

by a current or former husband or partner were also physically assaulted by that partner and 31 percent were also sexually assaulted

- Psychological consequences for victims of intimate partner violence can include depression, suicidal thoughts and attempts, lowered self-esteem, alcohol and other drug abuse and post-traumatic stress disorder

## Create a Safety Plan

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Find a safe place to go in your home if an argument begins. Avoid rooms without an exit and rooms with potential dangers such as a kitchen

Know who to contact in a crisis and establish a code word or sign among trusted family or friends to let them know you need help

Memorize all important phone numbers

Always keep money and change with you

Keep important papers and documents in a place you can easily access if necessary, including:

- Social Security cards
- Birth certificates
- Marriage license
- Checkbook
- Charge cards
- Bank statements
- Health insurance cards
- Any records of past abuse including photographs and police reports

# Domestic Violence

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Educational Series



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## What is Domestic Violence?

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Domestic violence is a term used to describe violence and abuse by family members or intimate partners such as a spouse, former spouse, boyfriend or girlfriend, ex-boyfriend or ex-girlfriend or date. Domestic violence can take many forms, but involves using intimidation and threats or violent behaviors to gain power and control over another person.

## Red Flags of Domestic Violence

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- Isolation
- Use of intimidation tactics such as standing over a person to prevent them from leaving the room
- Uninvited touching or coercion to obtain sex
- Harsh personal criticism including name-calling and put-downs
- Public embarrassment
- Pressure tactics like withholding financial support
- Sabotaging attempts to work outside the home
- Twisting words to mean something they may not have intended
- Manipulating children so they will agree with you
- Claiming to be the absolute authority in the home
- Extreme jealousy
- Possessiveness
- Bad temper
- Unpredictability
- Cruelty to animals
- Verbal abusiveness

## Forms of Domestic Violence

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### Physical

- Battering or hitting causing physical injury that may include bruising, broken bones, internal bleeding and death
- Often the abuse begins with minor contact and escalates over time into more violent actions
- Often accompanies or follows physical battering and results in rape or other forced sexual activity

### Psychological or Emotional

- An abuser often mentally or emotionally abuses with words, threats, harassment, extreme possessiveness, forced isolation and destruction of belongings
- Isolation often occurs when the abuser tries to control a victim's time, activities and contact with others. Abusers may accomplish this through interfering with supportive relationships, creating barriers to normal activities, such as taking away the car keys or locking the victim in the home, and lying or distorting what is real to gain psychological control

### Stalking

- Repeated harassing or threatening behavior
- Often leads to physical or sexual abuse

### Economic

When the abuser controls access to the all of the victim's resources such as time, transportation, food, clothing, shelter, insurance and money

## Examples

- Intimate partner abuse
- Family violence
- Child abuse
- Battering
- Courtship violence
- Marital rape
- Date rape
- Stalking
- Child abuse
- Elder abuse
- Sibling abuse

## Facts

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The Centers for Disease Control and Prevention (CDC) lists the following facts about domestic violence and women:

- About 5.3 million women are victimized by intimate partners annually
- Approximately 25 percent of women responded in the National Violence Against Women Survey that they had been raped and/or physically assaulted by a current or former spouse, cohabitating partner or date at some time in their life
- Almost 40 percent of women who are victims of violence report being injured
- Increased frequency of violence toward a spouse is associated with increased risk of the violent spouse also being abusive to the child
- There is a strong association between stalking and other forms of violence: 81 percent of women who were stalked