

The Truth About Domestic Abuse

Tension Builds

In this place, you feel like you are walking on egg shells around the abuser. Tension builds, sometimes rather quickly, the abuser gets angry and quickly escalates; abuse may begin here.



Incident

In this phase, the abuse takes place - hitting, yelling, intimidation (physical, emotional or sexual abuse). You are scared, you cry and you feel angry or hopeless.

Make Up

The abuser may feel guilt and tries to reconcile the situation; apologizes profusely; promises never to do it again; abuser may find reasons for their behaviour; they may minimize the abuse; you may have make up sex.

Honeymoon

Peace seems to be restored; abuser may be extra nice, bringing gifts and romancing you. If it's a parent, they may start speaking to you normally. The promises seem to be followed. You feel reassured and think it's not going to happen again.

You are not alone!
Get help!

TYPES OF ABUSE

EMOTIONAL & PSYCHOLOGICAL ABUSE



- Undermining victim's sense of worth
- Verbal threats, insults, constant monitoring, humiliation, belittling, intimidation, or isolation
- Verbal abuse causes emotional pain and scarring

FINANCIAL ABUSE

- Giving an allowance, closely monitoring purchases
- Refusal to give money to necessary items
- Restricting access to shared bank accounts
- Limiting work hours, or harassment at place of employment

PHYSICAL ABUSE



- Any unwanted touching, violent or non-violent
- Pushing, pulling or grabbing
- Throwing objects

DIGITAL ABUSE

- Bullying, harassing, stalking or intimidation via technology
- Sending negative / threatening emails or social media messages
- Use of social media to spy or post demeaning comments and pictures of partner
- Stealing partner's passwords

SEXUAL ABUSE



- Pressure/coercion of anything that is sexual in nature
- Restricting access to birth control or condoms
- Sexual contact with someone who is not in control of their senses and can not express consent, i.e., drunk or drugged



WARNING SIGNS HABITS OF ABUSERS

DRIVEN BY COMMITMENT

- 'Love at First Sight' is a myth
- Claiming early on that you are 'soul mates'
- Abusers gain undue trust by flattery & manipulation

HABITUALLY JEALOUS

- Minor jealous streaks can lead to major ones
- Obsessive behaviour

MISPLACES BLAME

- Doesn't take responsibility for actions
- Blames others for personal problems

SUPERIORITY COMPLEX

- Self-righteous / egotistical tendencies
- Attacks other's self-esteem to boost their self-esteem

HABITUALLY DISRESPECTFUL

- Malicious sarcasm
- Condescending remarks

OVERLY AGGRESSIVE

- Violent outbursts over minor frustrations
- Tendency to throw / smash objects in a fit of rage



The Harsh Reality of Abuse



EVERY
60 SECONDS

24



EVERY
60 MINUTES

1,440



EVERY
24 HOURS

34,560



EVERY
365 DAYS

12 MILLION

PEOPLE ARE VICTIMS OF RAPE, PHYSICAL VIOLENCE, OR STALKING BY AN INTIMATE PARTNER



More than 1 in 3 women



More than 1 in 4 men

Have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime

THERE'S ALWAYS A WAY OUT.

How to be supportive if you suspect a friend may be in an abusive relationship

- Listen, but don't judge
- Offer help
- Don't gossip
- Don't confront the attacker

GETTING HELP WITH DOMESTIC ABUSE

HOT LINES TO CALL

National Domestic Violence Hot line 0808 200 0247	Rights of Women 020 7251 6575
Men's Advice Hot line 0808 801 0327	ManKind Initiative 01823 334 244



only 1 in 4 women



& 1 in 7 men

report being victims of domestic abuse

ONLY 70%
OF DOMESTIC ABUSE IS REPORTED