

WHAT IS DOMESTIC VIOLENCE?

Domestic Violence (DV) is a pattern of types of behaviors used to establish power and control over another person through fear or intimidation. DV can take on many forms and be present in many different kinds of relationships.

Although domestic violence crosses every sector of society, it does not affect everyone in the same way. DV can occur in romantic relationships, parent/child relationships, caregiver relationships, sibling relationships, friendships, roommates and any other significant relationships between individuals who live together.

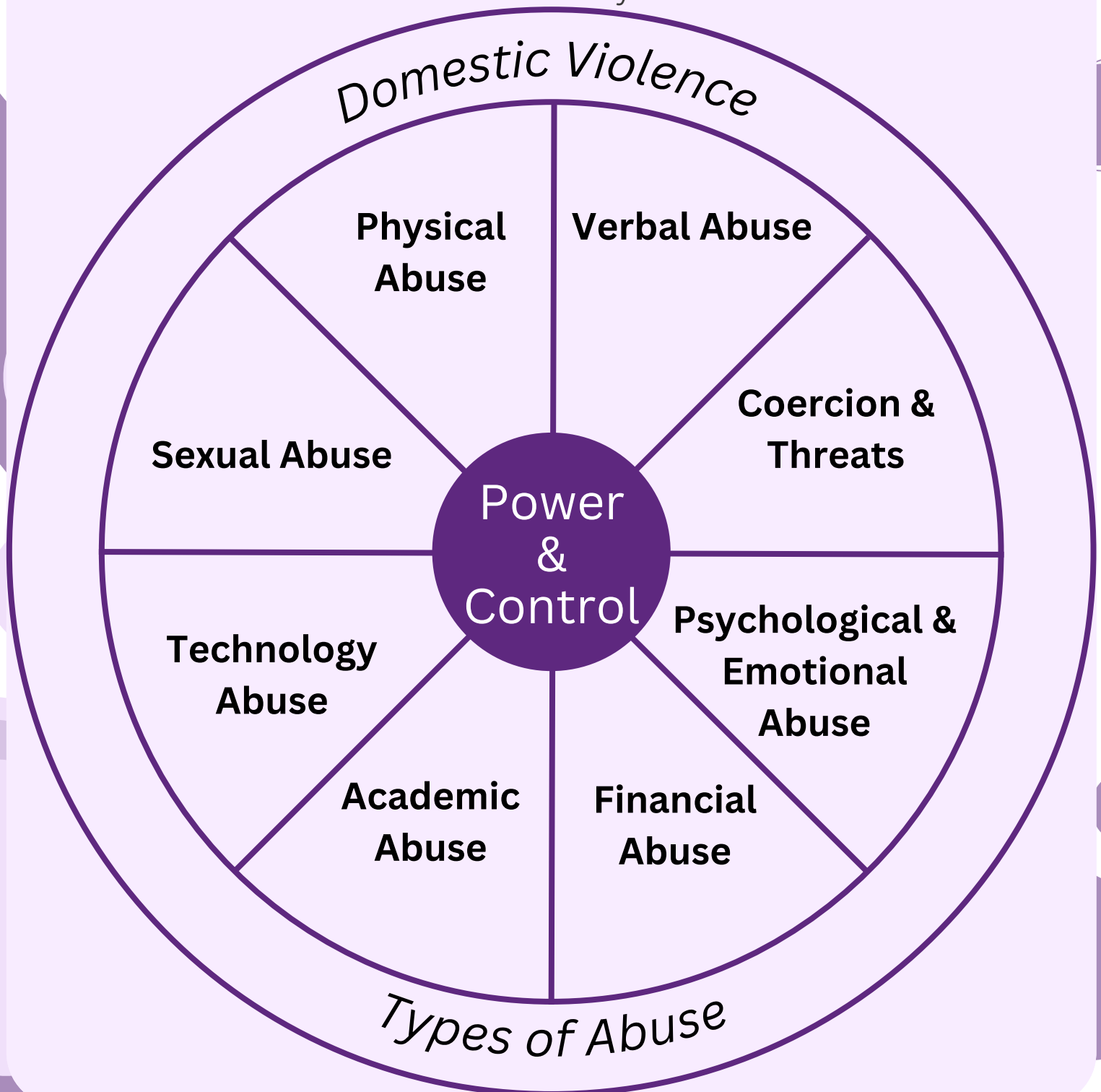
DV can be impacted by many different factors including, but not limited to religion, race, age, gender, sexuality, socioeconomic status, and physical ability.

It is important to remember manipulation and abusive behavior is not present during every interaction.

THE WHEEL OF POWER AND CONTROL

This is a diagram that depicts some ways that abusers maintain control in any relationship. Abusers commonly utilize a pattern of behaviors geared at maintaining power and control in the relationship they are a part of. The Wheel of Power and Control represents the different tactics and types of abuse that an abuser will use to maintain that power and control.

This is not an exhaustive list, and it is important to remember that the types of abuse listed can be present in many types of relationships and look different for everyone.



DV BEHAVIORS/TYPES OF ABUSE MAY INCLUDE:

Physical Abuse

Physical abuse means causing injury or trauma to another person's body.

This includes, but isn't limited to hitting, kicking, pushing, strangulation/choking, pulling of one's hair, damaging of property (throwing objects, punching walls, kicking doors, etc.), withholding prescriptions or hormones, preventing someone from calling the police or seeking medical attention.

Sexual Abuse

Sexual abuse means any sexual activity that occurs by force, threats or without consent. This includes, but isn't limited to unwanted kissing or touching, unwanted sexual activity, or refusing to use condoms or restricting access to birth control.

Verbal Abuse

Verbal abuse is a way that abusers can maintain control over the victim or relationship. Verbal abuse includes but is not limited to name calling, belittling accomplishments or feelings, yelling, any negative speech, or seemingly harmless negative/teasing jokes. Verbal abuse can take place privately or publicly.

Coercion and Threats

Use of force, manipulation and/or control of another person's thoughts, actions, and behaviors through violence, intimidation, threats, degradation, isolation, or stalking/monitoring. Force here may refer to physical force, physically striking someone, threatening to physically strike someone, restricting someone's freedom of movement so they cannot flee, or becoming physically violent with someone's surroundings to instill fear.

Threats may also include the abuser threatening to contact officials, threatening to contact child protective services, immigration services, police, or places of employment among other entities. These threats can be used to maintain control over someone.

DV BEHAVIORS/TYPES OF ABUSE MAY INCLUDE:

Academic Abuse

Academic abuse is when an abuser prevents or sabotages someone's academics. This includes but is not limited to saying someone does not love their abuser if they spend time on academics instead of spending time together, belittling someone's academic choices, preventing them from being able to focus, monitoring someone's behavior during class or taking all of the same classes as an individual to monitor them at all times. Abusers may also prevent someone from attending class, which can lead to them failing classes or being unable to receive their degree. Abusers may also prevent someone from attending language classes or learning vital skills that would allow them to gain independence from their abuser.

Psychological/Emotional Abuse

Emotional abuse is when an abuser tries to make someone question their self-worth such as value in life and in the relationship. That can mean hurting their feelings on purpose, jealousy, blaming the individual for the abuse, cheating, or continually criticizing someone. Emotional abuse can also take the form of "roller-coaster" emotions; one day the abuser is kind/happy/loving and the next they are aggressive/mean/violent. Emotional abuse affects a person's self-esteem. Abusers will also utilize gaslighting and manipulation tactics. Gaslighting is when an abuser manipulates someone into questioning their sanity or reasoning.

Gaslighting and manipulation can often include refusing to take accountability when confronted about their actions. Manipulation can also be present in legal proceedings where abusers manipulate a narrative to make it seem like someone is unfit or control custody agreements in the abuser's favor in order to gain power and control. Another common form of psychological/emotional abuse is isolation. Isolating someone from friends and family can effectively remove that person from their support system and provide abusers with an opportunity to take further control.

DV BEHAVIORS/TYPES OF ABUSE MAY INCLUDE:

Financial Abuse

Financial abuse is one-way abusers maintain power and control over their partner. This includes but isn't limited to giving an allowance and closely watching how the recipient spends it, preventing access to bank accounts, forbidding someone to work or limiting the hours that they can work, or refusing to give someone money to pay for necessities/shared expenses.

Abusers may withhold certain important documents from someone in order to limit the person's access to their own freedom. Documents such as credit cards, bank statements, birth certificates, social security cards, immigration documents, and passports may be kept from someone as a way to limit their independence. Abusers may also force an individual to take care of any children they may have as a way to prevent that person from working and also refuse to provide funds for this. Financial abuse is a way for the abuser to ensure that anyone dependent upon them is unable to access finances and independence.

Technology Abuse

Technology abuse can take many forms. One form of cyber abuse is when an abuser threatens to or follows through with posting an individual's private or personal information online, spreading rumors or photos, and distributing personal identifying information (address, email, phone number) without an individual's permission. This can also include creating fake email addresses or social media accounts so that someone cannot effectively block their abuser, hacking into personal accounts to track or spy on someone, stealing passwords, and telling someone who they can and cannot communicate with via social media or the internet. These tactics are utilized to control, manipulate, or humiliate someone and limits their privacy.

RESOURCES

In case of an emergency call 911

AVDA (Aid to Victims of Domestic Abuse)

Confidential domestic violence shelter in Palm Beach County Provides advocacy, shelter, and connects to domestic violence resources.

Crisis Hotline: 1-800-355-8547

<https://www.avdaonline.org/>

Women in Distress

Confidential domestic violence shelter in Broward county. Provides advocacy, legal assistance, shelter and connects to domestic violence resources.

Crisis Hotline: 954-761-1133

Phone: 954-760-9800

www.womenindistress.org

Safe Space

Confidential domestic violence shelter in St. Lucie county. Provides advocacy, shelter and connection to domestic violence resources.

Phone: 772-288-7023

<https://safespacefl.org>

**If you are looking for support and want to discuss options,
FAU Victim Services is here to help.**

Victim Services Office: (561) 297- 4841

24/7 Victim Services Number: 561-297-0500

(ask to speak to an advocate)

victimservices@fau.edu

The Victim Services Office is located on the Boca Raton Campus in the S.E. Wimberly Library Room 156. Office hours are 8 a.m. to 5 p.m.