



How to Deal with Domestic Violence

Domestic violence is a serious issue that can have devastating consequences. It is important to understand the signs, seek help, and protect yourself and others.

By :- Ojas Arora
UE223073



Types of Domestic Violence

1

Physical Abuse

This includes any form of physical harm, such as hitting, kicking, or choking.

2

Emotional Abuse

This includes verbal abuse, threats, intimidation, and manipulation.

3

Psychological Abuse

This includes gaslighting, isolation, and controlling behaviors.

4

Financial Abuse

This includes controlling finances, preventing access to money, and making financial decisions without consent.

Signs of Domestic Violence

Physical Signs

Bruises, cuts, burns, and broken bones are clear signs of physical abuse.

Emotional Signs

Feeling scared, anxious, or depressed are common signs of emotional abuse. Victims may withdraw from social activities and isolate themselves.

Behavioral Signs

Sudden changes in personality, becoming withdrawn, or neglecting personal care are behavioral signs of abuse.





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Safety plan



Create a safety plan

Immediate Steps to Take

1

Ensure Safety

If you are in immediate danger, call 911 or your local emergency services.

2

Reach Out for Help

Contact a trusted friend, family member, or a domestic violence hotline.

3

Create a Safety Plan

Develop a plan for how you will escape the situation if needed, including identifying safe places to go and resources available to you.

How to Seek Help

National Domestic Violence Hotline

Call 1-800-799-SAFE (7233) or visit their website for support and resources.

Local Shelters

Contact your local domestic violence agency or shelter for emergency housing and support.

Support Groups

Connect with other survivors in support groups to share experiences, learn coping mechanisms, and build a sense of community.

Legal Rights and Protections

Restraining Orders

Obtain legal protection to prevent abusers from contacting or approaching you.

Custody and Visitation Orders

Ensure your safety and the safety of your children in cases involving children.

Criminal Charges

File criminal charges against abusers for their violent actions.



Importance of Creating a Safety Plan

1

Identify Potential Risks

Assess the level of danger and identify potential triggers that could escalate the abuse.

2

Establish Safe Havens

Designate safe places to go if the abuser becomes aggressive, such as a friend's house or a domestic violence shelter.

3

Secure Important Documents

Gather essential documents like passports, birth certificates, and financial records in case of an emergency.

4

Develop an Escape Route

Plan a safe and discreet way to leave the home, including a route and a method of transportation.

5

Communicate Your Plan

Share your safety plan with trusted individuals and keep it in a safe and accessible location.



Ways to Support Victims



Listen Empathetically

Offer a listening ear without judgment, validate their experiences, and express your concern.



Believe Their Story

Acknowledge and validate their experiences. Believe them, regardless of what the abuser might say.



Offer Practical Support

Provide assistance with tasks like childcare, transportation, or finding resources.



Share Resources

Offer information about local shelters, hotlines, and support groups.



Importance of Reporting Abuse

Hold Abusers Accountable

Reporting abuse helps ensure that abusers are held accountable for their actions.

1

Break the Cycle of Violence

By speaking out, victims and their supporters can help break the cycle of violence.

3

2

Protect Others

Reporting abuse can prevent the abuser from harming other potential victims.

Community Resources and Advocacy



Local Shelters

Contact local shelters for emergency housing, support services, and legal assistance.

Consulting and Therapeutic Services, LLC

DOMESTIC VIOLENCE SUPPORT GROUP

Curriculum based support group for female and male survivors of domestic violence

Date: Every Thursday from 10-11:30am

Healthy relationships and healthy communication

Effects of domestic violence on children

Developing healthy coping skills and support system

Advocacy Organizations

Connect with advocacy groups that provide legal representation, counseling, and support to survivors.

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Conclusion

Domestic violence is a serious issue that requires understanding, support, and action. Remember, you are not alone. Seek help, create a safety plan, and know that there are resources available to support you. Remember, you deserve to live a life free from abuse.



Thank You

We hope this presentation has provided you with valuable information and resources. Remember, you are not alone. There is hope, and help is available.