OCTOBER is Domestic Violence Awareness Month
What is Domestic Violence?

Domestic violence is a form of relationship violence in which one partner maintains power and control over another partner by using abuse.
# Forms of Abuse

<table>
<thead>
<tr>
<th>Physical</th>
<th>Sexual</th>
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<tr>
<td>Mental</td>
<td>Verbal</td>
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<tr>
<td>Emotional</td>
<td>Financial</td>
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*They all count, abuse is abuse and it's never okay*
Women ages 18 to 24 are at greatest risk of becoming victims of domestic violence.
Red Flags of an ABUSIVE Relationship

- Put downs
- Pushing/shoving/hitting/etc.
- Isolation—not allowing you to see friends/family
- An extreme amount of jealousy
- Not honoring your boundaries
- Not taking responsibility for their behavior
- Taking your money or running up credit card debt
Resources on and off campus

• The Women’s Center—919-515-2012
• The Counseling Center—919-515-2423
• NC State Police Department—919-515-3000 non-emergencies
• Office of Student Conduct—919-515-2963
• Interact—www.interactofwake.org
We’re here to listen.
Reach our trained advocates 24/7 to get the support you deserve. You are not alone. There will be no blame, no judgment, Just help.

24 HOUR
SEXUAL ASSAULT
HELPLINE
(919) 515-4444
The cycle of domestic violence

In the 1970s, U.S. psychologist Lenore Walker developed a theory on patterns in abusive relationships. This theory is widely used today in domestic violence prevention programs in the United States.

1. Tension building phase
   - This phase is characterized by poor communication, passive aggression, and fear of conflict. During this stage, the abuser employs tactics to control the environment, setting the stage for the next phase.

2. Acting-out phase
   - This phase is characterized by an outburst of violent, abusive incidents. During this stage, the abuser attempts to dominate his/her partner through the use of domestic violence.

3. Calm phase
   - During this phase, which is often considered an element of the honeymoon/reconciliation phase, the relationship is relatively calm and peaceful. However, interpersonal difficulties will inevitably arise, leading again to the tension building phase.

4. Reconciliation/honeymoon phase
   - This phase marks an apparent end of violence, with the abuser claiming he or she will do his/her best to change. During this stage, the abuser feels remorse and survivors so eager for the relationship to improve, that survivors who are often worn down and confused by longstanding abuse, do not leave.
1 in 9 MEN

1 in 4 = 25%

1 in 9 = 11%
The facts about LGBT partner abuse/domestic violence are often hidden by numerous myths and misconceptions. Common myths and misconceptions include the belief that LGBTQ domestic violence is mutual, and that there are no significant differences between heterosexual domestic violence and same-gender domestic violence. However, people who are lesbian, gay and bisexual have an equal or higher prevalence of experiencing intimate partner violence, sexual violence and stalking as compared to heterosexuals.

**Nearly Half** of stalking victimizations against males were also perpetrated by males. Perpetrators of other forms of Intimate Partner Violence were mostly female.

People often believe that male sexual assault is rare, but the opposite is true. Male rape victims and male victims of intimate partner violence are more likely to be gay and bisexual. In LGBTQ relationships, the batterer may use the additional tactic of threatening to "out" their victims to work colleagues, family, and friends.

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There are many similarities between how abusers control their victims regardless of sexual preference. In LBGTQ relationships, the batterer may use the additional tactic of threatening to "out" their victims to work colleagues, family, and friends.

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