

# Domestic Violence

*One person in a relationship who is using a pattern of methods and tactics to gain and maintain power and control over the other person(s).*

Domestic violence is prevalent in **every** community, and affects **all** people regardless of age, socioeconomic status, sexual orientation, gender identity, race, religion, or nationality. Domestic violence can result in physical injury, psychological trauma, and even death. The devastating consequences of domestic violence can cross generations and last a lifetime.

- 1 in 3 women and 1 in 4 men will experience IPV in their lifetimes<sup>i</sup>
- 1 in 2 female murder victims and in 1 in 13 male murder victims are killed by intimate partners<sup>ii</sup>
- In 2018, partner violence accounted for 20% of all violent crime across the country<sup>iii</sup>

## What types of abuse are associated with domestic violence?

- **Physical Abuse:** Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.
- **Verbal or Emotional Abuse:** Non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking.
- **Sexual Abuse:** Any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including rape, coercion or restricting access to birth control.
- **Digital Abuse:** Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner such as demanding passwords, checking cell phones, cyberbullying, non-consensual sexting, excessive or threatening texts or stalking on social media.
- **Stalking:** Being repeatedly watched, followed, monitored or harassed. Stalking can occur online or in person, and may or may not include giving unwanted gifts.
- **Financial Abuse:** Exerting power and control over a partner through their finances, including taking or withholding money from a partner, or prohibiting a partner from earning, or spending their money.
- **Reproductive Coercion:** explicit attempts to control the reproductive outcomes of an intimate partner (forcing someone to get pregnant or end a pregnancy).

## Warning Signs of Domestic Violence:

- Constant Put downs
- Relationship becomes VERY serious VERY quickly
- Frequent mood swings by one partner and/or an explosive temper
- Extreme Jealousy
- Constantly Making False Accusations
- Forcing partner to share passwords, lock codes, or access to online accounts
- Extreme possessiveness
- Isolation from friends & family



## How to Help a Friend:

- ✓ Tell them what worries you and that you care.
- ✓ Talk in a private place, and don't tell other friends what was said.
- ✓ Give them the hotline information.
- ✓ Don't pass judgement or tell them what to do.

## Domestic Violence & Trauma

According to SAMHSA, trauma is the “result from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual.”<sup>iv</sup> For victims of domestic violence, we must understand survivors experiences as a source of ongoing trauma that can have lasting, long-term impact on the individual and family.

Various studies show a range of 40-91% of women experiencing intimate partner violence (IPV) have incurred a traumatic brain injury (TBI) due to strangulation and/or physical assault. More than 2/3 of IPV victims are strangled at least once – the average is 5.3 times per victim. Strangulation is incredibly dangerous for victims of IPV, and is a proven indicator for increasing violence and the potential for lethal outcomes. Remember, for someone who has been strangled:

- There is not always immediate physical repercussions
- Even if it is not painful, can leave marks, make voice raspy, or break blood vessels in eyes, it is still cutting off oxygen to the brain.
- Victims can die from TBI hours or days after the assault
- Common form of physical assault that is often repeated
- Those who have been strangled may not remember being unconscious for any length of time, and need a comprehensive medical exam to ensure safety.

**24/7 crisis texting lines: text "START" to 88788 or text "hello" to 741741**

**24/7 national DV crisis hotline: 1-800-799-7233**

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<sup>i</sup>National Intimate Partner & Sexual Violence Survey, 2010 Summary Report: [https://www.cdc.gov/violenceprevention/pdf/nisvs\\_report2010-a.pdf](https://www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf)

<sup>ii</sup>Ertl, A., Sheats, K.J., Petrosky, E., Betz, C.J., Yuan, K., & Fowler, K.A. (2019). Surveillance for violent deaths — national violent death reporting system, 32 states, 2016. MMWR. Surveillance Summaries, 68(9). Retrieved from <https://www.cdc.gov/mmwr/volumes/68/ss/ss6809a1.htm>.

<sup>iii</sup>Morgan, R.E., & Oudekerk, B.A. (2019). Criminal victimization, 2018. Bureau of Justice Statistics. Retrieved from <https://www.bjs.gov/content/pub/pdf/cv18.pdf>

<sup>iv</sup> SAMHSA, 2014“SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach”

