

DOMESTIC VIOLENCE DEFINED:

Domestic violence is the abuse, mental, or physical, of one person by another person with whom the abused has a significant and intimate relationship. It affects people of every age, sex, ethnicity, religion, sexual orientation.

Domestic violence can occur in relationships whether the couple:

- ◆ Is living together or not living together
- ◆ Is married, divorced, separated or not married
- ◆ Has children or does not have children
- ◆ Is a heterosexual or homosexual

Violence in relationships can take a number of forms. The abuse ranges from verbal attacks to sexual assault.

Verbal Abuse

Actual threats of harm to her or someone else, threats to take the children, to commit suicide; putdowns, name-calling, sarcasm; ridiculing her for her religious beliefs or ethnic background, threatening to have her deported

Intimidation

Smashing things, destroying her property, putting fist through wall, handling of guns or other weapons, intimidating body language (angry looks, raised voice), hostile questioning, reckless driving.

Gaslighting

Manipulation by abuser resulting in victim believing something other than the truth, causing the victim to doubt their ability to interpret reality. Telling victim it's their fault that the abuser is angry, that they are making things up or blowing things out of proportion, making the victim believe they are worthless and that friends and family hate them.

Emotional Abuse

Manipulation, denial, withdrawal, control, extreme jealousy.

Isolation

Controlling what she does, who she sees and talks to, where she goes; keeping her from making any friends, talking to her family, having a job, having any money.

Physical

Pushing, shoving, hitting, slapping, choking, hair-pulling, punching, grabbing, kicking, beating, biting, shaking, burning, using a weapon against her; i.e., knives, guns, heavy objects.

Sexual

Forcing her to perform sexual acts she doesn't want to do or that cause pain or humiliation; rape; physically attacking the sexual parts of her body; forcing her to have sex with others.

Financial Abuse

Taking paychecks, not letting victim work or forcing victim to work, making victim quit their job or getting them fired, cutting them off from bank accounts, putting all assets in abuser name only, not letting victim make financial decisions, giving victim an allowance and making them account for every penny spent.

Stalking and Harassing

Following or having other people follow victim, show up at victims work or home unexpectedly, repeated phone calls to victim, victim's friends and family.

Denial of Rights

Not allowing her any privacy, locking her up in a room, tying her to a chair, forcing her to go without food or water, not allowing her to bathe, hiding necessary medications.

Domestic Violence Warning Signs

- ◆ Frequent injuries with excuses that don't make sense
- ◆ Frequent and sudden absences from work or school
- ◆ Frequent harassing phone calls from partner
- ◆ Fear of partner's anger
- ◆ Personality changes - outgoing person becomes withdrawn
- ◆ Excessive fear of conflict
- ◆ Submissive behavior, lack of assertiveness
- ◆ Isolation from friends and family
- ◆ Insufficient resources to live
- ◆ Depression, crying, low self-esteem