

WHAT IS INTIMATE PARTNER VIOLENCE?

Intimate partner violence includes "physical violence, sexual violence, stalking, or psychological harm by a current or former partner or spouse" (CDC). This violence affects heterosexual and same sex relationships.

DEFINITIONS

Physical violence: when a person hurts or tries to hurt by using physical force

Sexual violence: forcing or attempting to force a partner to take part in a sexual act when the partner does not or cannot consent

Psychological abuse: use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally or to exert control

QUICK FACTS

- 1 in 4 women and 1 in 10 men have experienced IPV in their lifetime
- 4 in 10 couples report experiencing violence in the relationship
- 35% of female survivors and 11% of male survivors sustain an injury related to IPV
- 1 in 5 victims of homicide are killed by an intimate partner



WHO IS AT RISK?

Partners are more at risk if:

- substance abuse
- experienced violence at home as a child
- young age
- power imbalance
- stress/poor coping skills
- financial instability
- access to a firearm
- have children in the household

LET'S PREVENT!

- Strengthen communication skills/coping skills
- Attend classes/seminars for healthy relationships
- Prevent unplanned pregnancy
- Reduce stress
- Become financially stable before starting a family
- Create strong relationships with friends and family or within the community
- Read a book about healthy relationships—makes for great couples activity!

SOURCES

CDC
<https://www.cdc.gov/violence-prevention/intimatepartnerviolence/index.html>

Photos:

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.mountainhealthcare.org%2Fblogs%2Ftopics%2Fcovid-19%2F2020%2F04%2Fintimate-partner-violence%2F&img-ADvVaw2EvyNhpYUz2thme2wofcJusH8B8850B545006source=images&cd=vfe&ved=0CAI2Qofw0TC0DobAhACFQA4AAABAAABAA>
<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.fawco.org%2Fglobal-issues%2Fhuman-rights%2Fhuman-rights-articles%2F4218-intimate-partner-violence&img-ADvVaw2EvyNhpYUz2thme2wofcJusH8B8850B545006source=images&cd=vfe&ved=0CAI2Qofw0TC0DobAhACFQA4AAABAAABAA>
<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.radiologybusiness.com%2Ftopics%2Fcare-delivery%2Fintimate-partner-violence-image%2F-radiology-renaissance&img-ADvVaw2EvyNhpYUz2thme2wofcJusH8B8850B545006source=images&cd=vfe&ved=0CAI2Qofw0TC0DobAhACFQA4AAABAAABAA>

RESOURCES

IF YOU ARE IN AN EMERGENCY AND BEING HARMED CALL 911

National Domestic Violence Hotline (1-800-799-7233)

Love is Respect National Teen Dating Abuse Helpline (1-866-331-9474)

Rape, Abuse, & Incest National Network's (RAINN) National Sexual Assault Hotline (800-656-4673)
National Resource Center on Domestic Violence