

# OCTOBER 2022. DOMESTIC VIOLENCE AWARENESS MONTH

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Domestic violence is violence committed by someone in the victim's domestic circle.

This includes partners and ex-partners, immediate family members, other relatives and family friends. The term 'domestic violence' is used when there is a close relationship between the offender and the victim.

Also we can define domestic violence like pattern of violence, abuse, or intimidation used to control or maintain power over a partner who is or has been in an intimate relationship. Fundamentally, domestic violence is about power and control.

Violence is defined by the World Health Organization in the WRVH as “the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death or psychological harm.”

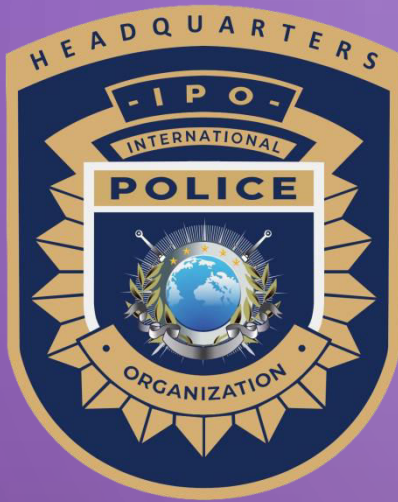


When we think about domestic violence, we often think about physical forms of abuse. While this is extremely serious, we recognize that there are other forms of abuse that can often be predecessors to physical violence or, can even be equally as damaging to the victim. According to that we have:

- **PHYSICAL VIOLENCE**
- **SEXUAL VIOLENCE**
- **PSYCHOLOGICAL VIOLENCE**
- **FINANCIAL VIOLENCE**



# PHYSICAL VIOLENCE



Physical violence is often the most commonly recognized form of domestic violence because the injuries are often visible. It is important to remember that physical abuse may or may not be part of an abusive relationship, but if it is, it typically worsens over time.

If it is not, but other forms of abuse are present, physical violence may begin to occur during times of stress or change in the relationship.

Physical violence may include: hitting, slapping, punching, kicking, strangling, smothering, using or threatening to use weapons, throwing things, destroying property...

Physical violence is an act attempting to cause, or resulting in, pain and/or physical injury. As with all forms of violence, the main aim of the perpetrator is not only to cause physical pain, but also to limit the other's self-determination.





**Physical violence in the private sphere also affects children.**

**Witnessing the abuse of one parent by another leads to serious psychological harm in children.**

**Often, children and young people who are present during an act of spousal abuse will also be injured, sometimes by accident and sometimes because they try to intervene.**

**Children sometimes commit criminal offences against the abusive parent (mostly fathers), in order to protect their mother and children regularly become victims of an act of revenge by the abuser against the mother.**

**In fact, for many mothers a prime motivation to stay in an abusive relationship is that the abuser threatens to harm or kill the children if she tries to leave.**



# SEXUAL VIOLENCE

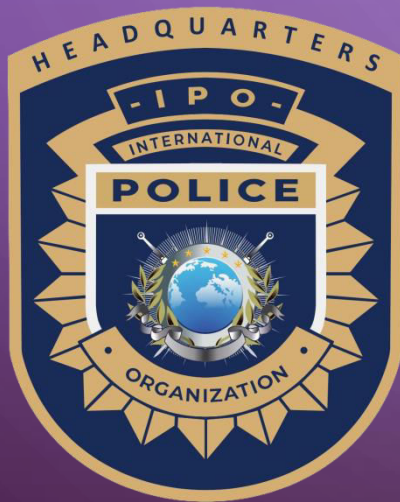
Sexual violence is any unwanted sexual activity, and can leave a victim feeling ashamed, embarrassed and humiliated. Sexual violence may include: forced sex or sending sexually explicit messages or photographs, uncomfortable positions, forcing a victim to participate in demeaning behaviors, violence during sex, denying contraception or protection from sexually transmitted diseases, forcing a victim to engage in activities with other partners...

Sexual violence means that someone forces or manipulates someone else into unwanted sexual activity without their consent.

Reasons someone might not consent include fear, age, illness, disability, and/or influence of alcohol or other drugs.

Anyone can experience sexual violence including: children, teens, adults, and elders.

Those who sexually abuse can be acquaintances, family members, trusted individuals or strangers.





## PSYCHOLOGICAL VIOLENCE

In the private sphere, psychological violence includes threatening conduct which lacks physical violence or verbal elements, for example, actions that refer to former acts of violence, or purposeful ignorance and neglect of another person.

Psychological violence is essentially part of every abusive relationship on some level. It makes the victim feel responsible for the actions of their abuser and over time, can have extreme negative effects on the victim's sense of self worth.

Psychological abuse may include: constant criticism and put downs, "gaslighting", blaming the victim for the abuser's actions, isolating the victim from their support system or the outside world, extreme jealousy or accusing the victim of having affairs, or monitoring where they go and who they see and talk to...





Gaslighting is an extreme form of manipulation that causes the victim to doubt what they know to be true.

Victims may begin to question their own memory, perception and sanity.

According to this, we can say that manipulation is also type of psychological abuse.

Manipulation is when a person uses controlling and harmful behaviors to avoid responsibility, conceal their true intentions, or cause doubt and confusion.

Manipulation tactics, such as gaslighting, that we was mentioning, lying, blaming, criticizing, and shaming, can be incredibly damaging to a person's psychological well-being.





## FINANCIAL VIOLENCE

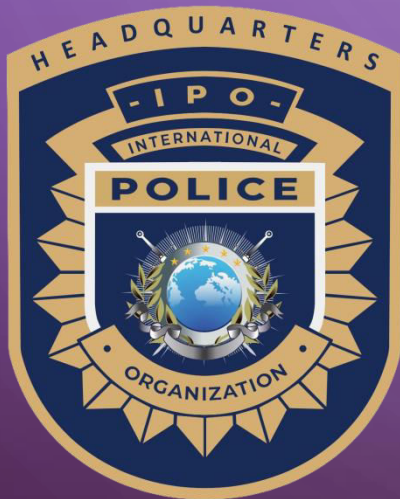
Financial violence include withholding money, controlling all the household spending or refusing to include you in financial decisions.

Financial violence can include many other things, like stopping you from getting a job or forcing you to get loans you don't want.

This is very important type of abuse in relationships and marriages.

In the start of relationship, the man is manipulating with nice words, convincing the woman that he loves her so much, that he does not want her to go to work, in order to protect her, because he is able to earn for both of them.

After that, her financial dependence begins, where the manipulator will limit her finances to the end.



**Domestic violence often happens in cycles. The cycle of abuse happens when the abuser threatens violence, abuses the partner, apologizes and promises to change, before starting the cycle again.**

**Abusers may not be actively violent all the time, the mix of both violent and “nice” phases is what makes abuse confusing and hard to break away from. It is a tactic for abusers to maintain power and control. It is crucial that you recognize the signs of domestic violence and break the cycle.**





## **Listen and Remain Supportive.**

**Tell your friend/family member that you care and are willing to listen.**

**Do not force them to talk about anything they don't want to talk about, but allow them to confide in you at their own pace. Assure them that it is not their fault and they should never be treated that way.**

**Take your friend's concerns seriously.**

**Honor the need for confidentiality unless there is immediate danger.**

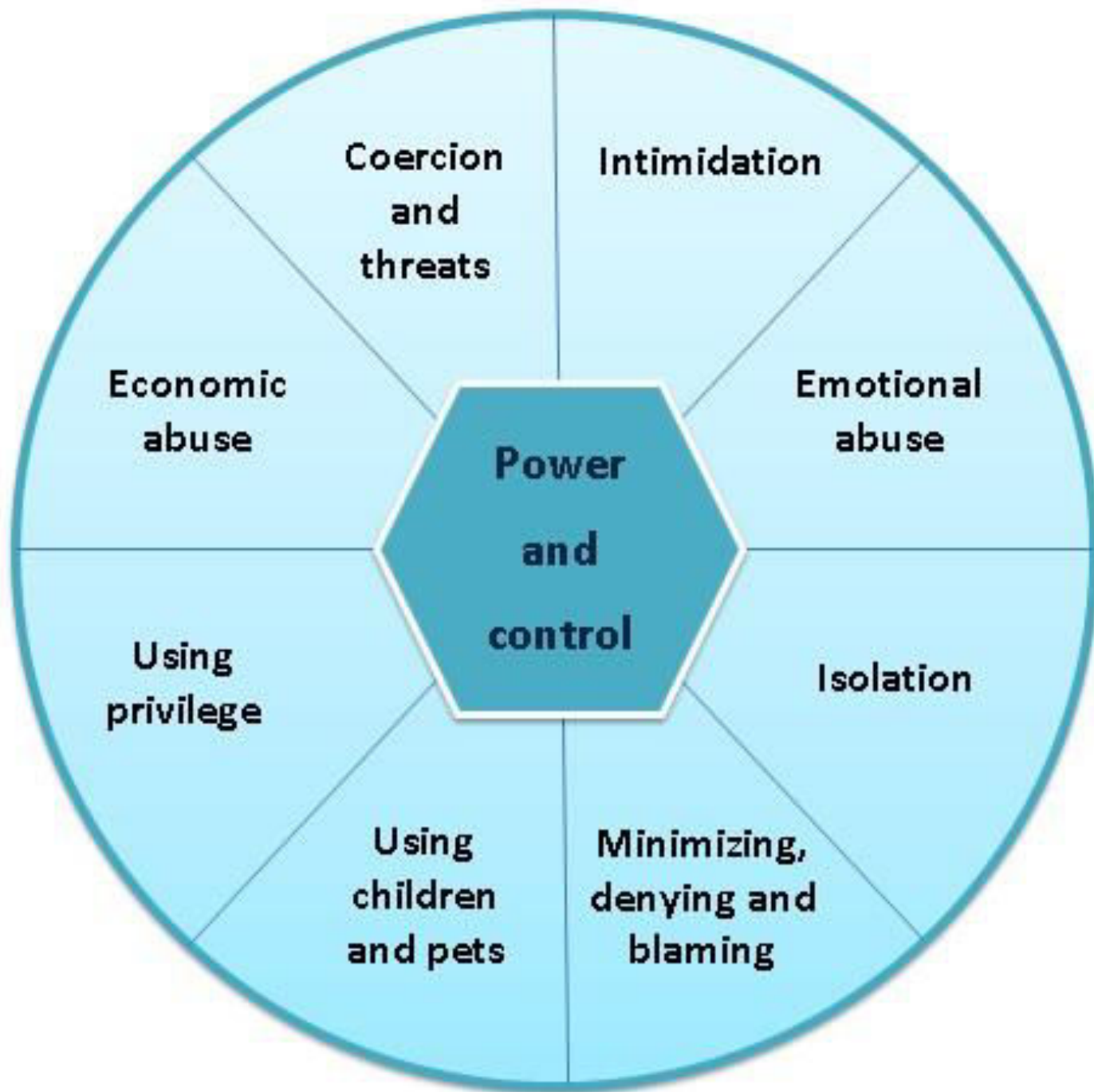
**Always respect their choices and avoid judgement.**

**Your friend or family member has probably been continuously told by their abuser that s/he is to blame for their abuse and may not feel very good about themselves. Your friend will be in need of emotional support and a reminder that they are worth it.**

**Guide your friend to resources and encourage them to get help.**

**There are many organizations that provide free, confidential help.**





What is power and control wheel?

The wheel serves as a diagram of tactics that an abusive partner uses to keep their victims in a relationship.

The inside of the wheel is made up of subtle, continual behaviors over time, while the outer ring represents physical and sexual violence.





The stages of wheel are :

**Building of tension**

The abuser is argumentative, angry, uses yelling, criticism, swearing, and angry gestures.

Sometimes the abuser will use coercion, threats or minor fights may occur.

**Abuse incident**

The abuser eventually releases this tension on others, attempting to regain power by establishing control.

Abuse might involve:

insults ,threats of harm or property destruction, attempts to control behavior, sexual or physical violence, emotional manipulation.

They might accuse victim of making them mad or blame for “relationship problems.”

Keep in mind that people choose to abuse others.

Any tension they experience may help explain the abuse, but it never excuses it.

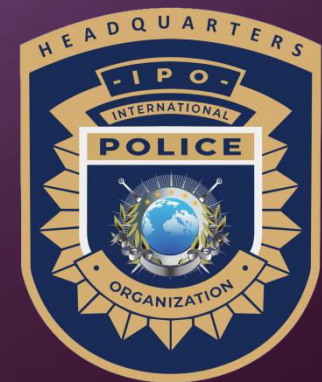


### Reconciliation

After the incident of abuse, tension gradually begins to fade. In an attempt to move past the abuse, abuser often uses kindness, gifts, and loving gestures to usher in a “honeymoon” stage. This devoted behavior can trigger the release of dopamine and oxytocin, helping you feel even more closely bonded and leading you to believe you have your “real” relationship back.

### Period of calm

To maintain peace and harmony, both parties generally have to come up with some sort of explanation or justification for the abuse. The abusive partner might apologize while blaming others, point to outside factors to justify their behavior, minimize the abuse or deny it happened or accuse the victim of provoking them. They might show plenty of remorse, assure it won't happen again, and seem more attuned to victim's needs than usual. Victim might begin to accept their excuses, even doubt their own memory of the abuse. Maybe it really was nothing, like they said. This cycle then repeats over time.





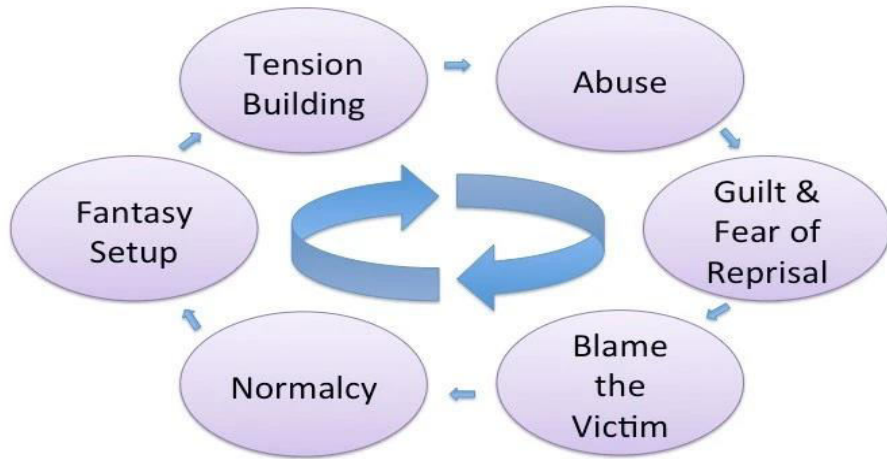
# YOU ARE NOT ALONE

DOMESTIC VIOLENCE AWARENESS MONTH





## Cycle of Violence



This “cycle” happens over and over within abusive relationships, though.

The length of time between each repetition can vary. It often shortens over time as the abuse escalates.

As time goes on, the calm period may become very short or even disappear from the cycle entirely.



It can be difficult to end the cycle of abuse, especially if your partner has convinced you that it is somehow your fault. That being said, overcoming the cycle can be done.

The first step in breaking the cycle is acknowledging that there is one.

Oftentimes, you will see your partner’s abusive behaviors as one-offs instead of character faults.

You will also know the honeymoon periods and conclude that they are their most authentic self during the good parts of the relationship.

While it can be difficult to change this thinking pattern, you have to recognize that those honeymoon periods are just an act to help the abuser gain control.



After that, you can seek help from a professional counselor or friends and family.

They will help you see the cycle of abuse you are trapped in further.

During this time, you may experience several more cycles of abuse with your partner. It's important to remember that it is not your fault.

The best way to recover from the cycle of abuse is to know the warning signs. Sometimes it can be difficult to see that you're being abused from the inside of the relationship. Seeking help can ensure that you identify the cycle and make the necessary steps to break it.

Primary prevention takes place **BEFORE** violence initially occurs.

It involves programs and strategies designed to reduce the factors that put people at risk for experiencing violence.

Or, they encourage the factors that protect or buffer people from violence.



# THERE'S NO EXCUSE FOR DOMESTIC VIOLENCE



## RAISING AWARENESS

- Tell your own story or listen to others' stories.
- Help publicize efforts in your community to end violence against women
- Use social media to raise awareness about violence against women and programs working to end it
- Donate things to local shelters that they make need (blankets, towels, personal items, food).
- Attend public forums about policing, public safety, changes in law, sexual harassment and stalking.
- Give to organizations working for an end to violence against women
- Don't be active against the violence only in October, but all 365 days in year



## PREVENTION

Domestic violence does not see gender.

A toxic and insecure partner will exert violence, irrespective of the gender they belong.

But, there are ways to prevent domestic violence, from the women's and men's perspectives.

Domestic Violence Awareness month is coming, but that doesn't mean our efforts should stop with end of October.

Domestic and sexual violence are serious issues 365 days a year.

In order to end intimate domestic violence, the problem must be addressed and confronted at the societal, community, relationship, and individual levels. Domestic violence prevention encompasses proactive efforts to stop violence and abuse from happening in the first place by interrupting the cultural rules, norms, and constructs that support it.

Successful prevention efforts reflect a social change model that promotes a thriving culture where all relationships are built on respect, equality, and peace.

Primary prevention of domestic and sexual violence is defined as preventing violence before it occurs. And this is social change work.





# DOMESTIC VIOLENCE

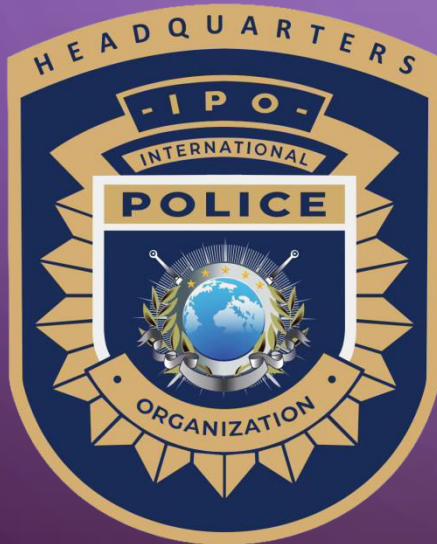
BREAK THE SILENCE

Prevention seeks to reduce the overall likelihood that anyone will become a victim or perpetrator of domestic violence by creating conditions that make violence less likely to occur.

Prevention also seeks the programs in which we can participate together, cooperating with shelters for victim of violence and organizations who have the same goals, but also with state institutions. This include, not only victims, but also any friends , relatives or colleagues that can help in much ways. For start to listen to victims story and report to the police, giving support to the abused and never try to accuse them for passing violence, but try to understand them.

When the victim manages to free herself from the perpetrator, then she needs to be helped to return to the community, to believe in herself and others again, to believe in love and respect and to start a new life again.

Because “ Love should not hurts “.





*October 2022.*



**LOVE  
SHOULDN'T  
HURT**

**STOP THE VIOLENCE • END THE SILENCE**

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# THANK YOU FOR YOUR ATTENTION

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