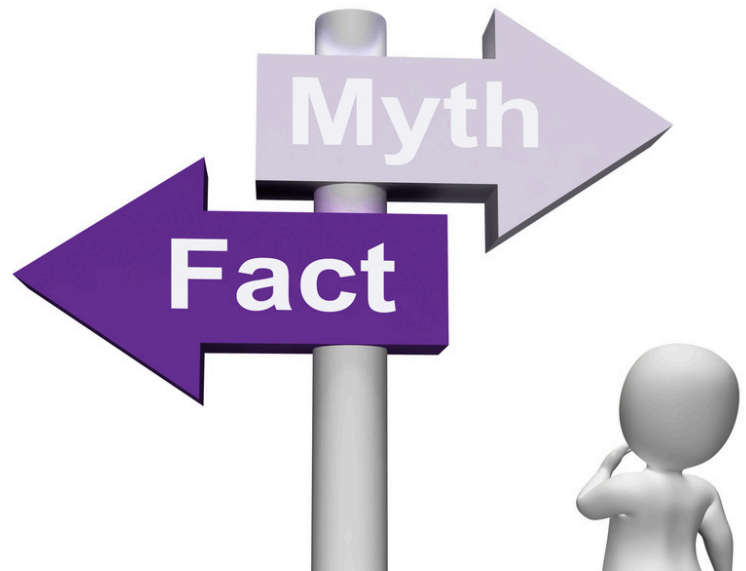


What Do We Believe About Domestic Violence?

TRUE or FALSE?

- Domestic violence is rare
- Alcohol and drugs cause abuse
- Leaving always makes someone safer
- Men can be victims
- Abuse only includes physical violence
- Domestic violence is a private matter



Keep these questions in mind. We will revisit these together.

Why Our Work Matters

Domestic and dating violence affect individuals, children, and entire communities.



Nearly 1 in 4 women experience severe intimate partner violence.



1 in 7 men experience severe intimate partner violence.



Children exposed to violence may experience lasting impacts.



More than half of adults in Louisiana have experienced physical violence in their lifetime.



Louisiana ranks among the highest states for domestic violence homicide rates.



Nearly 20 people per minute experience physical violence by an intimate partner in the United States, impacting more than 10 million people annually.

Behind every number is a real person and family.

Hidden in Plain Sight

It may involve:

- a successful professional
- a church member
- a student
- a parent
- a neighbor
- someone who appears to have everything together



Abuse often looks different than people expect.

Domestic Violence Across Communities

Domestic and dating violence affect:

- every age
- culture
- race
- faith
- orientation
- gender
- income level
- ability level

Domestic and dating violence affect children, families, workplaces, schools, and communities.

Safety and support are community responsibilities.



Abuse does not discriminate.

Dating Violence is Real

Dating violence may affect:

- teens
- college students
- young adults
- first relationships
- long-term dating relationships

Warning signs may include:

- jealousy
- monitoring
- humiliation
- pressure
- control
- digital tracking



Healthy relationships should feel safe at every age.

Domestic and Dating Violence

Domestic and dating violence involve:

Patterns of behavior used to gain or maintain power and control over another person in an intimate or dating relationship.

This may occur:

- while dating
- living together
- married
- separated
- or after a relationship ends

This is NOT:

- ordinary disagreement
- communication problems
- anger alone

Domestic violence is often discussed within the broader impact of family violence because children and family systems are affected.

Domestic and dating violence are about power and control, not simply conflict.

Power and Control

Domestic and dating violence are often rooted in:

- control
- intimidation
- coercion
- manipulation
- isolation
- fear

The Duluth Model Power and Control Wheel helps explain how abusive relationships operate.



Violence is often about power and control.

Cycle of Violence

Abusive relationships often follow recognizable patterns.

Tension building:

- walking on eggshells
- conflict growing
- fear or anxiety

Calm:

- temporary peace
- hope things have changed



The cycle repeats.

Abusive incident:

- verbal
- emotional
- physical
- sexual
- controlling behavior

Remorse/Honeymoon:

- apologies
- promises
- gifts
- affection
- minimizing abuse

Abuse often follows patterns that can be difficult to escape.

We All Deserve to Feel Safe in Love

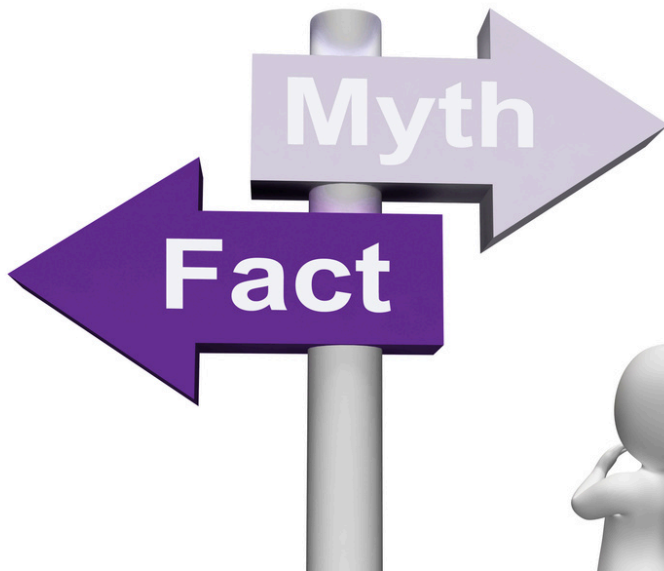
Healthy relationships, including dating relationships, should feel:

- Safe
- Respected
- Heard
- Trusted
- Supported
- Encouraged
- Free to be yourself
- Able to disagree without fear



You deserve to be safe in love.

Domestic Violence Fact Check



**Abuse Only Includes
Physical Violence**

Understanding abuse means looking beyond bruises.

Types of Abuse

Physical

Hitting, choking,
restraining

Psychological/Emotional

Threats, humiliation,
intimidation

Sexual

Forced or pressured
sexual activity

Financial

Controlling money or
preventing employment

Digital

Monitoring phones,
social media, or location

Stalking

Repeated unwanted contact
or surveillance

Spiritual

Using faith or scripture to
manipulate or control

Coercion

Patterns of control,
isolation, and fear

Abuse is about power and control and may take many forms.

Real World Examples

What Abuse Can Look Like

Examples may include:

- constant criticism or public humiliation
- monitoring phones, messages, or location
- pressure to share passwords or accounts
- limiting access to money or restricting employment
- isolating someone from family or friends
- excessive jealousy or possessiveness
- threats, intimidation, or explosive anger
- using faith, guilt, or shame to manipulate
- damaging belongings or destroying property
- threatening children, pets, or displaying weapons

**Have you ever
heard or seen
something
like this?**

Abuse is not always visible.

Warning Signs and Red Flags

Red flags may include:

- jealousy
- monitoring
- intimidation
- isolation
- threats
- controlling behavior
- explosive anger
- pressure
- disrespect of boundaries
- fear of upsetting a partner

Dating violence reminders:

- password pressure
- social media control
- excessive texting
- location demands

Warning signs matter. Trust what feels unsafe.

Why Survivors Stay

Why Leaving is Complicated

People may stay because of:

- fear
- children
- finances
- housing
- trauma
- love
- hope
- immigration concerns
- faith
- safety concerns

**Leaving is not weakness.
Often, it is survival.
And sometimes readiness takes time.**



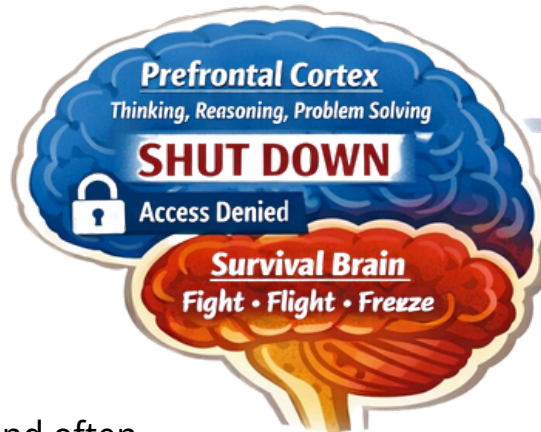
When someone is ready, support matters.

Trauma and Survival

Trauma affects how people experience danger and safety.

Survival responses may include:

- Fight
- Flight
- Freeze



Thinking and decision making may be impaired

People respond to danger differently.

Trauma responses may look different and often reflect survival.

Source: Arnsten, A.F. (2009), Nature Reviews Neuroscience.

Survival looks different for everyone.

Children and Domestic Violence

Children may experience:

- fear
- stress
- instability
- behavioral issues
- school struggles
- emotional impact
- difficulty feeling safe
- disrupted routines

Children do not need to directly witness violence to be affected.

They may:

- hear violence
- sense fear
- observe tension
- experience instability



Children are affected even when they do not directly witness violence.

Childhood Experiences Matter

Adverse Childhood Experiences, often called ACEs, may include:

- violence in the home
- abuse
- neglect
- household instability
- substance abuse
- family crisis

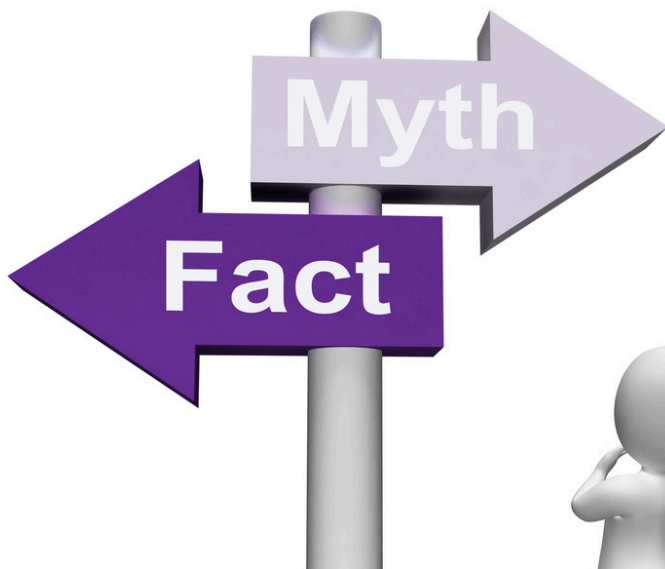
Research shows ACEs may affect:

- physical health
- emotional wellbeing
- school success
- relationships
- future safety
- long-term wellbeing



Early support and healing matter.

Domestic Violence Fact Check



Leaving ALWAYS Makes Someone Safer

Leaving may increase danger.

This is why:

- safety planning matters
- support matters
- trusted advocacy matters

Survivors know their situation best.

Safety Planning

Leaving may increase danger, which is why preparation and professional support matter.

Examples may include:

- ✓ Emergency planning
- ✓ Safe words or code phrases
- ✓ Important documents
- ✓ Technology safety
- ✓ Professional advocacy and support
- ✓ Personalized safety planning

Certain risk factors, including access to firearms, may increase lethality in domestic violence situations and should be considered during safety planning.



Many survivors leave and return more than once. Preparation and support matter.

How to Respond

Do & Don't

- ✓ listen
- ✓ believe
- ✓ support
- ✓ ask what they need
- ✓ respect their choices

- ✓ blame
- ✓ pressure
- ✓ interrogate
- ✓ minimize
- ✓ demand immediate action

Things you could say...

I believe you.

You didn't deserve this.

I am sorry this happened to you.

Thank you for trusting me.

You are not alone.

I care about you.

Share the 24/7 crisis line for professional, trauma-informed guidance.

When they're ready, support is available.