October is
Dating Violence Awareness Month

When people think about domestic violence, they often think of physically violent acts like hitting. Physical violence can be a part of domestic violence, but it is much more than that. For many, the emotional violence has a bigger impact. Abusers are often not violent with anyone other than their partner and/or their children.

PHYSICAL VIOLENCE SEXUAL

POWER AND CONTROL

Using Coercion and Threats
Making and/or carrying out threats to do something to hurt them threatening to leave them, to commit suicide, to report them to welfare • making them drop charges • making them do illegal things

Using Intimidation
Making them afraid by using look gestures smashing things • destroying their property • abusing pets • displaying weapons

Using Emotional Abuse
Putting them down • making them feel bad about themselves • calling them names • making them think they are crazy • playing mind games • humiliating them • making them feel guilty

Using Economic Abuse
Preventing them from getting or keeping a job • making them ask for money • giving them an allowance • taking their money • not letting them know about or have access to family income.

Using Male Privilege
Treating her like a servant • making all the big decisions • acting like the "master of the castle" • being the one to define men's and women's roles

Using Isolation
Controlling what they do, who they see and talk to, what they read, where they go • limiting their outside involvement • using jealousy to justify actions

Using Children
Making them feel guilty about the children • using the children to relay messages • using visitation to harass them • threatening to take the children away.

Denying Minimizing, And Blaming
Making light of the abuse and not taking their concerns about it seriously • saying the abuse did not happen • shifting responsibility for abusive behavior • saying they caused it.

PHYSICAL VIOLENCE SEXUAL

Domestic Abuse Intervention Project
www.duluth-model.org

When we understand the dynamics of dating violence, we can prevent it.

end violence
wise
share hope ♦ change lives

#DVAM2021