

What are the effects of domestic & family violence?

Victims develop survival skills to protect themselves and their children. They may 'tiptoe' around their partner's moods or change their behaviour to 'keep the peace'. They sometimes withdraw from their friends and family. They try to protect children from seeing or hearing the abuse. They do everything exactly as their partner wishes, but still this does not stop the abuse. Some victims also try to fight back. Living in an abusive relationship can lead to depression; injury from assault; suicidal thoughts; panic and anxiety. You may have nightmares, be unable to sleep, stop eating properly, or feel confused and hopeless. These are normal reactions and many people overcome them with support.



What are the effects of domestic & family violence?

1. Physical abuse

It is when an abuser uses physical force against another person in a way that injures the person puts them at risk of being injured. Physical abuse ranges from physical restraint to murder. Some examples: grabbing, pinching, shoving, slapping, hitting, breaking bones...



2. Psychological or emotional abuse



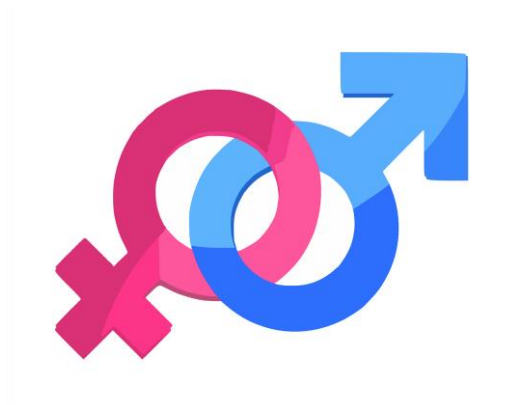
It can be verbal or nonverbal, and the actions or behaviours are less obvious than with physical abuse. Physical abuse may seem worse, but verbal or nonverbal abuse can be very emotionally damaging. Some examples are: threatening or intimidating a person to gain compliance,

destroying personal property and possessions, or threatening to do so, being violent towards an object or pet, yelling or screaming...

3. Sexual abuse

It is often linked to physical abuse.
Some examples are:

Any sexual contact without consent, such as rape (including marital rape), attacks on the sexual body parts, forced prostitution, unwanted touching, forced sex with others, being denied contraception when you want to use it. Attempting to undermine a person's sexuality, such as being sexually derogatory, criticising sexual performance and desirability, making accusations of infidelity, withholding sex.



4. Economic abuse



Stealing from or defrauding a partner of money or assets, exploiting a partner's resources for personal gain, withholding physical resources such as food, clothes, necessary medications, or shelter from a partner, preventing a partner from working or choosing an occupation.