

# DOMESTIC ABUSE & VIOLENCE



# What is Domestic Violence?

Domestic violence is a pattern of abusive behavior used by one partner to gain power and control over another in a relationship.

It can occur in:

- Dating relationships
- Marriages
- Families

Types of abuse include:

- Physical abuse
- Emotional or psychological abuse
- Sexual abuse
- Financial control
- Digital abuse or stalking

Domestic violence is also called **intimate partner violence (IPV)**.



# Statistics

Domestic violence is a widespread issue.

Key facts:

- Nearly **10 million people experience domestic violence every year in the United States.**
- About **24 people per minute** are victims of intimate partner violence in the U.S.
- **1 in 4 women** and **1 in 7 men** experience severe physical violence by a partner during their lifetime.
- Globally, **tens of thousands of women and girls are killed each year by partners or family members.**

These statistics show that domestic violence is a **major public health and human rights issue.**



# Warning Signs of Abuse

Some warning signs of an abusive relationship include:

- Extreme jealousy or possessiveness
- Controlling behavior (telling a partner where they can go or who they can see)
- Insulting, humiliating, or threatening behavior
- Isolation from friends and family
- Monitoring phones or social media
- Physical intimidation or violence

Abuse often **starts gradually and becomes more severe over time.**



# Effects of Domestic Violence



## PHYSICAL

Injuries  
Chronic health problems



## PSYCHOLOGICAL

Anxiety  
Depression  
Post-traumatic stress disorder  
(PTSD)  
Low self-esteem



## SOCIAL

Isolation from others  
Financial instability  
Harmful effects on children  
and families

# Domestic Violence Awareness Month

**Domestic Violence Awareness Month** takes place every **October**.

Its goals are to:

- Raise awareness about domestic violence
- Educate communities about prevention
- Support survivors
- Encourage people to speak out against abuse

The purple ribbon is the symbol of domestic violence awareness.



# How People Can Help

Ways to help prevent domestic violence:

- Learn the warning signs of abuse
- Support and believe survivors
- Speak out against harmful behaviors
- Promote healthy relationships
- Support organizations that help victims

Education and awareness can help create **safer communities.**



# Resources

If someone is experiencing domestic violence, help is available.

## **National Domestic Violence Hotline (U.S.)**

Phone: **1-800-799-SAFE (7233)**

Website: **[thehotline.org](https://www.thehotline.org)**

They provide:

- Confidential support
- Crisis counseling
- Safety planning
- Connections to local resources



# Conclusion

Domestic violence affects millions of people, but awareness and education can help prevent it.

By learning the signs, supporting survivors, and promoting healthy relationships, we can help create a safer and more supportive community.



**Thank you!**



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