

[Image of a woman touching the side of her face]

[Image of a speech bubble that reads let's talk about:]

Domestic Violence.

Presented by: farzadlaw.com

What is Domestic Violence?

[Image of an open book]

Domestic Violence:

-noun

Domestic violence is abuse. That abuse may be physical, verbal and/or psychological. The intent is the same - to injure or degrade a victim.

[Image of the Power & Control Wheel]

The National Center on Domestic and Sexual Violence developed and distributed the Power & Control Wheel starting in the 1980s to educate the public about domestic violence.

The Power and Control wheel illustrates the subtle and overt forms of abuse a perpetrator uses to dominate and control a victim.

[Image of a simplified Power & Control Wheel that reads coercion & threats, intimidation, emotional abuse, isolation, minimizing, denying, & blaming, using children, economic abuse, and male privilege with violence written outside the wheel]

This is our simplified version of the Power and Control wheel.

Who suffers from domestic violence?

Everyone.

More than 1 in 3 women experience rape, physical violence, and/or stalking by an intimate partner.

Source: The National Intimate Partner and Sexual Violence Survey

More than 1 in 4 men experience rape, physical violence, and/or stalking by an intimate partner.

Source: The National Intimate Partner and Sexual Violence Survey

Almost 44% of lesbian women experience rape, physical violence, and/or stalking by an intimate partner.

Source: The National Intimate Partner and Sexual Violence Survey

Almost 26% of gay men experience rape, physical violence, and/or stalking by an intimate partner.

Source: The National Intimate Partner and Sexual Violence Survey

Domestic violence often goes unreported.

Only 47 percent of all domestic violence cases are reported to law enforcement.

Source: U.S. Department of Justice

Youth 12 to 19 years of age report only about thirty percent of domestic violence crimes against them.

Source: Huecker MR, Smock W. Domestic Violence.

Almost 80 percent of all rapes go unreported.

Source: U.S. Department of Justice

What are different types of domestic violence?

[Image of a person standing with labels that read verbal abuse, financial abuse, physical abuse, emotional & psychological abuse, technological abuse, and sexual abuse]

What are signs of domestic violence?

Extreme jealousy and possessiveness

[Image of a dress that reads telling a victim what to wear]

[Image of speech bubbles that reads controlling a victim's social media]

[Image of a dollar sign that reads controlling a victim's spending]

[Image of a graduation cap that reads controlling a victim's life choices]

Abusers often blame the victim or find an external justification for their abuse.

[Image of a speech bubble that reads "I only got mad because you acted dumb."]

[Image of a speech bubble that reads "I'm just really stressed about the pandemic."]

Abusers often deny or minimize the existence or impacts of their abuse.

The Cycle of Domestic Violence

[Image of a cycle labeled Buildup of Tension, Honeymoon Phase, and Abusive Incident]

Abusers often apologize and promise not to repeat their abuse during this phase.

[Image of a line pointing to the Honeymoon Phase on the cycle]

A victim's actions or inactions show the abuse.

[Image of a woman wearing sunglasses and a long-sleeved jacket]

Victims of physical abuse might mask their injuries.

[Image of a woman slouched over while sitting on the floor]

Victims might experience changes in their personality.

How do I support a victim of domestic violence?

[Image of two columns with the left labeled as Instead Of: and the right label as Try This: separated by arrows]

Instead of: confronting the abuser, try this: call 9-1-1.

Instead of: trying to “save” a victim, try this: empower them to make their own decisions.

Instead of: judging a victim that stays, try this: educate yourself about why many victims stay.

Instead of: speaking poorly about the abuser, try this: speak to a victim about a safety plan.

Why don't victims of domestic violence just leave?

Normalized abuse, low self-esteem, lack of resources, lack of support, fear, cultural barriers, isolation, shared children, or financial dependence on their abuser.

Asking victims why they stay is part of the domestic violence problem in America.

Instead, let's examine why perpetrators abuse their victims.

Domestic violence is principally about the abuser's quest for power and control over their victim.

Abusers demand a victim to prioritize their feelings and emotions.

An abusive partner's need for power may stem from their low self-esteem, jealousy, or feelings of socioeconomic or educational inadequacy.

An abusive relationship can turn violent when the abuser feels they have lost control of the other partner.

Abusive tendencies are not inherent behaviors. They are learned from family, friends, or external sources, such as cultural influences.

Boys that grew up in homes where domestic violence occurred are 10 times more likely to become abusers than boys who did not.

Source: Womenshealth.gov

A shocking 81 percent of men who perpetrate domestic violence had fathers who abused their mother.

Source: DebateGraph

How do I stop or prevent domestic violence?

Someone that witnesses domestic violence could intervene.

This comes with dangers to themselves and the victim.

The best way to help is by calling police officers trained to handle domestic violence.

It is crucial to speak with a victim before calling police to develop their safety plan.

Victims are at serious risk of violence when exiting their relationship.

I am a victim of domestic violence. What do I do?

[Image of a cell phone vibrating that reads 911]

Call 9-1-1 when physical or sexual violence is ongoing or imminent.

[Image of a phone ringing]

Call The National Domestic Violence Hotline at 1-800-799-SAFE.

Advocates are available 24/7.

[Image of a pen signing a document]

Create a safety plan with a trusted friend or domestic violence advocate.

[Image of a house with a heart blinking]

Call a local hotline or domestic violence resource center.

[Image of a brief case and a document dropping into a manila folder]

Consult with an experienced family law attorney.

An attorney could help you obtain a domestic violence restraining order, divorce your partner, and/or bring charges against them.

“There is no greater agony than bearing an untold story inside you.”

– Maya Angelou, poet, activist, and domestic violence survivor

[Image of a lap top and a mouse click]

To access a free and comprehensive guide about domestic violence, family law, and ways to support victims, visit:

[Farzadlaw.com](http://Farzadlaw.com)