

**THE
IMPACT OF DOMESTIC
VIOLENCE ON SURVIVORS &
FAMILIES**

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**ABUSE CAN TAKE MANY FORMS
AND IT IS NOT ALWAYS OBVIOUS!**

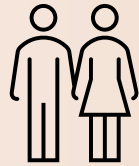


PHYSICAL ABUSE



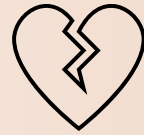
- Harm to another person's body
- Examples: slapping, pushing, punching, pinching, choking, grabbing, burning, shaking, etc.

SEXUAL ABUSE



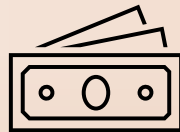
- Any unlawful touching and or sexual contact without that person's consent *including partners, wives, lovers, friends etc.*
- Examples: unwanted kissing or touching, unwanted rough or violent sexual activity, controlling access or use of contraceptives, threatening or pressuring sexual activity

EMOTIONAL ABUSE



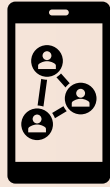
- Using words, silence, gestures, or behaviors that harm the psychological & emotional wellbeing of another person. Manipulating another person to make them feel afraid, ashamed, or insecure.
- Examples: embarrassing or humiliating, lying, threatening, insulting, gaslighting, intimidating, ignoring boundaries, dismissing your feelings

ECONOMIC ABUSE



- Limiting or controlling another person's access to money and resources in order to control and restrict their activities
- Examples: withholding spending money, forbidding access to a car or public transit, requiring permission before going out, forbidding someone from getting a job

SOCIAL ABUSE



- Controlling a person's social life and activities in a harmful way
- Examples: restricting access to friends and outside relationships, bullying someone on social media, sending harassing text messages, ignoring needs for privacy and autonomy, ignoring boundaries

IMMIGRATION ABUSE



- Using a person's immigration status to intimidate or coerce
- Examples: withholding legal documents, threatening to report to the police

WHY DOES IT MATTER?



Domestic violence has long-term consequences
for survivors and their children

HOW DOES TRAUMA AFFECT CHILDREN?

- Poor academic performance
- Social isolation, non-participation in extracurricular activities
- Depression
- Acting out & behavior issues at home and at school
- Unhealthy relationships & approaches to intimacy later in life

HOW DOES TRAUMA AFFECT ADULTS?

- Serious mental health issues including major depressive and anxiety disorders.
- Vulnerabilities to substance/alcohol abuse
- Overly self critical
- Suicidal thoughts
- Distrust of one's feelings
- Very low Self esteem
- Feelings of worthlessness and powerlessness.
- Lack of agency and initiative
- Difficulties forming a healthy trusting relationships
- Extreme dependency

HOW CAN I TELL IF THERE'S A PROBLEM? SIGNS OF DOMESTIC VIOLENCE

- Regularly agitated, worried, or stressed
- Avoids group activities, socially isolated
- Injuries, often without a good explanation
- Distracted, unable to finish through or follow up
- Inconsistent or unreliable attendance. Frequently cancels
- Apologizes constantly, even when not appropriate
- Difficulty with sleep
- Needs to ask their partner for permission before committing or attending something

I WANT TO HELP! WHAT CAN I DO?

- Listen! What is the survivor telling you? What is the survivor NOT telling you?
- Clarifying questions – make sure you understand the situation
- Give honor to their story and culture
- Reassure them that they are not alone
- Follow the survivor's lead— you are supporting only, not making decisions for anyone else
- Talk about options
- If someone is in immediate danger, share that you might have to disclose that information to a professional who can help