



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

ADULT HEALTH BULLETIN



OCTOBER 2021

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THIS MONTH'S TOPIC:

DOMESTIC VIOLENCE: BREAK THE CYCLE



October is Domestic Violence Awareness Month, a time for all of us to speak up about domestic violence, raise awareness, and support survivors. Domestic violence, also known as intimate partner violence, is defined by the CDC as abuse or aggression that occurs in a romantic relationship. Domestic violence is common and is a serious public health issue that affects millions of Americans.

According to the CDC National Intimate Partner and Sexual Violence Survey (NISVS), about 1 in 4 women and nearly 1 in 10 men have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime. They report negative impacts such as injury, fear, concern for safety, and needing services.

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Disabilities
accommodated
with prior notification.

One feature shared by most abusive relationships is that the abusive partner tries to establish or gain power and control.



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Domestic violence happens to people of all races, gender identity, cultures, incomes, ages, education level, or sexual orientation. It can happen on a first date or in a committed long-term relationship. It does not have to be a relationship with sexual intimacy. Every relationship is different, and domestic violence does not always look the same. One feature shared by most abusive relationships is that the abusive partner tries to establish or gain power and control.

Here are some common signs of abusive behavior in a partner:

- Telling you that you never do anything right.
- Showing extreme jealousy of your friends or time spent away from them.
- Preventing or discouraging you from spending time with friends, family members, or peers.
- Insulting, demeaning, or shaming you, especially in front of other people.
- Controlling finances in the household without discussion, including taking your money or refusing to provide money for necessary expenses.
- Pressuring you to use drugs or alcohol or perform sexual acts you are not comfortable with.
- Intimidating you with weapons like guns, knives, bats, or mace.

By understanding these types of violence, we can take action in our communities to stop them before they start.

Need help? Know someone who does?

National Domestic Violence Hotline:

- Call 1-800-799-SAFE (7233) and TTY 1-800-787-3224.
- Text “START” to 88788.

Love Is Respect National Teen Dating Abuse Help:

- Call 1-866-331-9474 or TTY 1-866-331-8453.

Rape, Abuse & Incest National Network’s (RAINN) National Sexual Assault Hotline:

- Call 800-656-HOPE (4673) to connect with a trained staff member from a sexual assault service provider in your area.
- Visit rainn.org to chat one-on-one with a trained RAINN support specialist, any time 24/7.

REFERENCES:

- https://vawnet.org/sites/default/files/assets/files/2018-10/NRCDV-FindingSafety%28English%29-Sept2018_0.pdf
- <https://www.cdc.gov/injury/features/intimate-partner-violence/index.html>
- <https://kcadv.org/sites/kcadv.org/files/sites/kcadv.org/files/Brochure%20-%20FINAL%206.27.17.pdf>
- <https://www.thehotline.org/identify-abuse/domestic-abuse-warning-signs>

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