

# DOMESTIC VIOLENCE 101

## WHAT IS DOMESTIC VIOLENCE?

"Domestic violence is a pattern of coercive, controlling behavior that can include physical abuse, emotional or psychological abuse, sexual abuse, or financial abuse (using money and financial tools to exert control).."

~ National Network to End Domestic Violence (NNEDV)

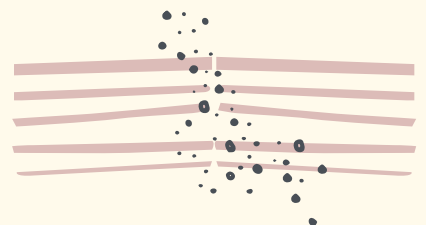
ON AVERAGE, NEARLY 20 AMERICANS ARE ABUSED BY AN INTIMATE PARTNER PER MINUTE.

1 in 4 women & 1 in 7 men

EXPERIENCE SEVERE PHYSICAL OR SEXUAL VIOLENCE FROM AN INTIMATE PARTNER.



## WHAT DOES DOMESTIC VIOLENCE LOOK LIKE?



### Physical Abuse

- HITTING/PUNCHING
- ANY FORM OF VIOLENT CONTACT
- STRANGLING
- USING OR THREATENING TO USE WEAPONS OR VIOLENCE
- PREVENTING SLEEP
- THROWING THINGS
- PUNCHING THINGS NEAR YOU (LIKE A WALL)
- DESTROYING PROPERTY
- THREATENING TO HARM OR HARMING PETS
- DENYING MEDICAL TREATMENT

### Sexual Abuse

- PHYSICALLY FORCING SEX
- MAKING PARTNER FEEL FEARFUL ABOUT DENYING CONSENT
- FORCING SEX WITH OTHER PARTNERS
- FORCING PARTICIPATION IN Demeanor OR DEGRADING SEXUAL ACTS
- VIOLENCE OR NAME CALLING DURING SEX
- DENYING CONTRACEPTION OR PROTECTING FROM SEXUALLY TRANSMITTED DISEASES

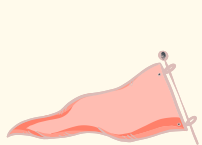
### Emotional Abuse

- PUTTING DOWN/CRITICIZING
- NAME CALLING
- "CRAZY MAKING"/GASLIGHTING
- ACTING SUPERIOR
- MINIMIZING/BLAMING PARTNER FOR ABUSIVE BEHAVIOR
- USING THREATS AND FEAR TACTICS ON PARTNER
- ISOLATING FROM FAMILY AND SUPPORT SYSTEMS
- EXCESSIVE JEALOUSY
- ACCUSING PARTNER OF CHEATING, EVEN WITH NO PROOF
- MONITORING WHO PARTNER TALKS TO AND SEES

### Financial Abuse

- PREVENTING PARTNER FROM HAVING/EARNING MONEY
- HIDING FAMILY ASSETS
- RUNNING UP DEBT OR TAKING OUT CREDIT IN PARTNER'S NAME WITHOUT THEIR CONSENT
- SABOTAGING PARTNER'S EMPLOYMENT
- WITHHOLDING BANKING INFORMATION
- CONTROLLING HOW MONEY IS SPENT AND GIVING ALLOWANCE
- STEALING PARTNER'S INHERITANCE, IDENTITY, OR PROPERTY

## WHAT ARE RED FLAGS SOMEONE IS ABUSIVE?



These red flags were provided by NNEDV.

Does someone in your life...

- Want to commit too quickly
- Flatter you constantly - particularly at the beginning of your relationship
- Seem "too good to be true"
- Want you all to themselves; prevent you from spending time with others
- Criticize or put you down
- Refuse to take responsibility for their toxic or abusive behavior
- Act differently around others than when they're alone with you
- Prevent you from participating in hobbies, activities, or employment
- Dishonor your boundaries
- Show excessive jealousy
- Accuse you of cheating, even with no rational evidence
- Want to know where you are and what you're doing at all times
- Harass you through text/call/etc.
- Blame the failure of previous relationships squarely on their ex
- Take your money or possessions

# ADOLESCENT RELATIONSHIP ABUSE

"Adolescent, or teen dating violence, affects nearly 10% of American teens, and includes physical or sexual abuse, emotional abuse, stalking, and harassment.



## TYPES OF ABUSE TEENS GO THROUGH

**Physical Abuse** - any intentional, unwanted contact with you or something that causes injury

**Emotional & Verbal Abuse** - non-physical behaviors such as threats, insults, constant monitoring or "checking in", humiliation, intimidation, isolation or stalking

**Sexual Abuse** - any behavior that pressures or coerces someone to do something sexually they don't want to do

**Digital Abuse** - the use of technologies like texting and social media to bully, harass, stalk or intimidate a partner

**Stalking** - when someone watches, follows, or harasses repeatedly, making someone feel afraid or unsafe

## CYCLES OF VIOLENCE

There are 4 stages in the cycle of violence; these stages help to explain how a survivor may feel "stuck" in a toxic or abusive relationship as well as disoriented and confused.



**Tension Building** - Abusers insist that they are abusive because of stressors, so the survivor ends up "walking on eggshells", doing the best they can not to "set them off".

**Abuse** - The abuse occurs. This can be physical violence, sexual violence or manipulation, or emotional or verbal abuse/coercion.

**Apology** - After the abuse, the perpetrator apologizes, trying to reclaim control of the situation.

**Honeymoon Phase** - This stage of calm - and even rekindled romance - occurs after the apology. The abuser justifies their behavior as being caused by some external force - including the victim themselves. The survivor may feel a sense of shared responsibility for what happened; but, as the cycle repeats itself, the honeymoon phase may become shorter and shorter, possibly disappearing altogether.

