

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the page, creating a modern, layered effect.

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# Domestic Violence/ Intimate Partner Violence

- ▶ Domestic Violence (DV) or Intimate Partner Violence (IPV) is a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

# DV/IPV can include the following types of behaviors

- ▶ DV or IPV can range from one episode of violence that could have lasting impact to chronic and severe episodes over multiple years.
- ▶ Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person.
- ▶ This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or would someone.

- ▶ **Physical Abuse:** is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- ▶ **Sexual Violence:** is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g. sexting) when the partner does not or cannot consent.
- ▶ **Stalking:** is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.
- ▶ **Psychological Aggression:** is the use of verbal and non-verbal communication with the intent to harm a partner mentally or emotionally and/or to exert control over a partner.

▶ [https://www.youtube.com/watch?v=Sq03d\\_5LtVs](https://www.youtube.com/watch?v=Sq03d_5LtVs)

# Who are the victims?

- ▶ Anyone can be a victim of domestic violence, regardless of age, race, gender, sexual orientation, faith or class
- ▶ Victims of domestic abuse may also include a child or other relative, or any other household member.
- ▶ When comparing domestic violence cases in California with the rest of the country, California has records that are higher than the national average. According to one resource, approximately 30% of women and 10% of men in the United States have experience DV/IPV.
- ▶ In California, approximately 33% of women and 25% of men have experienced DV/IPV which means California has higher rates of DV/IPV when compared to the National Average.

# CYCLE OF ABUSE

## 1. TENSIONS BUILD

The abuser creates tension and the survivor's stress builds.

## 2. INCIDENT

The abuser lashes out through physical, verbal, psychological or sexual abuse tactics to dominate the survivor.

## 3. RECONCILIATION

The abuser makes excuses or attempts to apologize for the incident. Gaslighting is common, aka, "Nothing happened."

## 4. CALM

Things seem peaceful, maybe even better than before. But often, this doesn't last long before the cycle starts over.

*Note: The Cycle of Abuse was originally created by psychologist Lenore Walker.  
The Cycle does not represent all cases of domestic violence.*

**DomesticShelters.org**

# Why do they stay?

- ▶ **Fear:** A person will likely be afraid of the consequences if they decide to leave their relationship, either out of fear of their partner's actions or concern over their own ability to be independent.
- ▶ **Normalized abuse:** If someone grew up in an environment where abuse was common, they may not know what healthy relationships look like. As a result, they may not recognize that their partner's behaviors are unhealthy or abusive.
- ▶ **Shame:** It can be difficult for someone to admit that they've been or are being abused. They may feel that they've done something wrong, that they deserve the abuse, or that experiencing abuse is a sign of weakness. Remember that blame-shifting is a common tactic that their partner may use and can reinforce a sense of responsibility for their partner's abusive behaviors.
- ▶ **Intimidation:** A survivor may be intimidated into staying in a relationship by verbal or physical threats, or threats to spread information, including secrets or confidential details (i.e. revenge porn etc). For LGBTQ+ people who haven't come out yet, threats to out someone may be an opportunity for abusive partners to exert control.
- ▶ **Low self-esteem:** After experiencing verbal abuse or blame for physical abuse, it can be easy for survivors to believe those sentiments and believe that they're at fault for their partner's abusive behaviors.



# Why do they stay (cont)

- ▶ **Lack of resources:** Survivors may be financially dependent on their abusive partner or have previously been denied opportunities to work, a place to sleep on their own, language assistance, or a network to turn to during moments of crisis. These factors can make it seem impossible for someone to leave an abusive situation.
- ▶ **Disability:** If someone depends on other people for physical support, they may feel that their well-being is directly tied to their relationship; a lack of visible alternatives for support can heavily influence someone's decision to stay in an abusive relationship if they have a disability.
- ▶ **Immigration status:** People who are undocumented may fear that reporting abuse will affect their immigration status. If they have limited English proficiency, these concerns can be amplified by a confusing and convoluted legal system and an inability to express their circumstances to others.
- ▶ **Cultural context:** Traditional customs or beliefs may influence someone's decision to stay in an abusive situation, whether held by the survivor or by their family and community.

## Why do they stay? (cont)

- ▶ **Children:** Many survivors may feel guilty or responsible for disrupting their familial unit. Keeping the family together may not only be something that a survivor may value, but may also be used as a tactic by their partner used to guilt a survivor into staying.
- ▶ **Love:** Experiencing abuse and feeling genuine care for a partner who is causing harm are not mutually exclusive. Survivors often still have strong, intimate feelings for their abusive partner. They may have children together, want to maintain their family, or the person abusing them may simply be charming (especially at the beginning of a relationship) and the survivor may hope that their partner will return to being that person.

# How does it affect Children?

- ▶ Children experience domestic violence in many ways.
- ▶ They may hear one parent threaten or demean the other, or see a parent who is angry and afraid.
- ▶ They may see or hear one parent physically hurt the other and cause injuries or destroy property.
- ▶ Children may live with the fear that something will happen again.

▶ The following factors affect how an individual child will respond to living with DV/IPV:

- ▶ 1. How serious and how frequent is the violence or threat?
- ▶ 2. Was the child physically hurt or put in danger?
- ▶ 3. What is the child's relationship with the victim and abuser?
- ▶ 4. How old is the child?
- ▶ 5. What other stress is going on in the child's life?
- ▶ 6. What positive activities and relationships are in the child's life?
- ▶ 7. How does the child usually cope with problems?

# Again...How does it affect Children?

- ▶ Immediate reactions include:
  - ▶ Generalized Anxiety
  - ▶ Sleeplessness
  - ▶ Nightmares
  - ▶ Difficulty concentrating
  - ▶ High activity levels
  - ▶ Increased aggression
  - ▶ Increased anxiety about being separated from a parent
  - ▶ Intense worry about their safety or the safety of a parent

# Again...How does it affect Children?

- ▶ Long-term effects:
  - ▶ Physical Health Problems
  - ▶ Behavioral Problems in adolescents
  - ▶ Emotional difficulties in adulthood

▶ <https://www.youtube.com/watch?v=LbRba9XHKKw>

Birth to 5 years	Ages 6 to 11	Ages 12 to 18
<ul style="list-style-type: none"> <li>·Sleep and/or eating disruptions</li> <li>·Withdrawal/lack of responsiveness</li> <li>·Intense separation anxiety</li> <li>·Inconsolable crying</li> <li>·Developmental regression, loss of acquired skills</li> <li>·Intense anxiety, worries, and/or new fears</li> <li>·Increased aggression and/or impulsive behaviors</li> </ul>	<ul style="list-style-type: none"> <li>·Nightmares, sleep disruptions</li> <li>·Aggression and difficulty with peer relationships in school</li> <li>·Difficulty with concentration and task completion in school</li> <li>·Withdrawals and/or emotional numbing</li> <li>·School avoidance and/or truancy</li> </ul>	<ul style="list-style-type: none"> <li>·Antisocial behavior</li> <li>·School failure</li> <li>·Impulsive and/or reckless behavior               <ul style="list-style-type: none"> <li>-school truancy</li> <li>-Substance abuse</li> <li>-Running away</li> <li>-involvement in violent or abusive dating relationship.</li> </ul> </li> <li>·Depression</li> <li>·Anxiety</li> <li>·Withdrawal</li> </ul>



# How can you help?

- ▶ **First:** recognize the signs - partner may be controlling and jealous, attempting to isolate them from friends and family, insulting or demeaning them, attempting to prevent them from attending work or school, preventing them from making their own decisions, and threatening to harm them.
- ▶ **Second:** if you think someone you know may be experiencing abuse, be there, listen, don't judge. Many survivors feel compelled to explain or excuse an abuser's behavior because they feel like what is happening to them is their fault. It's sometimes most helpful to tell them that you're concerned about them and make sure they know help is available for them when they're ready.
- ▶ **Lastly:** Try to stay in the life of the person who you suspect is experiencing abuse. Reassure them that they did not deserve to be treated this way, and let them know that if they ever need someone to talk to they can reach out to you and let them know you're willing to help them find resources or services