than rural/urban classifications for these analyses. The Office of Management and Budget's non-metro classification is county-based and reflects economic ties, commuting patterns, infrastructure, and overall remoteness, making it a more appropriate measure for understanding regional differences relevant to this study. The U.S. Census Bureau's rural definition is based on population density — identifying any areas outside densely settled places of 5,000 or more people — so it captures small rural pockets within metropolitan counties and therefore produces a larger "rural" population.
- ***Age Distribution:*** In the weighted sample, 12% were aged 18–24, 17% aged 25–34, 17% aged 35–44, 14% aged 45–54, 17% aged 55–64, and 23% aged 65 and older. This closely aligns with the U.S. census age distribution.
- ***Sexual Identity:*** 9% of respondents identified as lesbian, gay, bisexual (LGB), or another sexual identity, slightly higher than estimates from the 2021 Census Pulse Survey, which suggest 7.2% of U.S. adults identify as LGB.
- ***U.S. Nativity***: Most of the sample (89%) was U.S.-born, compared with approximately 85% of U.S. adults as per the Census; this indicates individuals born in the U.S. are slightly overrepresented in our sample compared to the overall U.S. population.
- ***Disability:*** 15% of respondents reported some form of disability, which is comparable to the U.S. Census estimate indicating that 14% of U.S. adults have a disability.

As shown above, the weighted study sample is broadly representative of U.S. adult population in terms of gender, race/ethnicity, education, employment status, and age. The sample somewhat underrepresents Hispanic/Latine people and foreign-born U.S. adults, and reflects a slightly lower median household income than the U.S. as a whole. However, these deviations from national distributions are not substantial.

Data Analysis

Analyses for the 2025 survey were weighted using NORC-provided survey weights to produce state-representative prevalence estimates. We additionally generate population numbers from these estimates using U.S. Census projections of population size for 2025 (17). Bivariate analyses were conducted to examine associations between experiences of violence and key demographic variables, with statistical significance set at $p < 0.05$ when sample size permitted. Observations with skipped items were treated as missing (excluded from the relevant analysis).

Findings on experiences of violence ever, in the past year, and across the lifespan are reported for the total sample (including women, men, and GNC) as well as separately for women and men. We report data on GNC respondents (n = 42) for physical violence, sexual violence, and IPV lifetime and past year. We suppressed findings where the denominator was fewer than 50, so no detailed data are available for each form of physical violence, sexual violence, or IPV due to small numbers

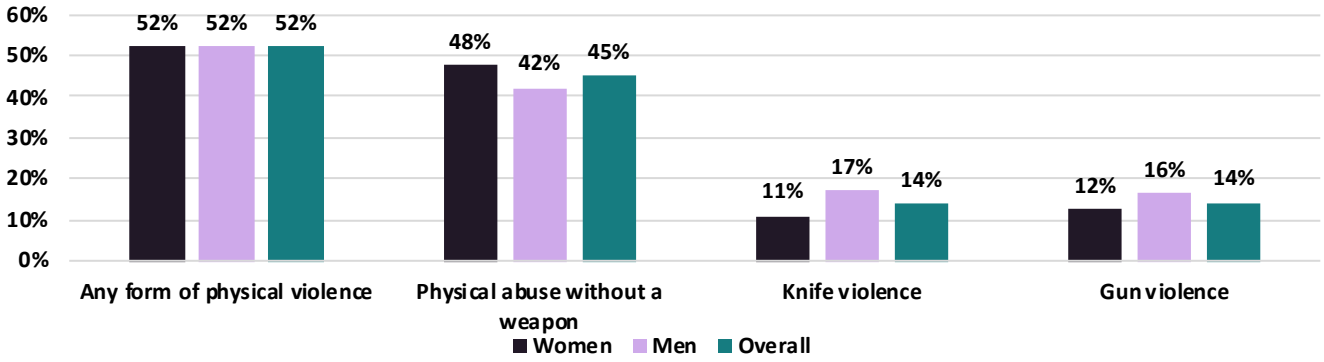
We additionally present findings on other key variables from the report and assess associations between these and experiences of violence.

FINDINGS

PHYSICAL VIOLENCE

Lifetime Experiences of Physical Violence

Figure 1. Lifetime experience of physical violence by type of violence among US adults, 2025



Over half of U.S. adults (52%) have experienced some form of physical violence, including violence involving a weapon, in their lifetime. (Fig 1.)

- ***Non-weapon related physical abuse*** was experienced by 45% of U.S. adults, with significantly higher prevalence seen for women (48%) compared with men (42%).
- ***More than 1 in 5 U.S. adults*** has experienced weapon-related physical violence — threat of use of a knife or gun against them (22%). Men were significantly more likely than women to have experienced weapon-related violence (knife: 11% of women and 17% of men; gun: 12% of women and 16% of men).

52% of women and men, respectively — over 72 million women and over 68 million men — have experienced physical violence in their lifetime.

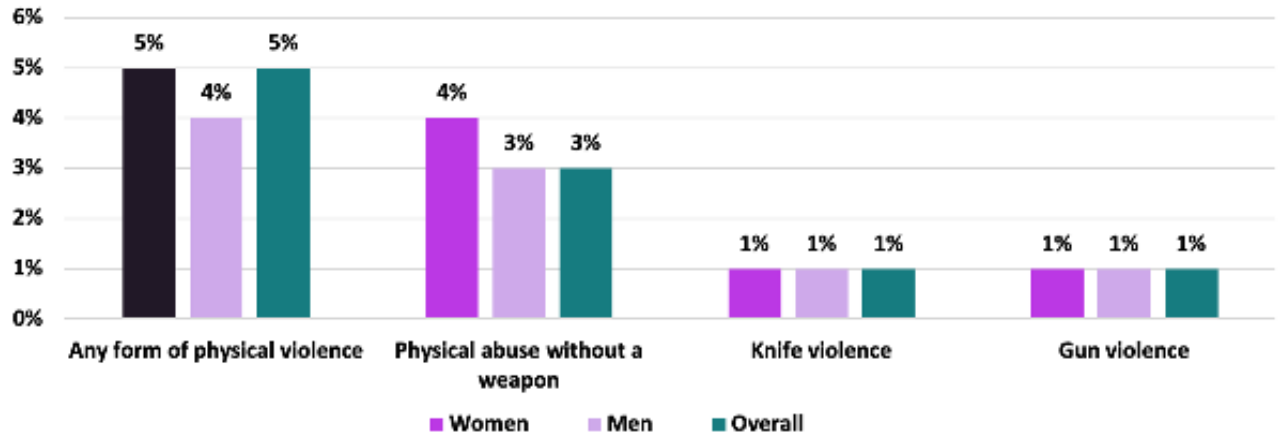
12% of women and 16% of men — over 17 million women and over 21 million men — have experienced gun violence in their lifetime.

Physical violence experiences were common across the lifespan.

- ***One in 5 (19%)*** U.S. adults experienced physical violence in childhood (age 0–12), with no significant gender differences observed between women (17%) and men (20%).
- ***One in 4 (24%)*** experienced physical violence in adolescence (age 13–17). Men reported significantly higher prevalence of adolescent physical violence compared with women (28% vs. 19%).
- ***Nearly 1 in 4 (23%)*** reported physical violence in young adulthood (age 18–24). Women reported significantly higher prevalence of physical violence during young adulthood compared with men (26% vs. 19%).
- ***One in 5 (20%)*** experienced physical violence in adulthood (age 25+). Women reported significantly higher prevalence of adulthood physical violence compared with men (23% vs. 17%).

Past Year Experiences of Physical Violence

Figure 2. Past year experience of physical violence by type of violence, US adults 2025



One in 20 adults (5%) experienced physical violence in the past year. (Fig. 2.)

- ***One in 33 (3%)*** reported physical abuse without a weapon, with non-significant differences seen by gender (4% of women, and 3% of men).
- ***One in 50 U.S. adults*** has experienced weapon-related (knife and/or a gun) physical violence (2%). Women and men experienced comparable rates of weapon-related violence (knife: 1% each; gun: 1% each).

5% of women and 4% of men — about 7 million women and over 5 million men — have experienced physical violence in the past year.

1% of women and men, respectively — over 2.5 million people — have experienced gun violence in the past year.

Relationship to Person(s) Causing Past Year Physical Violence

Table 1. Relationship to the person(s) causing past year physical violence

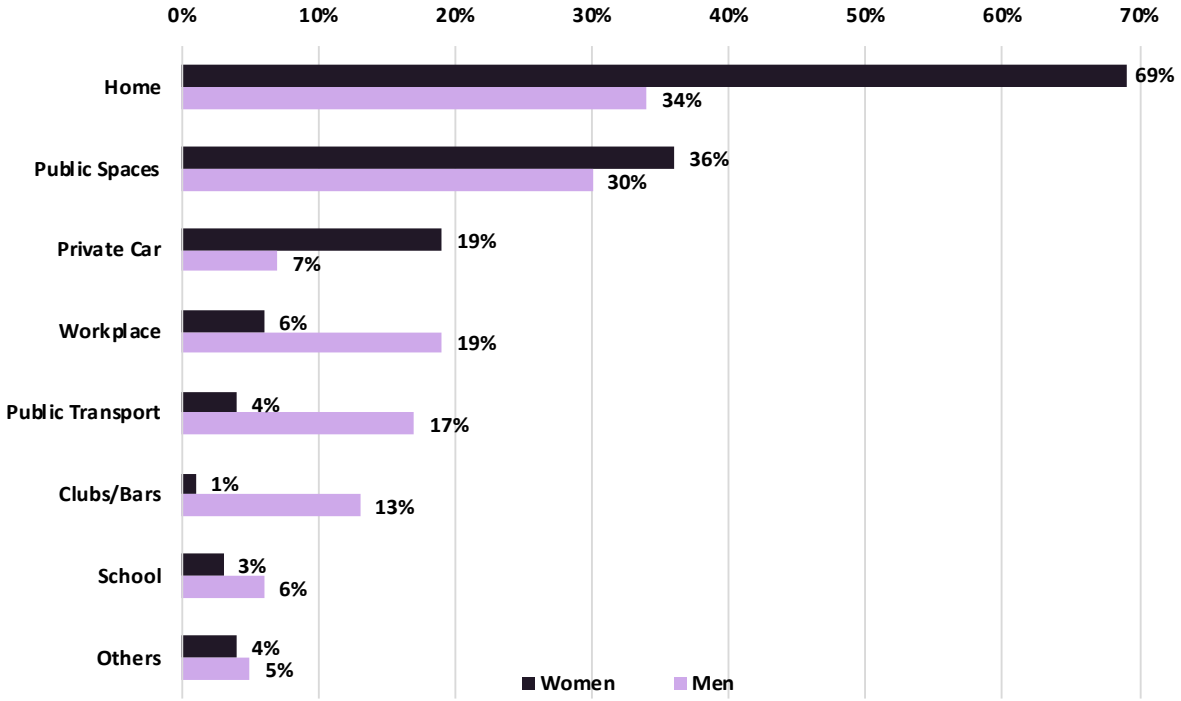
	Any form of physical violence (N= 132)	
Relation	**Women**	**Men**
Family Member 18+	14%	24%
Family Member <18	4%	7%
Spouse / Romantic Partner	61%	25%
Known Non-Family (you know well)	11%	10%
Acquaintance / Community Member	14%	9%
Stranger	12%	38%
Teacher / Coach / Adult Authority	0%	4%
Police	0%	5%
Political / Religious / Community Leader	0%	0%
Boss / Employer	0%	4%
Other	2%	2%

Respondents often knew the person who physically harmed them in the past year. (Table 1.)

- We see important gender differences: Women were overwhelmingly likely to report past year violence from a spouse or romantic partner (61%). Men were more likely than women to report past year violence from a stranger (38% of men and 12% of women) or an adult family member (24% of men and 14% of women).

Locations of Past Year Physical Violence

Figure 3. Locations of physical violence among those experiencing past year violence, US adults 2025

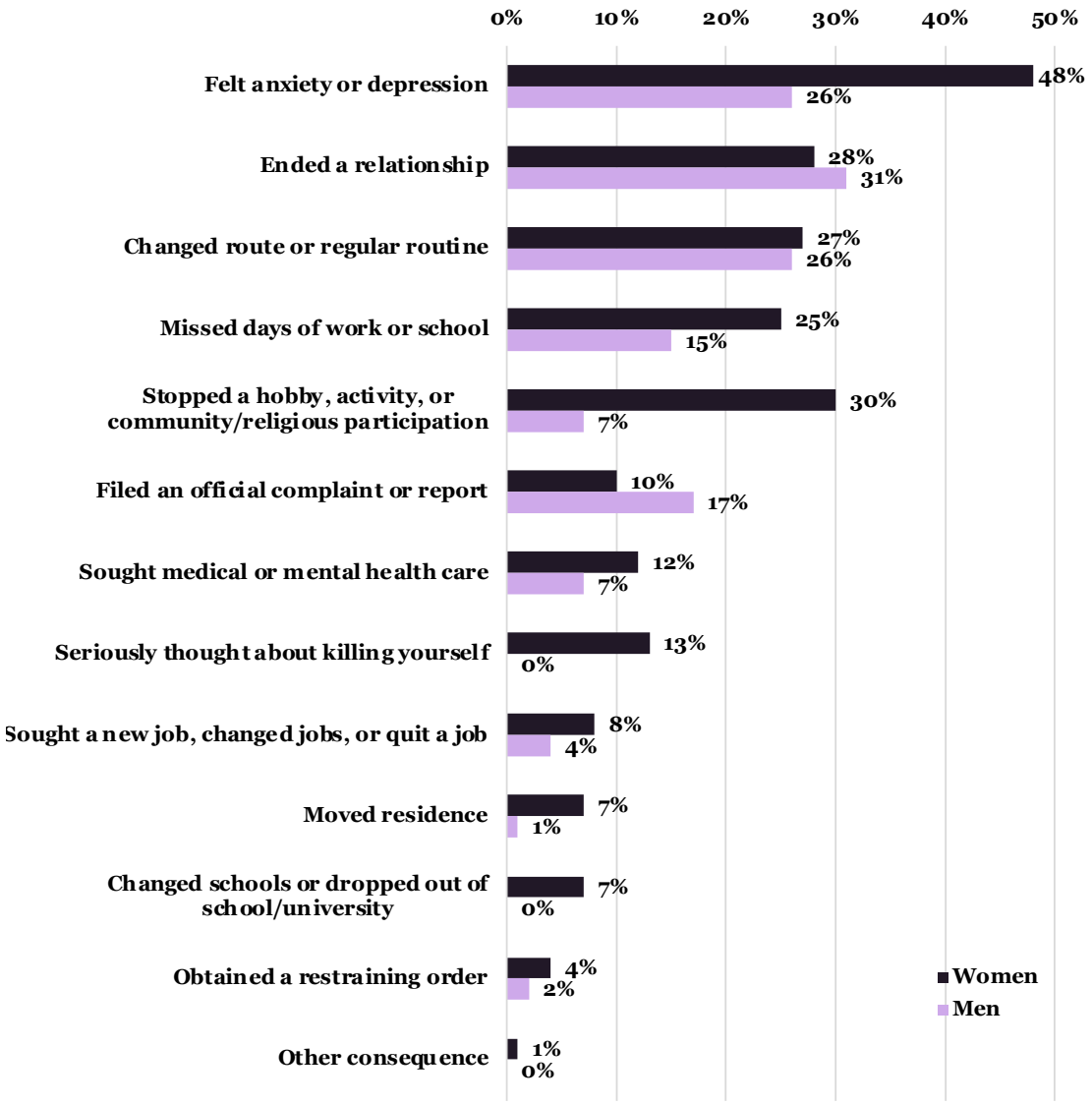


We see gender differences in the locations where past year physical violence occurred. (Fig. 3.)

- Women were most likely to report their home as the location of past year physical violence (69%); they do so twice as often as men (69% vs. 34%).
- Clubs/Bars showed the opposite pattern. Men were more likely than women to report clubs or bars as the location of violence (13% vs. 1%).
- Public spaces were reported as the second most common site of past year physical violence by both men and women.

Consequences of Past Year Physical Violence

Figure 4. Consequences of physical violence among those experiencing past year violence, US 2025



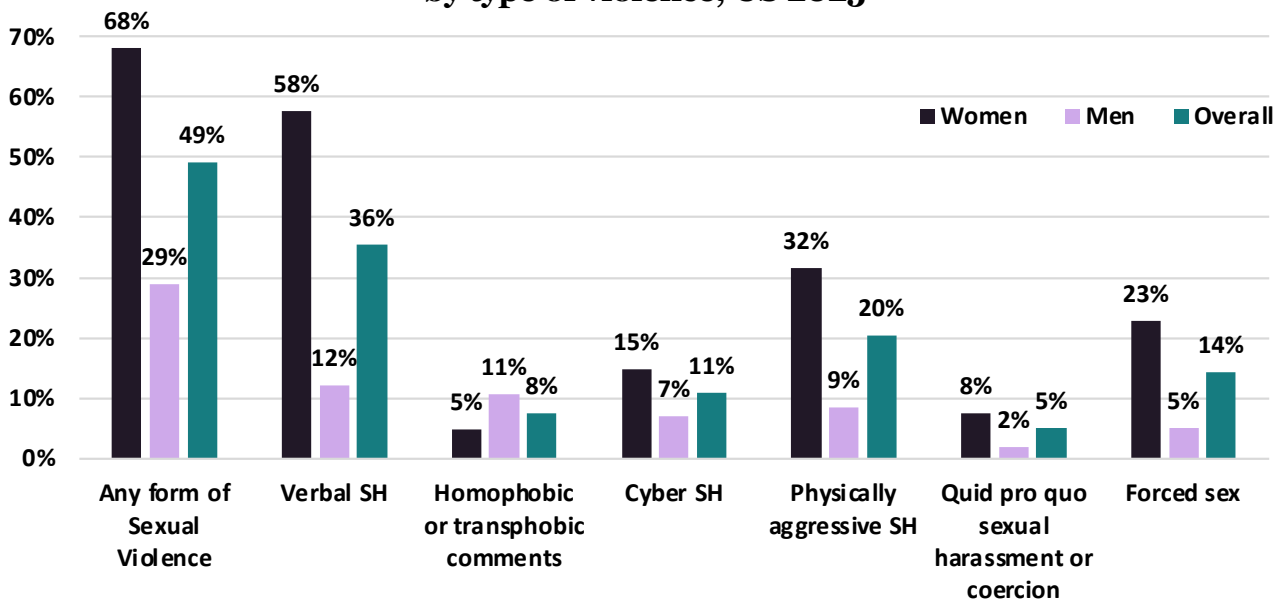
U.S. adults revealed mental health consequences and life changes due to past year physical violence. (Fig. 4.)

- Half of women (48%) and 1 in 4 men (26%) were anxious or depressed due to these violent experiences, and 1 in 8 women (13%) seriously considered suicide due to violence; no men reported this outcome.
- Common life changes included: ending a relationship (28% of women and 31% of men), changing routines (27% women and 26% men), and stopping a hobby or activity (30% of women and 7% of men).
- School and work disturbance was also reported, including missing work or school (25% of women and 15% of men) or leaving or changing employment (8% of women and 4% of men).

Help-seeking was not common.

- The minority of those who experienced past year physical violence sought medical help (12% of women and 7% of men), filed an official complaint (10% women vs. 17% men), or obtained a restraining order against the person who harmed them (4% of women and 2% of men).

Figure 5. Lifetime experience of sexual violence by type of violence, US 2025



Half of U.S. adults (49%) have experienced sexual violence in their lifetime. Women (68%) are more likely than men (29%) to experience this type of violence. (Fig. 5.)

- The most common forms of sexual violence are verbal sexual harassment (36% overall, 58% of women and 12% of men), physically aggressive sexual harassment (20% overall, 32% of women and 9% of men), and forced sex (14% overall, 23% of women and 5% of men), with women significantly more likely to experiences all three forms of violence relative to men.
- One in 20 U.S. adults (5%) have experienced quid pro quo sexual harassment (indicative of sexual exploitation), with women at relatively greater risk (8% of women and 2% of men).
- Homophobic/transphobic sexual harassment is the one form of sexual violence assessed that is significantly more likely for men than women (11% of men and 5% of women).

68% of women and 29% of men — about 95 million women and over 38 million men — have experienced sexual harassment or assault in their lifetimes.

8% of women and 2% of men — over 10 million women and 2.5 million men — have experienced sexual exploitation in their lifetimes.

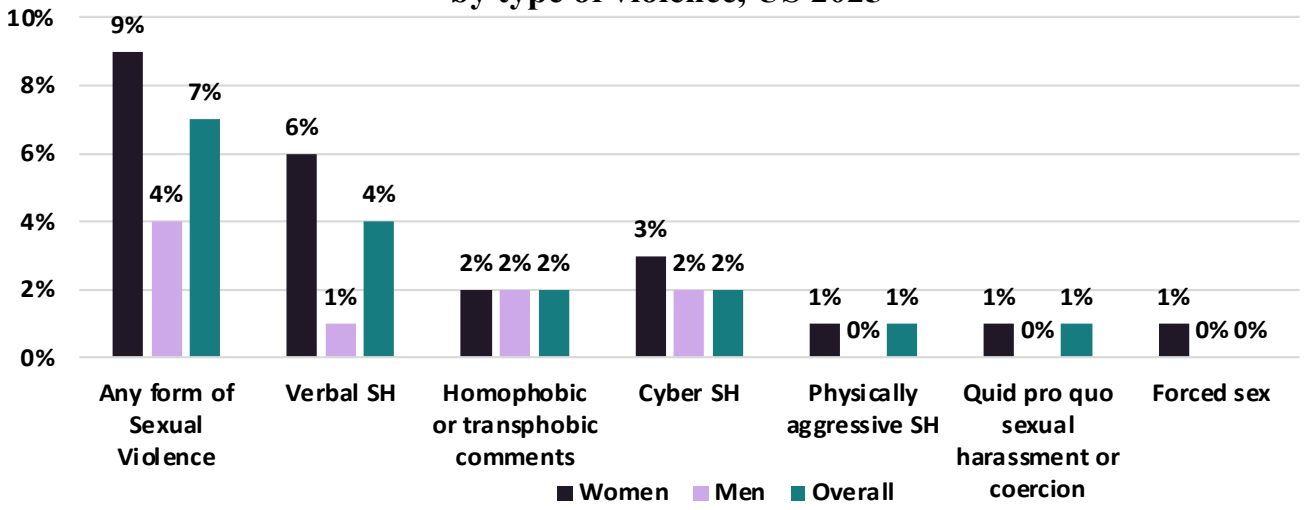
23% of women and 5% of men — almost 32 million women and 6.5 million men — have experienced forced sex in their lifetimes.

Sexual violence experiences were not uncommon across the lifespan.

- ***One in 8 (12%)*** U.S. adults experienced sexual violence in childhood (age 0–12), with significantly higher prevalence among women compared with men (15% vs. 8%).
- ***About 1 in 4 (24%)*** experienced sexual violence in adolescence (age 13–17). Women were more than twice as likely as men to report sexual violence during adolescence (33% vs. 14%).
- ***About 1 in 3 (31%)*** reported sexual violence in young adulthood (age 18–24). Women were about three times as likely as men to report sexual violence during young adulthood (46% vs. 15%).
- ***About 1 in 4 (24%)*** experienced sexual violence in adulthood (age 25+). Women were more than three times as likely as men to report sexual violence during adulthood (35% vs. 11%).
- Women reported consistently higher prevalence across all age groups.

Past Year Experiences of Sexual Violence

Figure 6. Past year experience of sexual violence by type of violence, US 2025



One in 14 adults in U.S. (7%) experienced sexual violence in the past year, with women (9%) more likely than men (4%) to have experienced past year sexual violence. (Fig. 6.)

- Verbal sexual harassment is the most common form, reported by 4% of adults (6% of women and 1% of men). Among women, 1 in 100 experienced physically aggressive sexual harassment, quid pro quo sex (i.e., sexual exploitation), and forced sex, respectively, in the past year.

9% of women and 4% of men — about 12.5 million women and 5.4 million men — experienced sexual harassment or assault in the past year.

1% of women — almost 1 million women — have experienced forced sex in the past year.

Relationship to Person(s) Causing Past Year Sexual Violence

Table 2. Relationship to the person(s) causing past year sexual violence, U.S. adults 2025

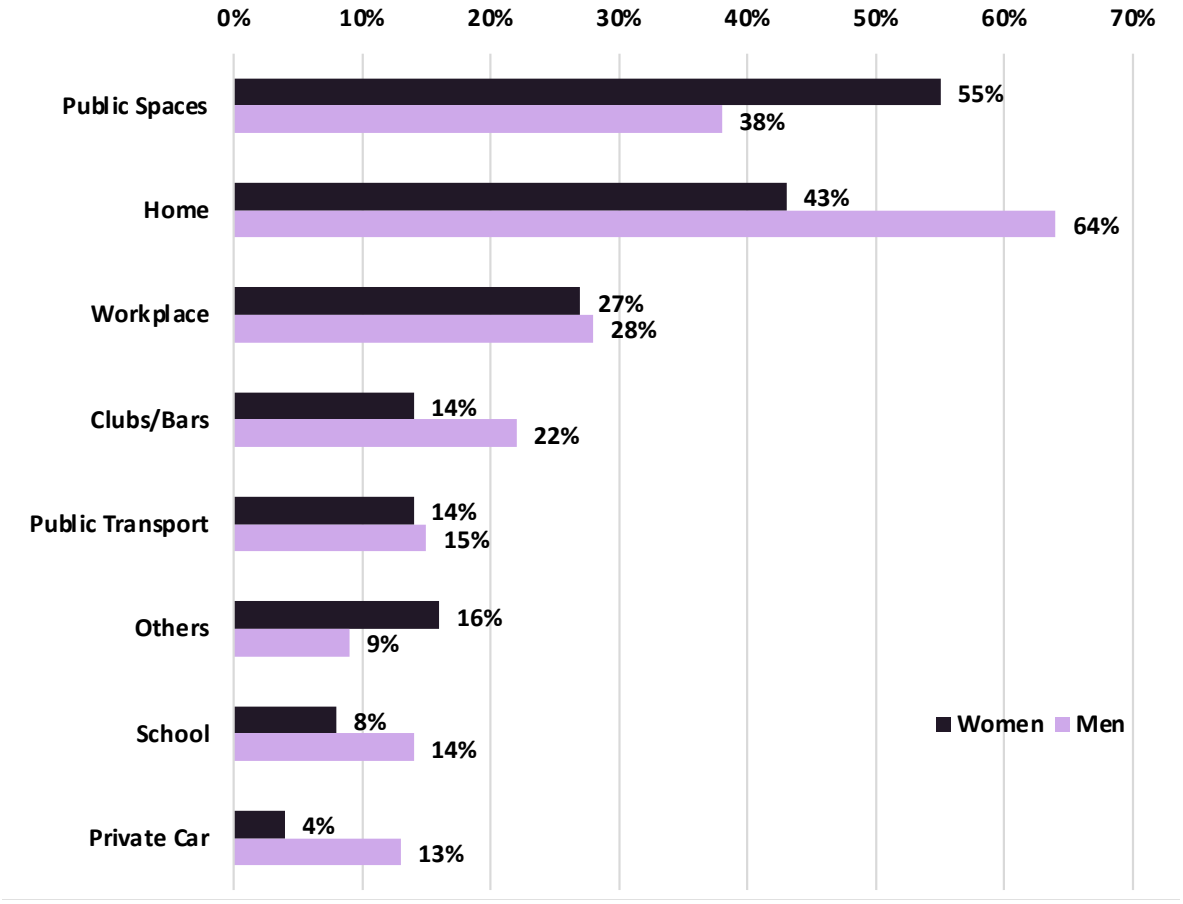
	Any form of sexual violence* (N=216)	
Perpetrator	**Women**	**Men**
Family Member 18+	5%	18%
Family Member < 18	2%	10%
Spouse/Partner	11%	14%
Known Non-Family	39%	35%
Acquaintance or Community Member	47%	41%
Stranger	58%	66%
Teacher/Coach/Adult Authority	0%	14%
Police	0%	8%
Political / religious / community leader	2%	2%
Boss/Employer	7%	2%
Other	4%	13%

**As indicated in Fig. 6, this is largely in the form of verbal sexual harassment.*

Of those who experienced sexual violence in the past year, most indicated the abuse was from a stranger (58% of women and 66% of men), though acquaintance (47% of women and 41% of men) and known non-family member were also indicated (39% of women and 35% of men). (Table 2.)

Locations of Past Year Sexual Violence

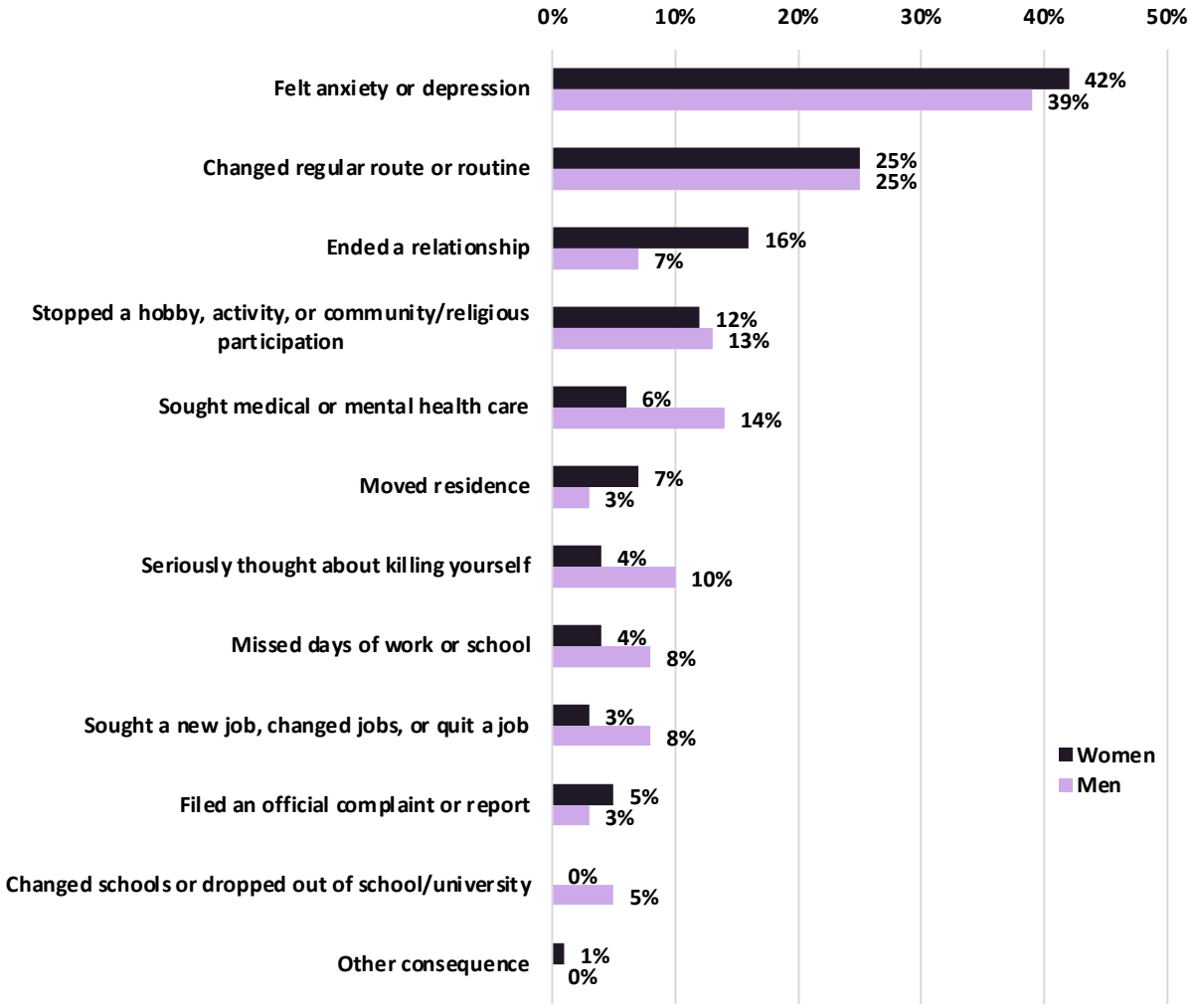
Figure 7. Locations of sexual violence among those experiencing past-year violence, US 2025



Among those who experienced sexual violence in the past year, women most often reported that the abuse occurred in a public space (55% of women and 38% of men), whereas men most often indicated it happened at home (43% of women and 64% of men). (Fig. 7.)

Consequences of Past Year Sexual Violence

Figure 8. Consequences of sexual violence among those experiencing past-year violence, US 2025



U.S. adults revealed mental health consequences and life changes due to this sexual violence. (Fig. 8.)

- Approximately 2 in 5 women (42%) and men (39%), respectively, were anxious or depressed due to experiences of sexual violence, which again, was largely in the forms of verbal harassment or cyber harassment. 1 in 25 women (4%) seriously considered suicide due to the violence, whereas 1 in 10 men (10%) indicated suicidality.
- Some reported life changes include: ending a relationship (16% of women and 7% of men), changing routines (25% of women and men, respectively), and stopping a hobby or activity (12% of women and 13% of men).

Help-seeking was not common.

- Only a minority of those who experienced past year sexual violence sought medical help (6% of women and 14% of men) or filed an official complaint (5% vs. 3%).

Higher percentage of men relative to women reporting suicidality and medical help seeking in response to past year sexual violence suggests that sexual harassment, while less common for men, may be more negatively impactful on men's mental health.

INTIMATE PARTNER VIOLENCE (IPV)

Lifetime and Past Year Experiences of IPV

Table 3. Experiences of violence from a romantic or sexual partner, U.S. adults 2025

	Experienced ever		Experienced in past year	
IPV Measure	**Women**	**Men**	**Women**	**Men**
Any of 25 items	**61%**	**45%**	**5%**	**3%**
ANY EMOTIONAL IPV	44%	31%	4%	2%
Insulted, humiliated, or made fun of you in front of others	32%	23%	3%	2%
Destroyed something that was important to you	22%	13%	2%	1%
Harassed you by phone, text, email or using social media	21%	11%	2%	0%
ANY CONTROL IPV	36%	26%	3%	2%
Kept you from having your own money / controlled your money	13%	5%	1%	1%
Keeps your documents, IDs/immigration/financial/Certificates	3%	3%	0%	0%
Tried to keep you from seeing or talking to family or friends	19%	11%	2%	1%
Kept track of you / demanded to know where you were	25%	16%	2%	1%
Made decisions for you that should have been yours to make	17%	11%	2%	1%
ANY THREATS TO SELF OR OTHERS	23%	9%	2%	0%
Threatened to harm someone close	7%	2%	1%	0%
Threatened self/suicide	18%	8%	1%	0%
Hurt/threatened pet(s)	8%	1%	0%	0%
ANY PHYSICAL IPV	40%	25%	3%	1%
Made threats to physically harm you	20%	8%	2%	1%
Slapped you	18%	15%	2%	1%
Pushed or shoved you	29%	16%	3%	1%
Hit you with a fist or something hard	16%	9%	1%	1%
Hurt you by pulling your hair	13%	2%	2%	0%
Slammed you against something	19%	3%	2%	0%
Tried to hurt you by choking or suffocating you	13%	1%	1%	0%
Beat you	11%	1%	1%	0%
Burned you on purpose	2%	1%	0%	0%
Used a knife on you	2%	1%	0%	0%
Used a gun on you	3%	1%	0%	0%
ANY SEXUAL IPV	16%	3%	1%	0%
Forced/tried to force sex or sexual acts	16%	3%	1%	0%
ANY REPRODUCTIVE COERCION	4%	1%	0%	0%
Forced/pressured to continue pregnancy	2%	1%	0%	0%
Forced/pressured to prevent/end pregnancy	3%	1%	0%	0%

We assessed the lifetime experiences of 25 different forms of violence from a current or former romantic or sexual partner (hereafter referred to as intimate partner violence (IPV)). Six in 10 U.S. women (61%) and almost half of U.S. men (45%) have experienced IPV in their lifetimes. (Table 3.)

- Physical and/or sexual IPV is seen for almost half of women (45%) and 1 in 4 men (26%).
- One in 9 U.S. adults (11%) experienced any potentially lethal form of IPV (i.e., beating, burning, strangulation, and knife, or gun related violence) in their lifetime. Women reported significantly higher prevalence of potentially lethal violence than men (19% vs. 3%).
- One in 33 women (3%) and 1 in 100 men (1%) have experienced gun-related IPV in their lifetime.

61% of women and 45% of men — about 85 million women and over 59 million men — have experienced IPV in their lifetime.

19% of women and 3% of men — over 26 million women and 4 million men — have experienced potentially lethal IPV in their lifetime.

One in 10 U.S. adults (10%) experienced IPV in adolescence; women were significantly more likely than men to have experienced adolescent IPV (13% vs. 7%).

13% of women and 7% of men — almost 18 million women and 10 million men — experienced IPV before they were age 18.

One in 25 U.S. adults (4%; 5% of women and 3% of men) experienced IPV in the past year. (Table 3.)

- One in 100 U.S. adults (1%) experienced a potentially lethal form of IPV in the past year.

One in 13 U.S. adults (8%; 8% of women and 9% of men) indicated that they are currently in a relationship with a partner who has been abusive toward them.

Witnessing IPV in Childhood

We asked participants if they had ever seen or heard their mother or primary caregiver being pushed, slapped, hit, punched, or beaten by a romantic or sexual partner. About 1 in 5 U.S. adults (19%) had witnessed IPV against their mother during childhood (22% women and 17% men).

Witnessing IPV in childhood was significantly associated with:

- ***Lifetime IPV:***
  - Ever experiencing IPV was 69% among those who witnessed IPV against their mother and 50% among those who had not witnessed IPV.
- ***Past year IPV:***
  - Past-year IPV was 6% among those who witnessed IPV against their mother and 4% among those who had not witnessed IPV.
- ***Experiences of potentially lethal lifetime IPV:***
  - Potentially lethal lifetime IPV prevalence was 2x higher among those who witnessed IPV against their mother compared with those who had not witnessed IPV (20% vs 9%).
- ***Experiences of perpetrating IPV past year:***
  - Past-year IPV perpetration was reported by approximately 1% of those who witnessed IPV against their mother during childhood and less than 1% of those who had not; this difference was not statistically significant.

SELF-REPORTED PERPETRATION OF VIOLENCE

Self-Reported Perpetration of Physical Violence

About 1 in 5 U.S. adults (19%) indicated that they perpetrated some form of physical violence in their lifetime (hereafter referred to as ever); men were more likely than women (24% vs. 14%) to have ever perpetrated physical violence.

- Those who had ever experienced physical violence were over 5x more likely to have perpetrated physical violence at some point during their lifetimes — 32% of those who had ever experienced physical violence compared to 6% of those who had not ever experienced physical violence.

14% of women and 24% of men — over 19 million women and almost 32 million men — admit to perpetrating physical violence in their lifetime.

1% of women and men, respectively — about 3 million people — admit to perpetrating physical violence in the past year.

One in 100 U.S. adults (1%) perpetrated physical violence in the past year (1% of women and men, respectively).

- Those who experienced physical violence in the past year were more likely to report perpetrating physical violence (18%) compared with those who did not report perpetrating physical violence (0%).
- Most people who reported perpetrating physical violence in the past year indicated that there were no consequences for their committing violence (42%; 45% of women, and 41% of men).
  - 12% of physical violence perpetrators indicated a formal complaint was filed against them due to the violence (10% of women, and 13% of men.)

One in 8 of those reporting this behavior (13%) were arrested due to the violence (14% of women, and 13% of men).

Self-Reported Perpetration of Sexual Violence

One in 11 U.S. adults (9%) indicated that they perpetrated some form of sexual violence (harassment or assault) in their lifetime; men were more likely than women (14% vs. 5%) to have ever perpetrated sexual violence. Only 1% of U.S. adults indicated perpetration of forced sex.

- Those who had ever experienced sexual violence were nearly 4x more likely to have perpetrated sexual violence during lifetime; 15% of those who had ever experienced sexual violence perpetrated sexual violence compared to 4% of those who had not experienced lifetime sexual violence.

One in 50 U.S. adults (2%) perpetrated sexual violence in the past year; Men were more likely than women (3% vs. 1%) to have perpetrated sexual violence in the past year.

- Those who had experienced sexual violence in the past year were 13x more likely to have perpetrated sexual violence in the past year; 13% of those who had experienced sexual violence in the past perpetrated such violence, compared to 1% of those who had not experienced past year sexual violence.
- Most people who reported perpetrating sexual violence in the past year indicated there were no consequences for their violence (81%; 86% of women, and 79% of men).
  - ***One in 50 U.S. adults (2%)*** indicated a formal complaint was filed against them due to the violence.
  - ***One in 25 (4%)*** were arrested due to the violence.
  - ***One in 100 (1%)*** lost their jobs due to the violence.

5% of women and 14% of men — over 7 million women and almost 18 million men, admit to perpetrating sexual violence in their lifetime.

1% of women and 3% of men — about 1.8 million women and 3.6 million men — admit to perpetrating sexual violence in the past year.

Self-Reported Perpetration of IPV in the Past Year

Using a single item, we asked participants if they had perpetrated physical and/or sexual IPV in the past year. One in 100 U.S. adults (1%) indicated that they had engaged in this behavior (0.1% of women, and 1% of men).

Those who had experienced IPV in the past year were 5x more likely to have perpetrated IPV in the past year; 5% of those who had experienced IPV in the past year also perpetrated IPV in the past year, compared to 1% of those who had not experienced IPV in the past year.

Self-Reported Violence Victimization and Perpetration

Nearly one in three U.S. adults who experienced physical violence ever (31%) also reported perpetrating physical violence during their lifetime, with significantly higher prevalence among men (40%) compared with women (23%).

- ***About 1 in 7 U.S. adults*** who had ever experienced physical violence (14%) reported perpetrating sexual violence during their lifetime, with significantly higher prevalence among men (21%) compared with women (8%).
- ***About 1 in 4 U.S. adults*** who had ever experienced sexual violence (24%) reported perpetrating physical violence during their lifetime, with significantly higher prevalence among men (36%) compared with women (19%).
- ***About 1 in 7 U.S. adults*** who ever experienced sexual violence (15%) also reported perpetrating sexual violence during their lifetime, with significantly higher prevalence among men (34%) compared with women (7%).
- ***About 1 in 4 U.S. adults*** who ever experienced IPV (26%) also reported perpetrating physical violence during their lifetime, with significantly higher prevalence among men (37%) compared with women (19%).
- ***About 1 in 7 U.S. adults*** who ever experienced IPV (14%) also reported perpetrating sexual violence during their lifetime, with significantly higher prevalence among men (23%) compared with women (7%).

** Cell sizes for past-year IPV perpetration were too small to yield reliable estimates*

PREVALENCE OF VIOLENCE BY NATIONAL REGION

With recognition of the substantial variation in populations by region, we also analyzed prevalence of physical violence, sexual violence, and IPV by region and gender. The states by region are as follows below:

- ***Northeast:*** Includes Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont
- ***Midwest:*** Includes Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin
- ***South:*** Includes Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, and West Virginia
- ***West:*** Includes Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming

Physical Violence by Region

Table 4. Prevalence of physical violence by state region, U.S. adults 2025

	Physical Violence Lifetime		Gun Violence Lifetime		Physical Violence Past Year		Physical Violence Perpetration Lifetime	
	Women	Men	Women	Men	Women	Men	Women	Men
Northeast	49%	50%	13%	18%	7%	-	16%	25%
Midwest	53%	52%	10%	15%	4%	4%	14%	22%
South	52%	54%	14%	15%	5%	5%	11%	23%
West	54%	51%	11%	19%	4%	4%	18%	28%

Note: - Suppressed due to a small number of past-year physical violence reports by men.

While there is some variation by region in experiences of physical violence and gun violence, as well as in use of physical violence against others (see Table 4), observed differences are not statistically significant.

Sexual Violence by Region

Table 5. Prevalence of sexual violence by state region, U.S. adults 2025

	Sexual Violence Lifetime		Forced Sex Lifetime		Sexual Violence Past Year		Sexual Lifetime Violence Perpetration	
	Women	Men	Women	Men	Women	Men	Women	Men
Northeast	71%	29%	21%	7%	14%	3%	5%	14%
Midwest	69%	29%	22%	4%	10%	4%	5%	16%
South	62%	32%	22%	5%	8%	5%	7%	13%
West	75%	25%	26%	5%	7%	3%	-	13%

Note: - Suppressed due to a small number of sexual lifetime violence perpetration reports by women.

Among women, we see statistically significant differences by region in experiences of sexual violence ever and in the past year, but not for forced sex, suggesting that observed differences are attributable to forms of sexual harassment. (See Table 5.) We conducted an additional analysis to assess whether observed regional differences held in both metro and non-metro areas. Findings only held in the metro areas.

- Among women residing in metropolitan areas, prevalence of sexual violence over the lifetime was reported by 70% of women in the northeast, 67% of women in the Midwest, 61% of women in the south, and 75% of women in the west.
- Among women residing in non-metropolitan areas, prevalence of sexual violence over the lifetime was reported by 79% of women in the northeast, 73% of women in the Midwest, 73% of women in the south, and 74% of women in the west.

Analyses stratified by both region and metro/non-metro residence could not be conducted for past year sexual violence against women due to small cell sizes.

Among men, no significant regional differences were seen in experiences of sexual violence nor in committing sexual violence against others.

IPV by Region

Table 6. Prevalence of IPV by state region, U.S. adults 2025

	IPV Lifetime		Physical and/or Sexual IPV Lifetime		IPV Past Year	
	Women	Men	Women	Men	Women	Men
Northeast	59%	38%	47%	26%	6%	-
Midwest	59%	45%	46%	22%	4%	4%
South	62%	50%	44%	28%	4%	5%
West	62%	43%	43%	25%	7%	-

Note: - Suppressed due to a small number of past-year IPV reports by men.

While there is some variation by region in experiences of IPV (see Table 6), observed differences are not statistically significant.

PREVALENCE OF VIOLENCE AMONG GENDER NON-CONFORMING (GNC) RESPONDENTS

Among U.S. adults identifying as gender non-conforming (GNC), nearly two-thirds (63%) experienced lifetime physical violence, while 18% experienced past year physical violence. Approximately 38% reported lifetime perpetration of physical violence and 21% reported past year physical violence perpetration.

A large majority of GNC U.S. adults (85%) reported ever experiencing sexual violence, and approximately half (50%) experienced past year sexual violence. About 1 in 4 (24%) reported lifetime sexual violence perpetration, while 13% reported past year sexual violence perpetration.

More than 4 in 5 GNC U.S. adults (84%) experienced lifetime IPV, and 22% experienced past year IPV. Approximately 17% reported past year IPV perpetration.

These findings showed significantly higher risk for violence perpetration and victimization among GNC participants compared with women and men participants for most assessed indicators.

SOCIODEMOGRAPHICS AND PAST YEAR VIOLENCE

We assessed the associations between sociodemographic and economic risk factors and past year physical violence, sexual violence, and IPV. Differences noted below are statistically significant.

Sociodemographics Associated with Past Year Physical Violence

- ***Age:*** Young U.S. adults (7% of those aged 18-24 years and 25-34 years respectively) were more likely to have experienced past year physical violence compared with those aged 35–44 years (6%), 45–54 years (5%), 55–64 years (4%), and those aged 65+ (1%).
- ***Race/Ethnicity:*** Black (8%), Other/Multi-racial (9%) and Hispanic (7%) U.S. adults were more likely to have experienced past year physical violence than Asian (4%) and White (3%) U.S. adults.
- ***Household Income:*** Risk for past year physical violence was greater for poorest compared with richest U.S. adults. Physical violence was reported by 9% of adults in the lowest quintile ($0–$29,999), 4% in second lowest quintile ($30,000–$59,999), 5% of those in the middle quintile ($60,000–$99,999), and 3% of those in the second highest quintile ($100,000–$149,999), and highest quintile ($150,000 or more), respectively.
- ***Education:*** Physical violence in the past year was least likely for those with a bachelor's degree or higher (2%) respectively compared with those with a high school diploma (7%), less than a high school diploma (6%), and those who with some college (5%).
- ***Sexual Orientation:*** U.S. adults identifying as lesbian, gay, bisexual, or other self-described sexual identity were twice as likely to have experienced past year physical violence (8%), relative to heterosexual adults(4%).
- ***Disability and Metro/Non-metro area*** were not significantly associated with past year physical violence.

Sociodemographics Associated with Past Year Sexual Violence

- ***Age:*** Young U.S. adults (15% of those aged 18-24 years and 14% of those 25-34 years) were more likely to have experienced past year sexual violence compared with those aged 35–44 years (8%), 45–54 years (5%), 55–64 years (3%), and those aged 65+ (1%).
- ***Sexual Orientation:*** U.S. adults identifying as lesbian, gay, bisexual, or other self-described sexual identity were five times as likely to have experienced past year sexual violence relative to heterosexual U.S. adults (25% vs 5%).
- ***Disability:*** U.S. adults with a disability were more likely than those without a disability to have experienced past year sexual violence (10% vs 7%)
- ***Race/Ethnicity, Household Income, Education, and Metro/Non-Metro*** were not significantly associated with past year sexual violence.

Sociodemographics Associated with Past Year IPV

- ***Household Income:*** Risk for past year IPV was greater for the poorest compared with the richest U.S. adults. Past year IPV was reported by 7% of adults in the lowest quintile ($0–$29,999), 3% in the second lowest quintile ($30,000–$59,999) and middle quintile ($60,000–$99,999) respectively, 5% of those in the second highest quintile ($100,000–$149,999), and 4% in highest quintile ($150,000 or more).
- ***Sexual Orientation:*** U.S. adults identifying as lesbian, gay, bisexual, or other self-described sexual identity were more likely to have experienced past year IPV (10%), relative to heterosexual U.S. adults(4%).
- ***Age, Race/Ethnicity, Education, Disability, and Metro/Non-Metro*** were not significantly associated with past year IPV.

ECONOMIC SHOCKS AND PAST YEAR VIOLENCE

We assessed past year experiences of economic shocks, which we defined as lacking sufficient money for food or other basic needs (deprivation), job loss, eviction, and homelessness in the past year. We evaluated the associations between these economic shocks and our past year violence outcomes- physical violence, sexual violence, and IPV.

Economic Deprivation, Past Year

More than 1 in 4 women (28%) and nearly one in four men (23%) lacked sufficient money for food and other basic needs in the past year. Those who experienced this compared to those who did not were:

- ***3x more likely*** to have experienced past year physical violence (9% vs 3%),
- ***Almost 2x more likely*** to have experienced past year sexual violence (11% vs 6%), and
- ***2x more likely*** to have experienced past year IPV (6% vs 3%).

Significant findings seen for the total sample also held true for women and men.

Job Loss, Past Year

One in 20 women (5%), 1 in 25 men (4%) lost a job in the past year.

* *We found no significant associations between job loss and any of the past year violence variables for the total sample; lack of significant findings held true for women and men.*

Eviction, Past Year

One in 50 women (2%), and 1 in 100 men (1%) experienced eviction in the past year. Those who were evicted in the past year, compared to those who were not, were:

- ***7x more likely*** to have experienced past year physical violence (28% vs 4%),
- ***3x more likely*** to have experienced past year sexual violence (21% vs 7%), and
- ***Almost 5x more likely*** to have experienced past year IPV (19% vs 4%)

Findings by gender could not be assessed due to low prevalence of past year eviction.

Homelessness, Past Year

One in 100 women (1%) and men (1%), respectively, experienced homelessness in the past year. Those who experienced homelessness in the past year, compared to those without this past year history were:

- ***5x more likely*** to have experienced past year physical violence (21% vs 4%),
- ***Over 3x as likely*** to have experienced past year sexual violence (23% vs 7%), and
- ***4x more likely*** to have experienced past year IPV (17% vs 4%)

Findings by gender could not be assessed due to low prevalence of past year homelessness.

NEIGHBORHOOD SAFETY, POLICING, INCARCERATION, AND PAST YEAR VIOLENCE

Neighborhood Safety and Past Year Violence

Most U.S. adults view their neighborhoods as safe – 25% extremely safe, 53% quite safe and 18% slightly safe; 3% of U.S. adults view their neighborhoods as not at all safe. Perceptions of neighborhood safety were generally similar among women (25% extremely safe, 53% quite safe, 19% slightly safe, and 3% not at all safe) and men (26%, 53%, 17%, and 3%, respectively).

Those who view their neighborhoods as not at all safe, compared to extremely/quite/slightly safe were:

- ***4x more likely*** to have experienced past year physical violence (16% vs. 4%),
- ***2.5x more likel***y to have experienced past year IPV (10% vs. 4%)

A higher percentage of U.S. adults that perceived their neighborhoods as unsafe also reported past-year sexual violence compared to those who view their neighborhoods as safer (11% vs. 7%), but this difference was not statistically significant.
Findings by gender could not be assessed due to low prevalence of residence in an unsafe neighborhood.

Abusive Policing Experiences and Past Year Violence

Policing and Abusive Policing

We asked U.S. adults if they had ever been approached or stopped by the police and, if yes, if the experience occurred within the past year. Men experienced more contact with police than did women. We found that:

- 74% had ever been stopped or approached by the police (70% of women, 79% of men);
- 16% were stopped or approached by the police in the past year (15% of women, and 18% of men).

We also asked about an individual's most recent experience of being approached or stopped by the police to assess potential mistreatment, defined here as being treated somewhat or very badly.

- One in 10 U.S. adults (10%) reported mistreatment during their most recent police encounter. Experiences were similar among women (10%) and men (11%), with no meaningful differences by gender.
- Mistreatment varied significantly by race/ethnicity, with higher levels reported among Black (19%) and Hispanic (12%) adults, as well as other or multiple race (15%), compared to 8% of White and Asian adults, respectively.

Those reporting police mistreatment during their most recent experience with police, compared to those reporting no mistreatment at their most recent police interaction, were:

- ***Almost 3x more likel***y to report past year physical violence (11% vs. 4%),
- ***More than 2x as likely*** to report past year sexual violence (16% vs. 6%).

These findings held true for both women and men, as well as for the total sample.

Past Year Violence from Police

Examining reported perpetrators of past year physical and sexual violence, we found that one in 500 U.S. adults (0.2%) experienced physical and/or sexual policing violence in the past year. Given that only 17% report contact with the police in the past year, at least one in 6 people who had police contact in the past year experienced policing violence.

Incarceration and Violence

Almost 1 in 13 (8%) of U.S. adults have been incarcerated for 48 hours or more in their lifetimes. Men are more than twice as likely as women to ever have been incarcerated (5% of women, and 12% of men).

- ***One in 33 (3%) of U.S. adults*** were incarcerated as minors (<18; 2% of women, and 4% of men). Almost 1 in 100 (1%); were incarcerated before the age of 16 (1% of women, and 2% of men).
- ***One in 100 U.S. adults (1%)*** were incarcerated in the past year (0.4% of women and 1% of men).

Those with a history of incarceration compared to those without this history were:

- Almost 4x more likely to have experienced past year physical violence (15% vs 4%),
- Significantly more likely to have experienced past year sexual violence (11% vs 7%), and
- Over 2x more likely to have experienced past year IPV (10% vs 4%).

These findings held true for women and men separately as well as for the total sample.

DISCRIMINATION AND PAST YEAR VIOLENCE

Everyday Discrimination and Past Year Violence

We asked participants about their experiences of Everyday Discrimination, using an eight-item validated scale (18,19) that has been used previously in our CalVEX research (20). Around 1 in 5 respondents (19%) experience at least one of eight assessed forms of everyday discrimination in a typical week, with women and men reporting (19% women and 18% men). These experiences included:

- Being treated as if others are better than them (10%)
- Being treated as unintelligent (8%)
- Receiving poorer service in restaurants or stores (5%)
- Having others act afraid of them (4%)
- Being treated as dishonest (4%)
- Being mocked or made fun of (3%)
- Experiencing verbal abuse (2%)

Among those reporting everyday discrimination, perceived reasons for it were:

- Race/Ethnicity (27%)
- Physical Appearance (22%)
- Age (12%)
- Gender (11%)
- Income Level/Social Class (9%)
- Disability (8%)
- Sexual Orientation (3%)
- Political Beliefs (2%)
- Immigration Status (1%)
- Religion (1%)

**Participants could select more than one reason.*

Those reporting experiences of everyday discrimination, compared to those without these experiences, were:

- ***More than 3x as likely*** to report past year physical violence (10% vs. 3%),
- ***Almost 5x more likely*** to report past year sexual violence (19% vs. 4%), and
- ***Almost 3x as likely*** to have experienced past year IPV (8% vs. 3%)

Significant findings were observed for the total sample, and for both women and men, except for past-year IPV among men, where findings was not statistically significant.

Institutional Discrimination and Past Year Violence

We asked participants about their experiences using the Major Forms of Discrimination measure, a seven-item validated scale assessing various forms of institutional discrimination that has been used previously in our CalVEX research (18,19). About 1 in 3 U.S. adults (32%) have experienced institutional discrimination, with men (33%) and women (32%).

These experiences included:

- Being unfairly fired or denied a promotion (16%),
- Being unfairly passed over for a job opportunity (16%),
- Being unfairly stopped, searched, questioned, physically threatened or abused by the police (7%),
- Being unfairly discouraged by a teacher or advisor from continuing my education (6%),
- Had difficulty getting a mortgage or a loan from a bank (6%).
- Moved into a neighborhood where neighbors made life difficult for me and my family (4%), and
- Being unfairly prevented from moving into a neighborhood because the landlord or a realtor refused to rent or sell me a house or apartment (3%),

Among those reporting institutional discrimination, perceived reasons for it were most often race/ethnicity (22%), age (14%), gender (13%), income level or social class (13%), and physical appearance (9%), disability (4%), political beliefs (4%), religion (2%) sexual orientation (2%), immigration (1%).
*Participants could select more than one reason.

Those reporting experiences of institutional discrimination, compared to those without this history, were:

- ***Almost 2x more likely*** to report past year physical violence (7% vs. 4%),
- ***More than 2x as likely*** to report past year sexual violence (11% vs. 5%), and
- ***2x more likely*** to have experienced past year IPV (6% vs 3%)

Significant findings seen for the total sample and for both women and men, except for past-year IPV, which was not statistically significant among either women or men, and past-year physical violence among women.

PAST YEAR VIOLENCE, MENTAL HEALTH, AND SUBSTANCE USE OUTCOMES

Past Year Violence and Depression/Anxiety

Those reporting past year physical violence, past year sexual violence, and past year IPV were significantly more likely to report anxiety and/or depression symptoms.

Using the PHQ-4 mental health assessment of depression and anxiety (21), we categorized respondents as having either normal, mild, moderate, or severe symptoms of depression and/or anxiety in the past two weeks. Most U.S. adults (61%) indicated normal symptoms. However, 25% reported mild depression/anxiety, 9% reported moderate depression/anxiety, and 5% reported severe depression/anxiety.

- Women reported significantly higher levels of depression/anxiety than men. Among women, 54% reported normal symptoms, 29% mild symptoms, 11% moderate symptoms, and 6% severe symptoms, compared with 67%, 21%, 7%, and 4%, respectively, among men.

We assessed associations between past year experiences of violence and depression/anxiety symptoms:

- Those who experienced past year physical violence were significantly more likely than those without these experiences to report depression/anxiety.
  - *Past Year Physical Violence Yes:* 27% normal, 37% mild, 25% moderate, 12% severe.
  - *Past Year Physical Violence No:* 62% normal, 25% mild, 8% moderate, and 5% severe.
- Those who experienced past year sexual violence were significantly more likely than those without these experiences to have depression/anxiety.
  - *Past Year Sexual Violence Yes:* 29% normal, 36% mild, 24% moderate, and 12% severe.
  - *Past Year Sexual Violence No:* 63% normal, 25% mild, 8% moderate, and 5% severe.
- Those who experienced past year IPV were significantly more likely than those without these experiences to experience depression/anxiety.
  - *Past Year IPV Yes:* 39% normal, 27% mild, 22% moderate, 12% severe.
  - *Past Year IPV No:* 61% normal, 25% mild, 9% moderate, and 5% severe.

Significant findings seen for the total sample largely held true for women and men separately, except for past year IPV among men, where findings were not significant.

Past Year Violence and Suicidality

One in 25 U.S. adults (4% of women and men, respectively) seriously considered suicide in the past year. We assessed associations between past year experiences of violence and past year suicidality:

- Those who experienced past year physical violence were almost 4x more likely than those without these experiences to have seriously considered suicide in the past year.
  - *Past Year Physical Violence Yes:* 15% seriously considered suicide in the past year.
  - *Past Year Physical Violence No:* 4% seriously considered suicide in the past year.
- Those who experienced past year sexual violence were over 5x more likely than those without these experiences to have seriously considered suicide in the past year.
  - *Past Year Sexual Violence Yes:* 17% seriously considered suicide in the past year.
  - *Past Year Sexual Violence No:* 3% seriously considered suicide in the past year.
- Those who experienced past year IPV were over 4x more likely than those without these experiences to have seriously considered suicide in the past year.
  - *Past Year IPV Yes:* 18% seriously considered suicide in the past year.
  - *Past Year IPV No:* 4% seriously considered suicide in the past year.

Significant findings seen for the total sample largely held true for women and men separately, except for past year physical violence among men, which was not significant.

Past Year Violence and Binge Alcohol Use

About 1 in 4 U.S. adults (23%) engaged in binge alcohol use in the past 30 days (4 to 5 or more drinks in one sitting), with men more likely than women to report binge alcohol; 21% women, and 26% men.

- Those who experienced past year physical violence were 2x as likely as those without these experiences to have engaged in binge alcohol use in the past 30 days.
  - *Past Year Physical Violence Yes:* 44% engaged in binge alcohol use in the past 30 days.
  - *Past Year Physical Violence No:* 22% engaged in binge alcohol use in the past 30 days.
- Those who experienced past year sexual violence were about 2x as likely as those without these experiences to have engaged in binge alcohol use in the past 30 days.
  - *Past Year Sexual Violence Yes:* 40% engaged in binge alcohol use in the past 30 days.
  - *Past Year Sexual Violence No:* 22% engaged in binge alcohol use in the past 30 days.
- Those who experienced past year IPV were more than 2x as likely than those without these experiences to have engaged in binge alcohol use in the past 30 days.
  - *Past Year IPV Yes:* 43% engaged in binge alcohol use in the past 30 days.
  - *Past Year IPV No:* 22% engaged in binge alcohol use in the past 30 days.

Significant findings seen for the total sample and among women. Among men, findings were not statistically significant.

Past Year Violence and Illicit Drug Use

One in 20 U.S. adults (5%) reported illicit drug use (excluding marijuana) in the past 30 days, with no differences by gender (women: 3%, and men: 6%).

- Those who experienced past year physical violence were more than 6x as likely as those without these experiences to have engaged in illicit drug use in the past 30 days.
  - *Past Year Physical Violence Yes*: 25% engaged in illicit drug use in the past 30 days.
  - *Past Year Physical Violence No*: 4% engaged in illicit drug use in the past 30 days.
- These who experienced past year sexual violence were over 3x more likely than those without these experiences to have engaged in illicit drug use in the past 30 days.
  - *Past Year Sexual Violence Yes*: 14% engaged in illicit drug use in the past 30 days.
  - *Past Year Sexual Violence No*: 4% engaged in illicit drug use in the past 30 days.
- Those who experienced past year IPV were more than 3x as likely than those without these experiences to have engaged in illicit drug use in the past 30 days.
  - *Past Year IPV Yes*: 14% engaged in illicit drug use in the past 30 days.
  - *Past Year IPV No*: 4% engaged in illicit drug use in the past 30 days.

Significant findings seen for the total sample largely held true for women and men, except for past-year IPV against men, which was not significant.

CONCLUSION

The USVEX 2025 survey provides one of the most comprehensive population-based assessments of violence experiences among U.S. adults currently available. Findings indicate that violence is a common experience across the lifespan. Half of all U.S. adults reported experiencing physical violence and nearly half reported experiencing sexual violence in their lifetime, while intimate partner violence (IPV) affected the majority of women and nearly half of men. Violence was not confined to a particular age group, setting, or relationship type, but occurred across childhood, adolescence, young adulthood, and later adulthood. Women experienced substantially higher burdens of sexual violence and IPV, including forced sex and potentially lethal forms of partner violence, such as strangulation or use of weapon. Sexual and gender identity is a major factor. We found higher prevalence of past year physical violence, sexual violence and IPV among lesbian, gay, bisexual, or other self-described sexual identity respondents compared with heterosexual respondents, and among gender non-conforming (GNC) respondents compared with women and men. These findings are consistent with prior research documenting disparities in violence exposure across gender, sexual identity, age, and social position and reinforce longstanding evidence that violence remains a major determinant of health and well-being in the United States (2-4, 10-15).

Violence was closely linked to broader indicators of mental and behavioral health, including depression/anxiety, suicidality, and substance misuse. Simultaneously, respondents reporting recent physical violence, sexual violence, or IPV were also significantly more likely to report economic vulnerabilities such as food insecurity, eviction, and homelessness, and they were more likely to have experienced incarceration in their lifetime. These findings align with extensive prior research demonstrating that violence contributes to long-term physical, mental, social, and economic harms for individuals, families, and communities (2–4). The burden of violence therefore extends far beyond immediate injury, affecting educational attainment, employment, housing stability, family functioning, and community well-being.

A particularly concerning finding from USVEX is the concentration of violence during adolescence and young adulthood, a pattern that corresponds with recent evidence documenting that violence, specifically firearm-related injury, is now the leading cause of death among children, adolescents, and young adults in the United States (22). Our study found notable escalation in violence from childhood to adolescence and young adulthood. Nearly one in four U.S. adults experienced physical violence during adolescence and young adulthood; one in four experienced sexual violence during adolescence, and nearly one in three experienced sexual violence during young adulthood. A decline is then seen beyond young adulthood. This trend is worrisome as adolescence and young adulthood are critical periods of social, emotional, and neurological development, and these experiences can have lasting impacts on mental health, substance use, educational attainment, economic stability, and future relationships. Together, these findings suggest that violence prevention during adolescence and even pre-adolescence represents an important opportunity to improve both immediate safety and long-term health and well-being across the lifecourse.

The findings related to severe and potentially lethal forms of intimate partner violence among women are also concerning. Nearly one in five women (19%) have experienced potentially lethal IPV in their lifetime, including strangulation, beating, burning, or violence involving a gun or knife, and 1 in 33 have experienced gun-related IPV. These findings indicate that IPV is not only associated with injury and psychological trauma but also with mortality. IPV homicide is a leading cause of death during pregnancy and the postpartum period in the United States (23), and approximately half of female homicide victims are killed by a current or former intimate partner (24). The prevalence of severe IPV identified in USVEX highlights the importance of early identification of high-risk IPV, routine screening in health care settings, access to survivor services, and interventions designed to prevent escalation to lethal violence.

These findings should be interpreted with some caution. Self-report can result in recall bias, though it is more likely to yield underestimates rather than overestimates. However, these data appear to be valid, based on a comparison of USVEX findings and those from the Centers for Disease Control and Prevention's 2023/4 National Intimate Partner and Sexual Violence Survey (NISVS). NISVS found that 21% of women had experienced rape (completed or attempted), while USVEX found that 23% of women had experienced forced sex. (Comparble data for men were not available from NISVS.) NISVS estimates of lifetime physical IPV, contact sexual IPV, and/or stalking IPV were 34% for women and 17% for men, compared with USVEX estimates of 45% for women and 26% for men for physical and/or sexual IPV. Although USVEX prevalence estimates for IPV are somewhat higher, these differences could be attributed to a broader measurement of violence experiences and threats in the USVEX survey. Nevertheless, both surveys reveal substantial burdens of violence and similar gender patterns (25, 26). The consistency of these findings provides confidence that USVEX is capturing meaningful patterns of violence victimization while extending assessment beyond the domains traditionally included in federal surveillance systems.

A unique contribution of USVEX is its inclusion of population-based estimates of violence perpetration alongside victimization experiences. Few national surveys assess both, limiting understanding of how violence is experienced and perpetuated across the lifespan. Individuals reporting experiences of physical violence, sexual violence, or IPV were substantially more likely to report perpetration of violence themselves. These findings should not be interpreted to suggest that victimization inevitably leads to perpetration; most survivors do not engage in violence against others. However, they do highlight the importance of addressing trauma and violence exposure as part of prevention efforts. Strategies that rely solely on punitive responses to violence are unlikely to be sufficient if they do not also address the underlying trauma, social conditions, and behavioral health needs associated with violence exposure. The observed association between childhood exposure to IPV and later experiences of IPV further reinforces the importance of early intervention and trauma-informed approaches to violence prevention.

USVEX also advances violence surveillance through the inclusion of gender non-conforming respondents, including individuals who identify as non-binary, genderqueer, gender fluid, or another gender identity outside traditional binary categories. Findings revealed substantially higher levels of violence victimization and perpetration among GNC respondents compared with women and men. More than four in five GNC respondents reported lifetime experiences of sexual violence and IPV, half reported sexual violence in the past year, and more than one in five reported IPV in the past year. These findings align with a growing body of evidence documenting elevated risks of violence among gender-diverse populations and underscore the importance of ensuring that violence surveillance systems move beyond binary measures of gender. Without such inclusion, some of the populations at greatest risk for violence remain largely invisible in population-level data, limiting the ability of policymakers, practitioners, and communities to respond effectively.

Implications

Findings from this report have important implications for public health, policy, and practice. First, they reinforce the need to view violence as a public health and social issue as well as a criminal justice concern. The strong associations between violence, mental health challenges, substance use, and economic hardship indicate that effective responses must involve health care systems, behavioral health providers, schools, workplaces, housing programs, and community organizations. Second, the low levels of formal reporting of violence experiences observed in this study underscore the limitations of relying solely on administrative or crime data to understand violence in the United States. Many experiences of violence never come to the attention of law enforcement, employers, schools, or service providers. As a result, administrative statistics likely underestimate the true burden of violence. These findings support the continued need for population-based surveys capable of documenting violence experiences regardless of whether they are formally reported.

The findings are particularly relevant given ongoing challenges facing public health surveillance systems. Federal surveys and administrative systems remain critical sources of information, but changes in funding priorities and surveillance infrastructure create uncertainty regarding future availability of comprehensive violence data. Independent population-based surveillance efforts such as USVEX can serve as an important complement to existing systems by monitoring violence experiences that are often overlooked, capturing emerging forms of violence, documenting violence perpetration as well as victimization, and providing timely information to policymakers, practitioners, researchers, and communities. Sustained support for data collection efforts independent of federal initiatives is as crucial as ever.

Ultimately, violence affects not only individual victims but also families, neighborhoods, institutions, and society as a whole. Reducing violence has the potential to improve health, strengthen economic stability, reduce demands on health and social service systems, and enhance quality of life across communities. The findings from USVEX 2025 demonstrate both the magnitude of violence in the United States and the importance of sustained investment in prevention, early intervention, survivor support, trauma-informed services, and robust population-based surveillance. Such investments are essential for building safer, healthier, and more equitable communities.

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APPENDIX A: POPULATION ESTIMATES FOR VIOLENCE EVER, USVEX

APPENDIX A Table. Lifetime Violence Rates and Corresponding Numbers for U.S. Adults Aged 18+ (2025)

	Wt %	Population Estimate Women	Wt %	Population Estimate Men
TOTAL POPULATION 18+	**Women**	138.8 M	**Men**	130.9 M
Physical Violence	52%	72.31M	52%	68.2M
Physical abuse without a weapon	48%	66.21M	42%	54.98M
Threat with/use of knife	11%	14.99M	17%	22.25M
Threat with/use of gun	12%	17.21M	16%	21.47M
Physical Violence Perpetration	14%	19.33M	24%	31.93M
Sexual Violence	68%	94.52M	29%	37.96M
Verbal sexual harassment	58%	80.09M	12%	15.97M
Homophobic/transphobic comments	5%	6.66M	11%	13.88M
Cyber sexual harassment	15%	20.68M	7%	9.16M
Physically aggressive sexual harassment	32%	43.86M	9%	11.13M
Quid pro quo sexual harassment	8%	10.55M	2%	2.62M
Forced sex	23%	31.79M	5%	6.55M
Sexual Violence Perpetration	5%	7.11M	14%	17.78M
Any IPV	61%	84.81M	45%	59.43M
Emotional IPV	44%	61.35M	31%	40.32M
Control IPV	36%	50.52M	26%	33.77M
Threat IPV	23%	32.48M	9%	12.04M
Physical IPV	40%	54.96M	25%	32.73M
Potentially Lethal IPV	19%	26.37M	3%	4.06M
Sexual IPV	16%	22.21M	3%	3.4M
Reproductive coercion IPV	4%	5.83M	1%	1.31M
Physical and/or sexual IPV	45%	62.1M	26%	33.9M
ADOLESCENT IPV (<18)	13%	17.81M	7%	9.4M

Note: Population estimates are based on the U.S. Census Bureau 2025 resident population estimates (ncest2025-agesex-res) for adults aged 18 years and older (17)

APPENDIX B: POPULATION ESTIMATES FOR VIOLENCE IN THE PAST YEAR, USVEX

APPENDIX B Table. Past Year Violence Rates and Corresponding Numbers for U.S. Adults Aged 18+ (2025)

	Wt %	Population Estimate Women	Wt %	Population Estimate Men
TOTAL POPULATION 18+	**Women**	138.8 M	**Men**	130.9 M
Physical Violence	5%	6.94M	4%	5.24M
Physical abuse without a weapon	4%	5.55M	3%	3.93M
Threat with/use of knife	1%	1.39M	1%	1.31M
Threat with/use of gun	1%	1.39M	1%	1.31M
Physical Violence Perpetration	1%	1.25M	1%	1.64M
Sexual Violence	9%	12.49M	4%	5.37M
Verbal sexual harassment	6%	8.88 M	1%	1.57M
Homophobic/transphobic comments	2%	2.08M	2%	2.62M
Cyber sexual harassment	3%	4.16M	2%	2.36M
Physically aggressive sexual harassment	1%	1.8M	0%	-
Quid pro quo sexual harassment	1%	0.97M	0%	-
Forced sex	1%	0.83M	0%	-
Sexual Violence Perpetration	1%	1.82M	3%	3.6M
Any IPV	5%	6.52M	3%	4.19M
Emotional IPV	4%	4.86M	2%	2.49M
Control IPV	3%	4.16M	2%	2.62M
Threat IPV	2%	2.5M	0%	-
Physical IPV	3%	4.16M	1%	1.57M
Potentially Lethal IPV	1%	1.94M	0%	-
Sexual IPV	1%	0.69M	0%	-
Reproductive coercion IPV	0%	-	0%	-
Physical and/or sexual IPV	3%	4.12M	1%	1.62M
IPV Perpetration	0%	-	1%	1.17M

Note: Population estimates are based on the U.S. Census Bureau 2025 resident population estimates (ncest2025-agesex-res) for adults aged 18 years and older (17)