

What is Domestic Violence?

Intimidation

- *Threats of harm to partner or partner's family and friends*
- *Instilling fear*

Emotional abuse

- *Humiliation*
- *Manipulation*
- *Withholding emotional support or using the silent treatment*
- *Financial control*
- *Undermining*
- *Destroying pets or personal property*
- *Deliberately causing confusion or mind control*
- *Badgering*
- *Deceiving or lying*
- *Deprivation of sleep*
- *Driving recklessly*
- *Isolation from friends and family*

Verbal abuse

- *Name calling*
- *Shaming*
- *Insulting*
- *Ridiculing*
- *Demeaning*
- *Using words or voice to destroy self-worth*
- *Accusing*
- *Profanity*



Domestic Violence

is a

repeated

pattern of behavior

used to gain

power and control

over another human being

through the use of

intimidation,

emotional abuse,

verbal abuse,

physical assault,

or sexual abuse.

Physical assault

- *Slapping*
- *Hitting*
- *Punching*
- *Choking*
- *Shoving*
- *Beating*
- *Pinching*
- *Pushing*
- *Grabbing*
- *Kicking*
- *Pinning Down*
- *Poking*
- *Twisting limbs*
- *Pulling hair*
- *Burning*
- *Binding*
- *Chaining*
- *Throwing things*
- *Locking out*
- *Restraining*
- *Blocking exits*
- *Attacking with an object*
- *Use of deadly weapons*

Sexual assault

- *Sexually degrading attitudes*
- *Rape*
- *Forcing someone to engage in frightening or unpleasant sexual acts*
- *Forcing reproductive decisions*



Emerge, a Boston counseling program for abusive men, defines domestic violence as

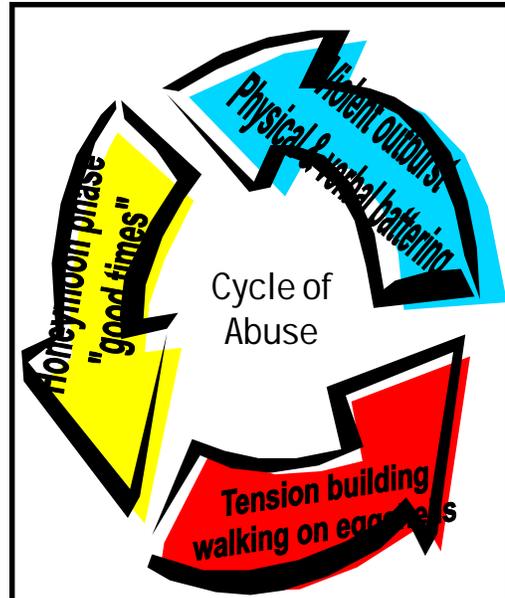
*“any act
that causes the victim
to do something
she does not want to do,
prevents her
from doing something
she does want to do,
or causes her to be afraid.”*

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What Does Domestic Violence Look Like?

We will refer to the abusers as "he" and the victims as "she" due to the extremely high ratio of women reported as victims compared to men. However, we recognize that men are also victims of domestic violence.

- It usually starts with degrading behavior, insults, put-downs. Verbal abuse escalates into physical violence to keep victim in line and instill fear.
- Abuser blames victim for problems in the marriage, and takes little, if any, responsibility for his own actions.
- Abuser insists on knowing victim's every move, monitors phone calls, and often isolates her from family and friends.
- Abuser makes victim financially dependent by controlling all finances; makes her a virtual prisoner by doling out money for necessities as they arise.
- Abuser criticizes her appearance, but refuses to give her money for clothing and hair care.
- Abuser convinces the victim she is stupid, worthless, and unable to function without his help.
- Victim walks on eggshells to avoid upsetting abuser, and often protects him by not telling anyone what really goes on in the home.



What is the difference between an occasional spat and domestic violence?

- Domestic violence is a continuous *pattern of behavior* which can be tracked over a period of time.
- One partner dominates and controls the other through fear, humiliation, or assault.