

Cycle of Violence

Honeymoon Stage

The abuser acts sweet and kind and makes their partner feel special and cared for. **After outburst...** gifts, apologies, candy, flowers, "I'll never do it again", **forgive and forget.**



Outburst Stage

Violent altercation. The abuse is at its worst, and it may include extreme physical or sexual vio-

Tension Building Stage

Increased tension in the relationship, anger, arguing, mild violence ... grabbing, pushing, emotional abuse

WHAT SURVIVORS NEED

SAFETY - priority for victims and children

CONFIDENTIALITY - protection from abuser

AUTONOMY - they have the right to make their own choices

VALIDATION - active listening says "I support you"

RESPECT - don't judge

AN ADVOCATE - "I'm on your side"

WHAT CAN YOU DO?

- Be VIOLENCE-FREE in your home, workplace, and community.
- Support those you know who experience abuse in their lives.
- Have information and referrals available
- Be an Advocate against domestic violence
- Volunteer at your local domestic violence agency
- Stay educated and trained on the subject

STATISTICS AND FACTS

1 in 3 women will experience abuse in her lifetime.

Every day, 3 people are victims of murder by an intimate partner

Every 11 seconds someone experiences abuse.

50% of batterers abuse their children.

Exposure to domestic violence is the strongest risk factor for repeat behavior and increases a child's likelihood for delinquency by 59%.

85% of those in prison have witnessed or been involved in abuse in their lifetime

Domestic violence is increasing at an alarming rate among the teen population

4 out of 5 incidents of elder abuse go unreported.

Annual medical costs nationally \$5-10 billion dollars a year.

- 70% of pregnant teens are beaten by their boyfriends.