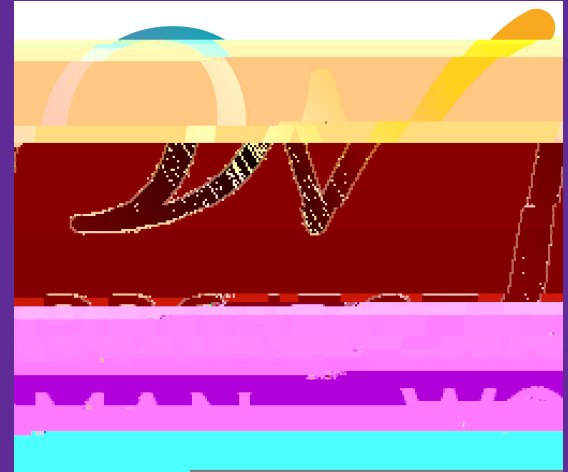


# Domestic Violence Awareness

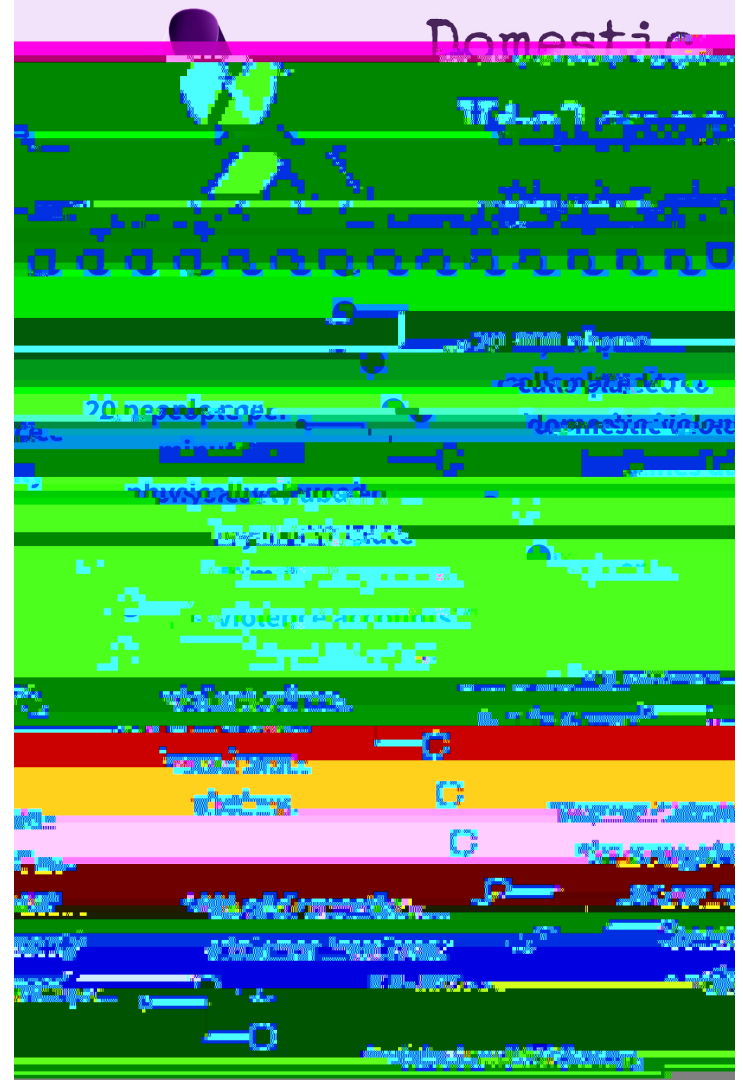
Emily Parsons

Community Advocacy and Education Coordinator



# What is Domestic Violence?

Physical, emotional, mental, verbal, or sexual abuse by a current or former intimate partner or household family member (parents, children, etc).





# Physical violence

Physical violence is the use of force with the potential for injury, harm, or death.

Examples include:

Hitting

Slapping

Pushing

Kicking

Punching

Use of weapons or other sharp objects

Strangulation/Choking

# Emotional / Mental / Verbal Abuse

Emotional and mental abuse is the use of power and control tactics to manipulate a survivor's feelings and lower their self-esteem. Verbal abuse includes hurtful words and name calling to also lower self-esteem.

Examples include:

- Gaslighting
- Harassment
- Humiliation
- Isolation
- Threats of violence
- Control over daily activities
- Belittling
- Harm to pets
- Damage personal belongings

# Sexual violence

Sexual violence includes the use of force (physical or coercive) for the purpose of engaging in non-consensual sexual activity

Examples include:

- Rape

- Pressuring into having sexual activity

- Unwanted sexual touching

- Intentionally give sexually transmitted infection

# Financial abuse

Financial abuse is the control over money of everyday expenses and personal finances.

Examples include:

- Preventing the survivor from getting a job or getting to work

- Accruing debt in the survivors name

- Controlling access to bank accounts

- Giving the survivor an "allowance" with their own money

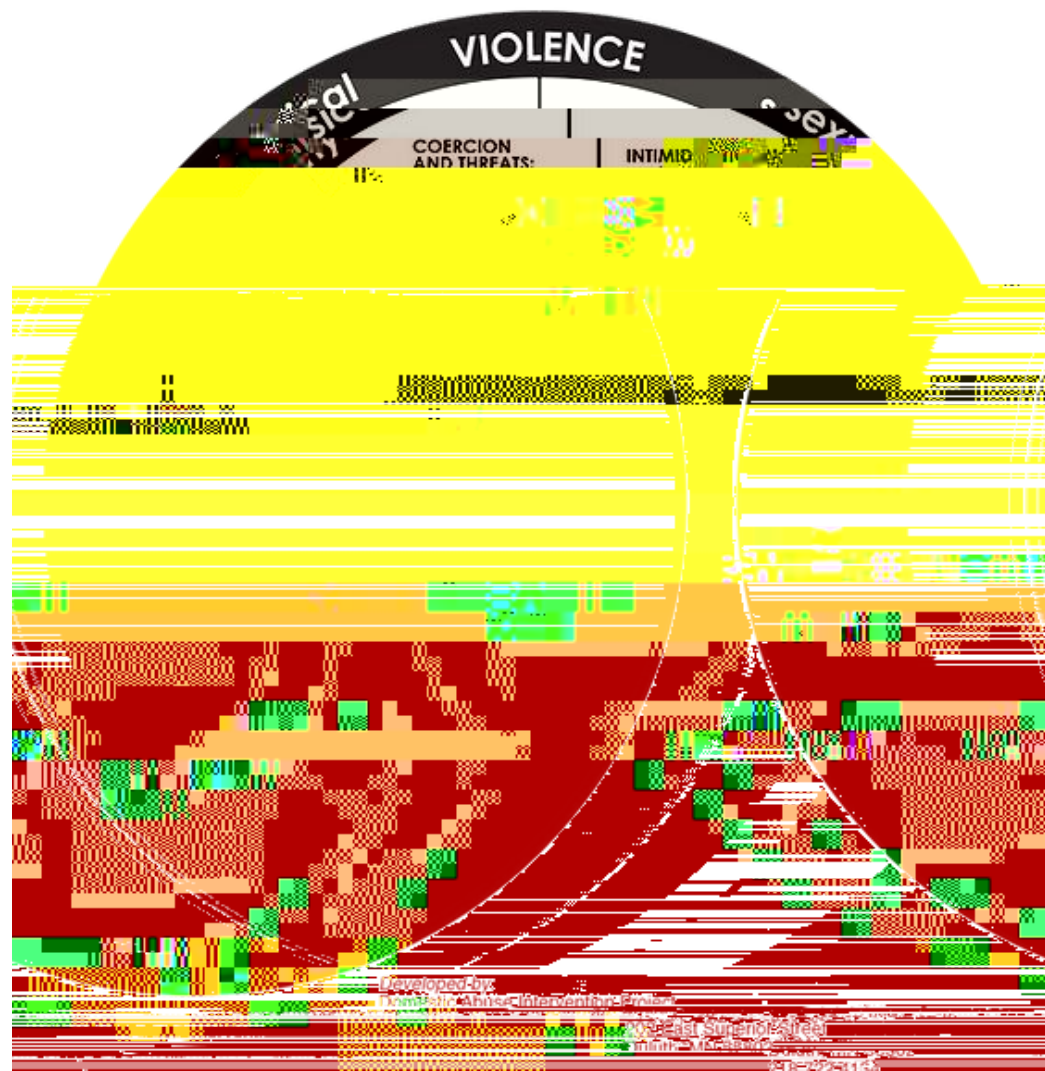
- Refusing to contribute to shared expenses





# **Why do abusers abuse?**

Power and Control



# Why do survivors stay?

On average it takes 7 attempts to leave an abusive relationship for good

# Barriers to leaving an abusive relationship

Childhood victimization and belief that abuse is normal in relationships

Feelings of love for the abuser

Lack of positive support system

Lack of financial support including transportation and childcare

Fear of becoming homeless or coming to a shelter

Belief or hope that the abuser will change

# Cycle of Abuse



# How to support survivors

Listen, believe, and know the available resources

# Project Woman Services:

## Advocacy

Crisis intervention, protection order assistance, legal advocacy, housing advocacy, hospital response, linking

Questions?



Upcoming events for  
Domestic Violence  
Awareness Month:

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