

Domestic Violence Awareness

Presented by ComPsych® Corporation



Stay Ahead of Performance, Productivity and Health Issues

COMPSYCH
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Domestic Violence Awareness

This workshop is for educational purposes and awareness only. If you are in an abusive relationship or know of a family member or friend who is, specific help is available through the EAP or local services.

Agenda

Definition of domestic violence

Learn facts and statistics of domestic violence

Recognize signs and types of domestic violence

Understand how to support a friend or relative who has confided in you

Know resources for help

What Is Domestic Violence

Domestic violence involves violence or abuse by one person against another in a familial or intimate relationship. It is a pattern of controlling behavior that one partner uses to get power over the other.

Abusers can be:

- Current or former spouses
- Boyfriends or girlfriends
- Dating partners
- Sexual partners
- Family members

Types of Abuse

Emotional and Verbal abuse:

- Put downs, public humiliation, name-calling, manipulation, threatening to “out” someone

Isolation:

- Jealously results in insisting that victim not see friends or family

Threats and intimidation:

- Actual or threats of violence or suicide, taking away the children, stalking, using technology to track a person’s location

Physical/Sexual abuse:

- Forced sex or acts of violence

Economic abuse:

- Denies access to money, prevents employment, denies access to healthcare

Domestic Violence Facts and Statistics

85% of domestic violence victims are *women*. It is the leading cause of injury to women – more than car accidents, muggings and rapes combined

$\frac{1}{2}$ of *all homeless women and children* in the US are fleeing domestic violence

Boys who witness domestic violence are **2 TIMES** more likely to abuse their own partners and children when they become adults

Domestic violence is most likely to take place between **6:00 PM – 6:00 AM**

Domestic violence victims lose nearly **8 million days** of paid work per year in the US alone – the equivalent of 32,000 full time job

Why Does Abuse Happen

- Learned Behavior:
- Lack of Conflict Resolution Skills:
- Alcohol and Drugs
- Psychological Issues

Why Do People Stay In Abusive Relationships

- Fear
- Economy
- Social Pressure
- Emotional Attachment
- Guilt

Breaking the Silence on Domestic Violence

- Call the police if you see or hear evidence of domestic violence
- Speak out publicly against domestic violence
- Encourage your neighborhood watch or block association to become as concerned with watching for domestic violence and with burglaries and other crimes
- Reach out to support someone whom you believe is a victim of domestic violence

Dos and Don'ts for Supporting a Victim

1. Unsolicited intervention can feel disrespectful and controlling, so it's best to tread lightly.
2. Let them know you are concerned but listen and support their decisions
3. Encourage small steps and help them find options specific to their needs
4. Practice self care

Help is Available

ComPsych Guidance Resources –

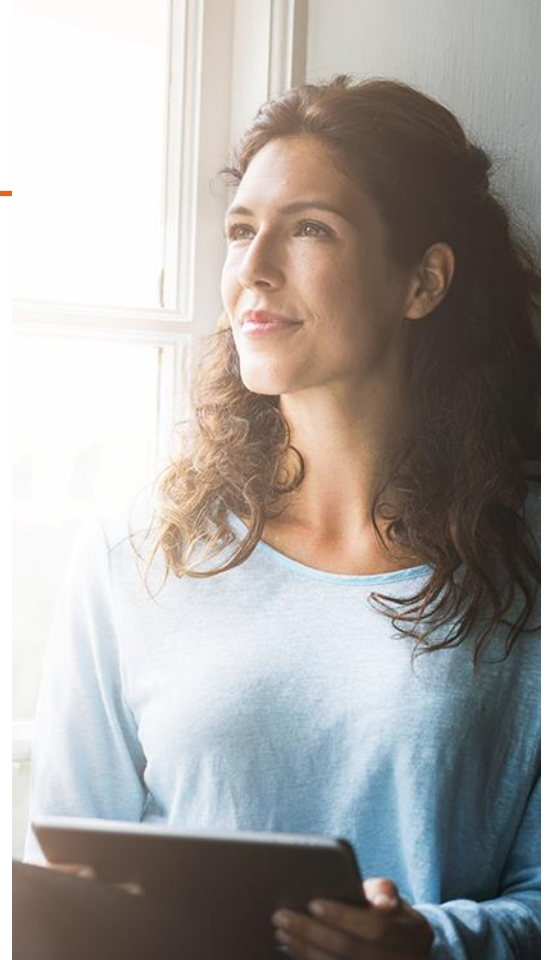
Your Employee Assistance Program (Available 24/7)

National Domestic Violence Hotline –

1-800-799-SAFE (7233) (Available 24/7)

Safe Horizon –

safehorizon.org



Thank You for Attending

Your single source for confidential support, expert information and valuable resources, when you need it the most.

Available 24 hours a day, 7 days a week

Online: guidanceresources.com

