

# Domestic Violence and Abuse



# Understanding of domestic violence and abuse

An abuser doesn't "play fair." Abusers use fear, guilt, shame, and to keep someone under his or her thumb.

# Understanding of domestic violence and abuse

He beat her 150 times.  
She only got flowers  
once.



# Understanding of domestic violence and abuse

All of us deserve to feel valued, respected, and safe.

# SIGNS THAT YOU'RE IN AN ABUSIVE RELATIONSHIP

## Your Inner Thoughts and Feelings

### Do you:

- feel afraid of your partner much of the time?
- avoid certain topics because of fear to anger your partner?
- feel that you can't do anything right for your partner?
- believe that you can be hurt?
- wonder if you're the one who is crazy?
- feel emotionally numb or helpless?

## Your Partner's Belittling Behavior

### Does your partner:

- humiliate you? criticize you?
- acts with you so badly that you're embarrassed to see friends or family?
- ignore or put down your opinions or accomplishments?
- blame you for their own abusive behavior?
- see you as property or a sex object, rather than as a person?
- limit your access to money, phone or car?

# SIGNS THAT YOU'RE IN AN ABUSIVE RELATIONSHIP

## Your Partner's Violent Behavior or Threats

**Does your partner:**

have a bad temper?

hurt you, or threaten to hurt or kill you?

threaten to take your children away or harm them?

threaten to commit suicide if you leave?

force you to have sex?

destroy your belongings?

## Your Partner's Controlling Behavior

**Does your partner:**

act jealous and possessive?

control where you go or what you do?

keep you from seeing your friends or family?

constantly check you?

# Emotional abuse: It's a bigger problem than you think



**This house is a broken home  
There's no control, he just  
Lets his emotions go!**

# Emotional abuse: It's a bigger problem than you think

The scars of emotional abuse are very real, and they are deep.



# Violent and abusive behavior is the abuser's choice



# Typical circle of home violence



# Recognizing the warning signs of domestic violence and abuse

Noticing the warning signs and symptoms of domestic violence and abuse is the first step to ending it. No one should live in fear of the person they love.

# Recognizing the warning signs of domestic violence and abuse

## People who are being abused may:

- Seem afraid or anxious to please their partner.
- Agree with everything their partner says and does.
- Often report where they are and what they're doing.
- Receive frequent phone calls from their partner.
- Talk about temper and jealousy of their partner
- Have warning signs of physical violence

## People who are being physically abused may:

- Have frequent injuries, with the excuse of “accidents.”
- Frequently miss work, school, or social occasions, without explanation.
- Dress in clothing designed to hide bruises or scars

# Statistics of home violence

The  
"domestic"  
part doesn't  
matter.  
Violence is  
violence.



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