

Favorite Self Podcast

Domestic Violence Awareness Month Series

Domestic Violence: Pattern of abusive behavior or treatment used by one partner to gain or maintain **power and control** over another intimate partner

Violence: a behavior or treatment involving physical force for the purpose of **causing damage or injury**

Consent: permission for something to happen or agreement to do something

Coercion: the practice of persuading someone to do something by using **force or threats**

This violence can be:

1. Physical
2. Emotional
3. Financial
4. Sexual
5. Digital

Can happen between:

- Current or former dating partners
- on / off relationships
- Married or divorced partners
- People living together or apart
- People with children in common
- Any age, gender, race, or sexual orientation

Signs of Abuse:

1. Physical injury
2. Threat of weapons
3. Punching walls/ breaking objects to cause fear
4. Putting you down
5. Name calling
6. Controlling what you wear or do
7. Threatening to “out” you
8. Attempt to isolate you from family and friends
9. Not allowing you to access bank accounts or credit cards
10. Stopping/ limiting the hours you can work
11. Getting you fired

12. Harassing you on the job
13. Interfering with your education
14. Not letting you go to school
15. Sex without your consent (unwanted or you are incapacitated)
16. Touching parts of your body without your permission
17. Forcing you to touch parts of their body
18. Refusing to use contraception
19. Pressuring you to send them explicit photos and videos
20. Calls, emails, or text more than you want
21. Gets into your private online accounts
22. Uses social media and other technology to keep track of where you are and who you are with
23. Check private messages on your phone
24. Erases text or voicemail saved to your phone
25. Uses a fake number to text or call you
26. Calls people close to you to find out your whereabouts
27. Changes your passwords
28. Creates fake online profiles of you on dating/ pornography sites or contacts your friends and family
29. Post sexual content about you
30. Threatens to post private information about you online
31. Puts spyware on your computer

What does a healthy relationship look like?

- ★ Rooted in trust, communication and respect. Both partners safely express their feelings thoughts and needs

How can you support others?

1. You can listen and believe them
2. Remind them it's not their fault
3. Ask what they need and what would be helpful
4. Respect their choices even if you disagree
5. Offer resource information