

DOMESTIC VIOLENCE 101

PART 1 OF THE *BACK TO BASICS* WEBINAR
SERIES



WEDNESDAY, OCTOBER 1, 2025
2-3:30PM EASTERN




National Resource Center
on Domestic Violence

Featuring:

FATIMA JAYOMA

National Resource Center
on Domestic Violence

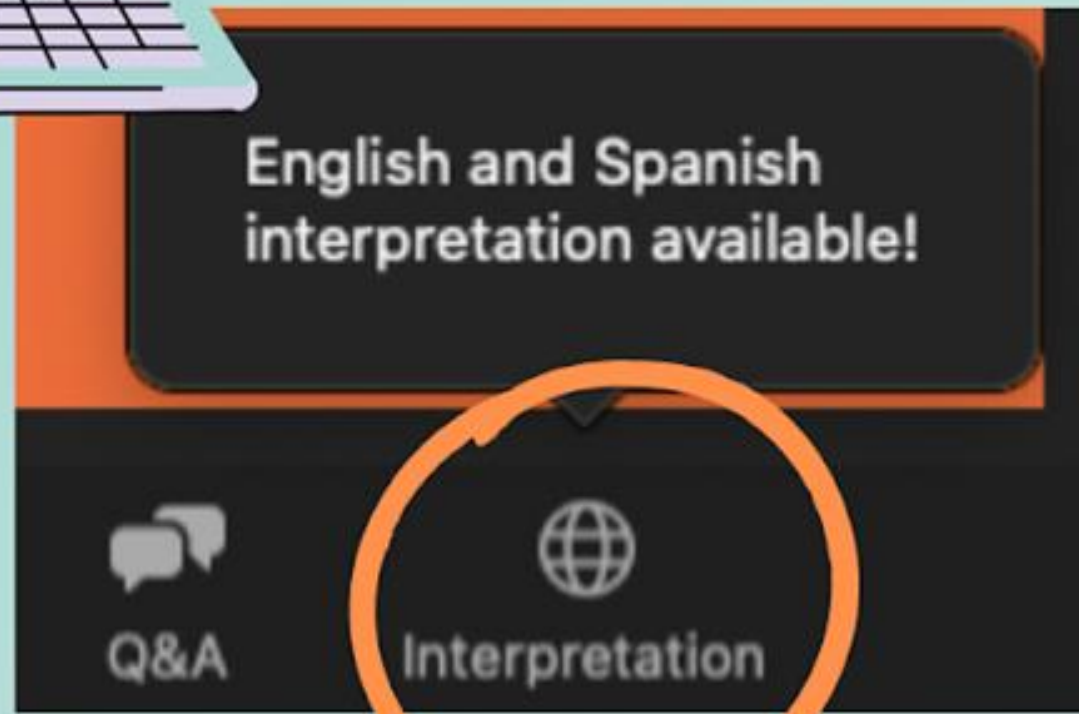


with survivors.
ALWAYS 

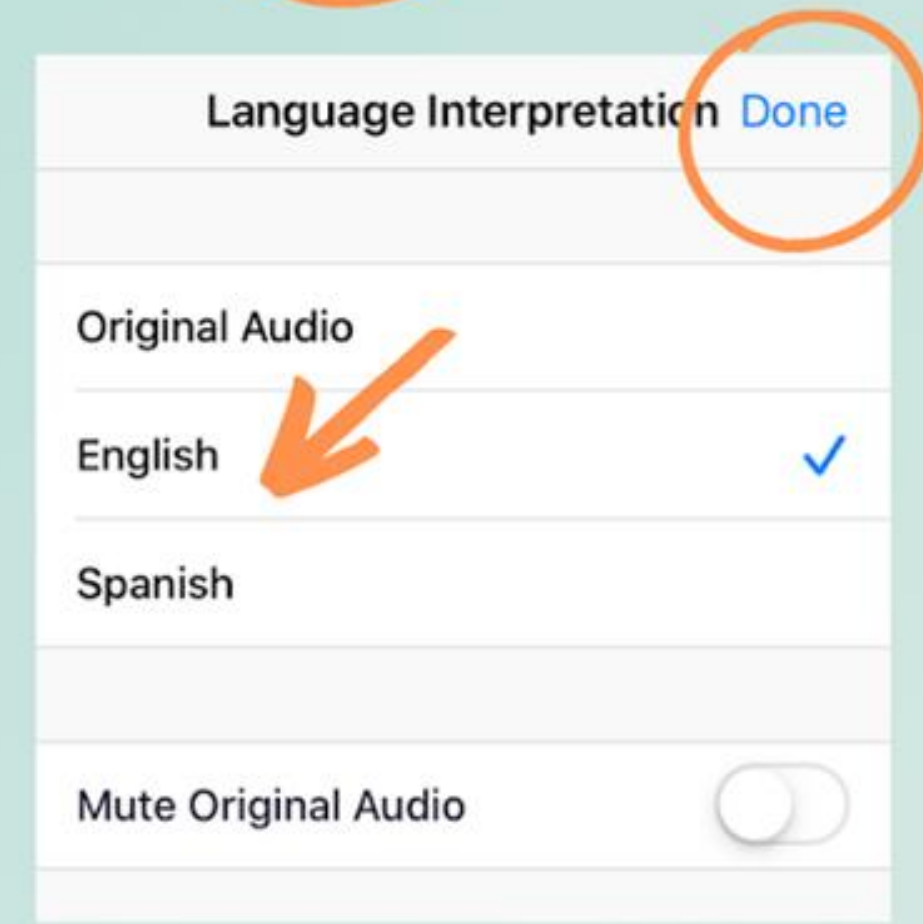
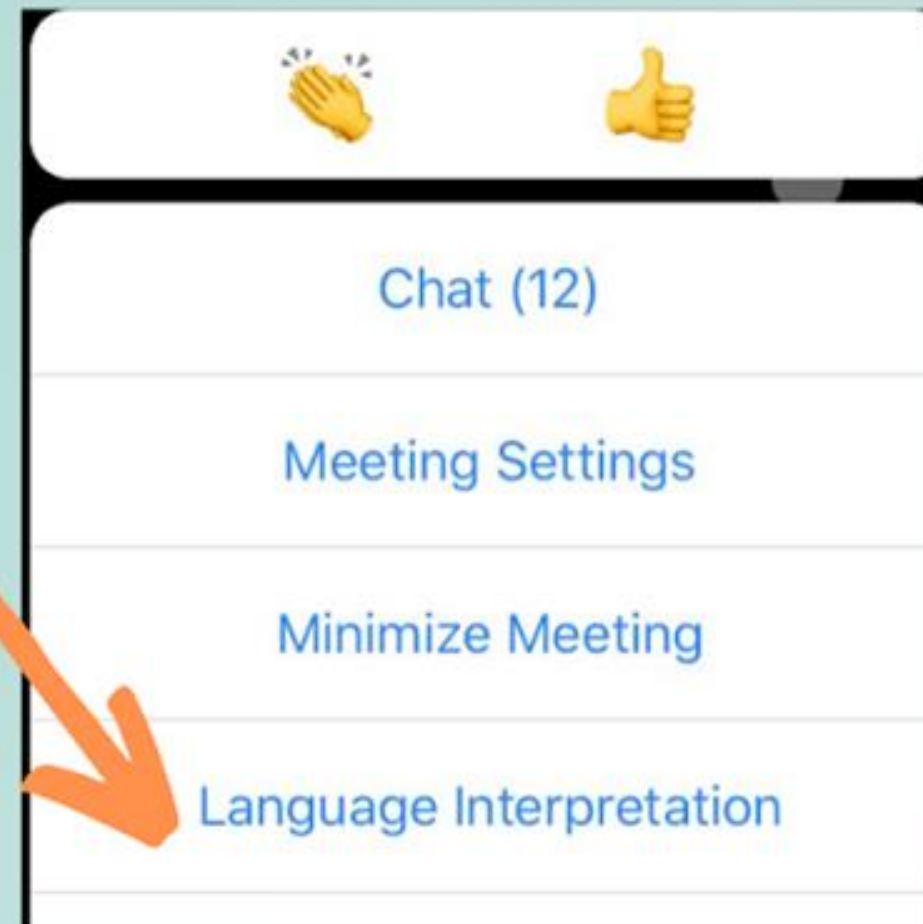
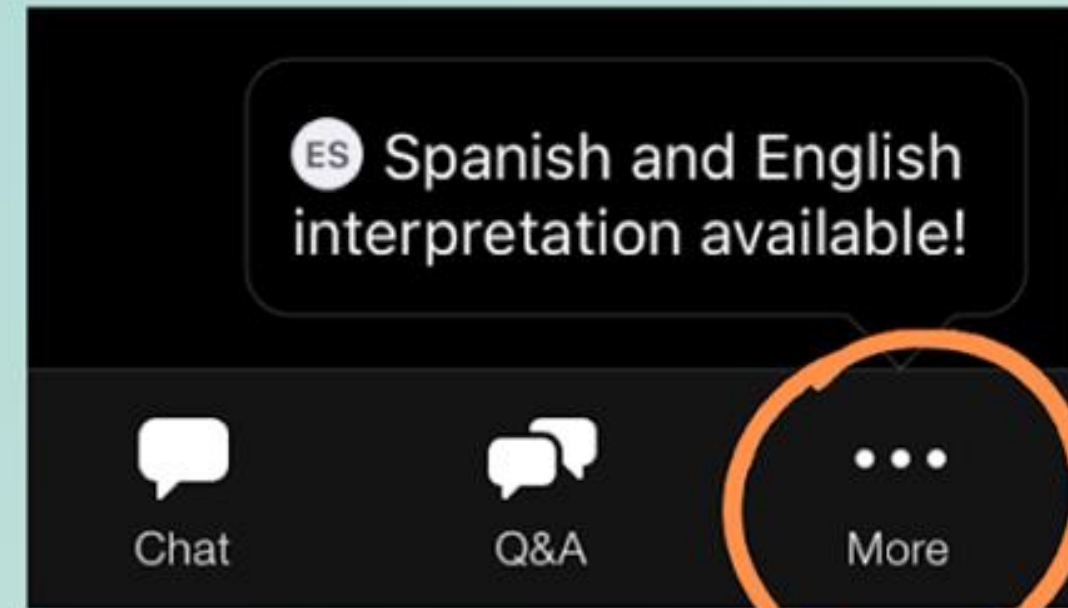
TO ACCESS INTERPRETATION



Via computer



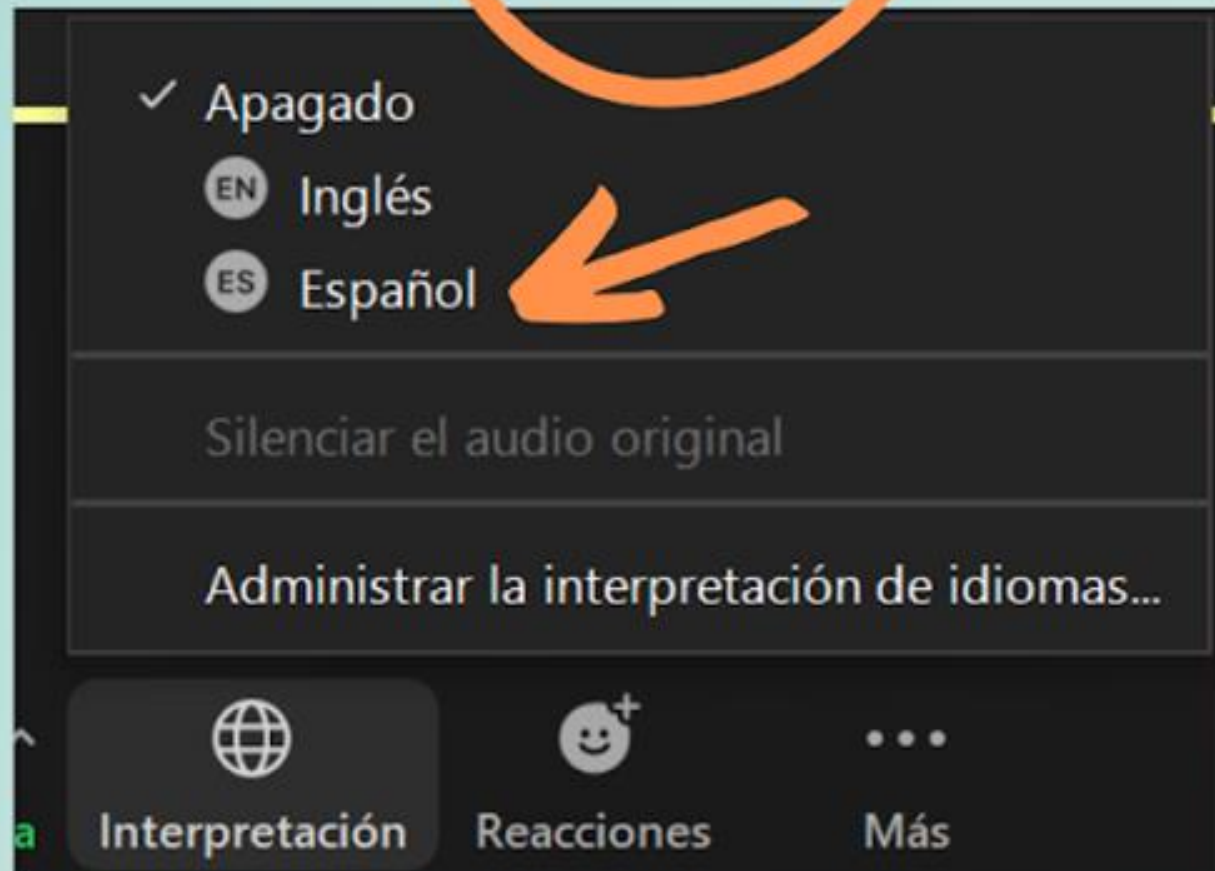
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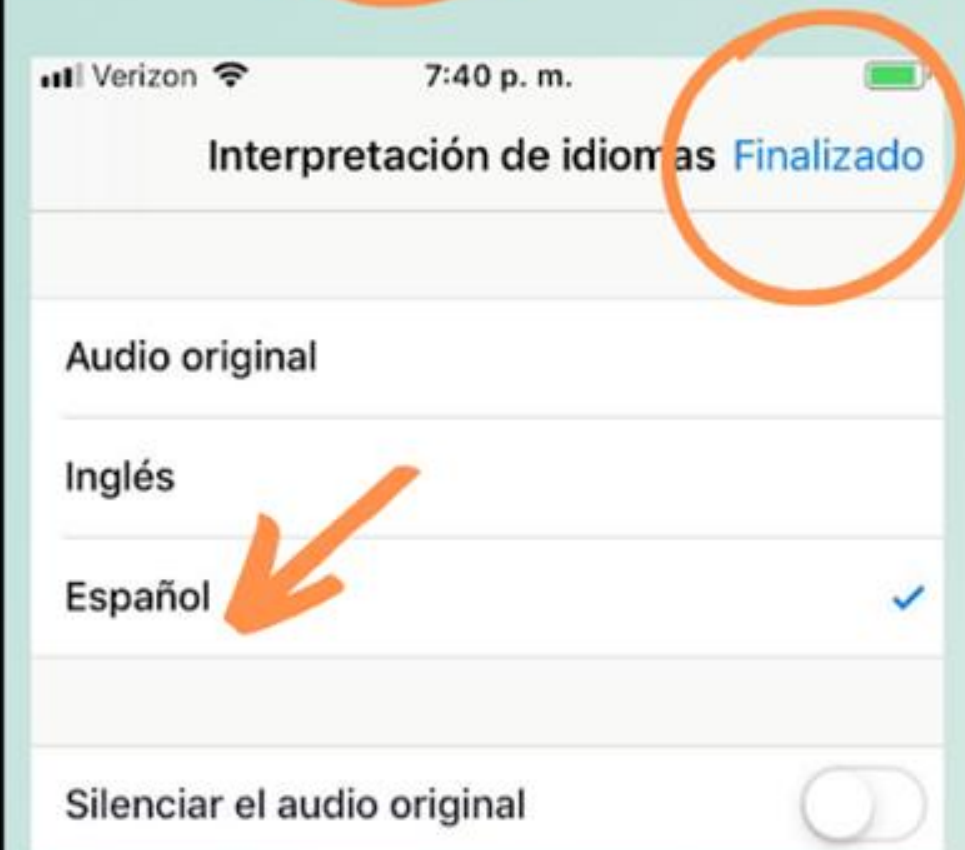
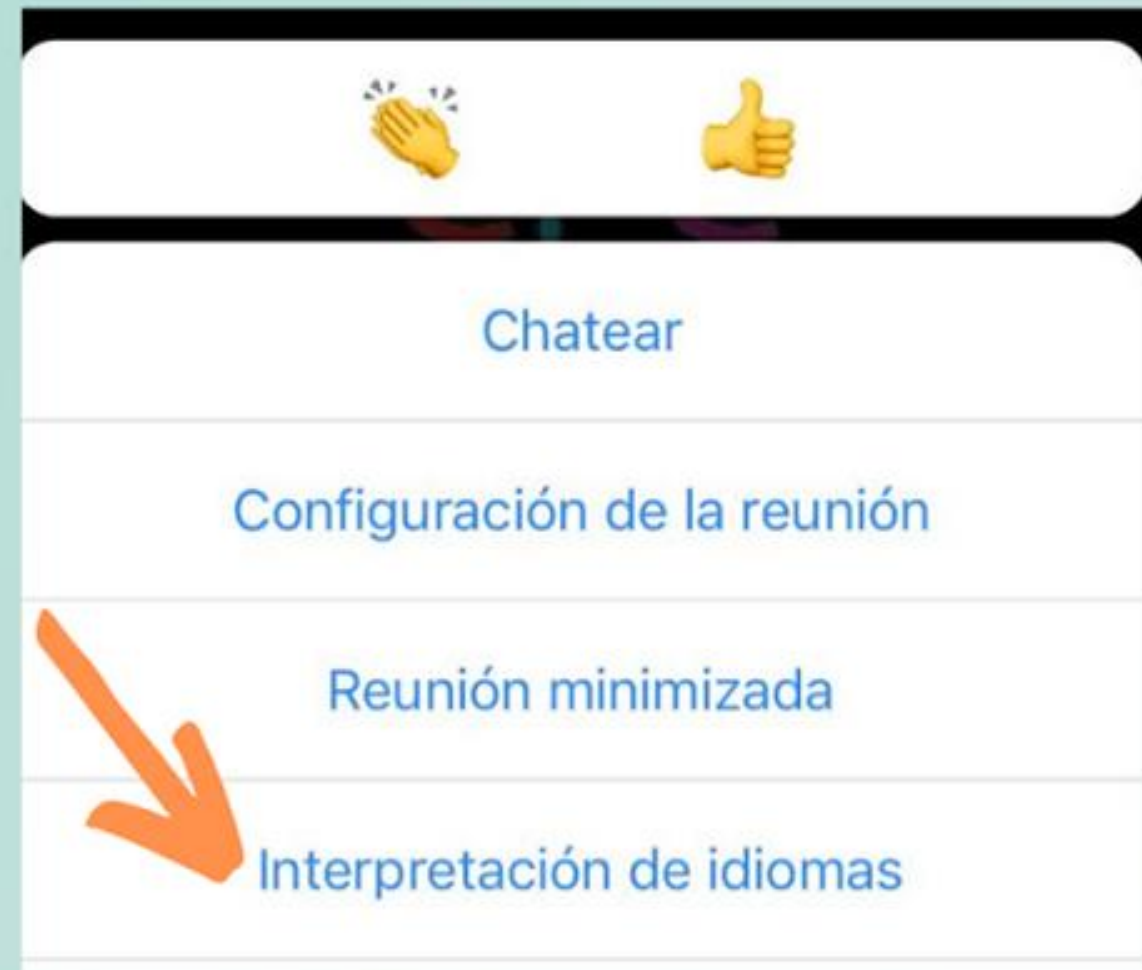
PARA ACCEDER A LA INTERPRETACIÓN



Por computador



Por teléfono inteligente



WEBINAR HOUSEKEEPING

This presentation is being recorded.

Live transcriptions/closed captions are available.

Enter questions for the presenters in the Q&A.

Everyone's mics are muted, and cameras are turned off.

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OUR MISSION

To strengthen and transform efforts to end domestic violence

The National Resource Center on Domestic Violence provides a wide range of free, comprehensive, and individualized technical assistance, training, and specialized resource materials.

“With Survivors, Always”

2025 Domestic Violence Awareness Month (DVAM)



National Resource Center
on Domestic Violence

History of Domestic Violence Awareness Month (DVAM)

- Domestic Violence Awareness Month (DVAM) takes place every October.
 - **1981** – First observed in October as a national “Day of Unity”
 - **1987** – First DVAM observed
 - **1989** – U.S. Congress passed Public Law 101-112 designating October as National DVAM
- It is a chance for *everyone* – survivors, advocates, community members, and community leaders – to come together to raise awareness and work to end domestic violence.



DVAM 2025 Theme: “With Survivors, Always”

- Explores the partnership with survivors toward *safety, support, and solidarity*.
- Both a love letter and a call to action for those committed to advocating for survivors’ needs and rights.
 - Survivors deserve ***safety***.
 - Survivors deserve ***support***.
 - Survivors deserve ***solidarity***.
- For DVAM 2025, we commit to showing up for survivors, always.

Available at: <https://www.dvawareness.org/WithSurvivors>

Upcoming Events and Resources

- #WithSurvivors Campaign
 - Available at: dvawareness.org
- #DVHousing Campaign
 - Available at: safehousingpartnerships.org
- Podcast: Preparing for DVAM 2025
 - Available at: vawnet.org

Upcoming Events and Resources (continued)

- Blog: TA Question (TAQ)
 - Available at: vawnet.org/news/ta-question-month
- Blog: Awareness Highlights
 - Available at: dvawareness.org/awareness-blog
- #CallforUnity on National Day of Unity
 - October 6, 2025
 - Join us across social media platforms at #CallforUnity #WithSurvivors

Presenter

Fatima Jayoma, MSW

Training and Technical Assistance Specialist

As a result of this training, participants will be able to:

- Identify the dynamics and common tactics used by abusers in domestic violence situations.
- Describe the scope and impact of domestic violence on individuals and society.
- Discuss ways individuals and communities can contribute to ending domestic violence.

Zoom Poll

- What brings you to today's webinar?
- How familiar are you with today's topic?

Victim or Survivor

Using Supportive Language

- “**Victim**” is a term used to refer to someone who has experienced domestic violence. Often used when referencing the criminal legal system.
- Some individuals prefer the term “**survivor,**” reflecting resilience and overcoming abuse.

Relationships Exist on a Spectrum

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Domestic Violence

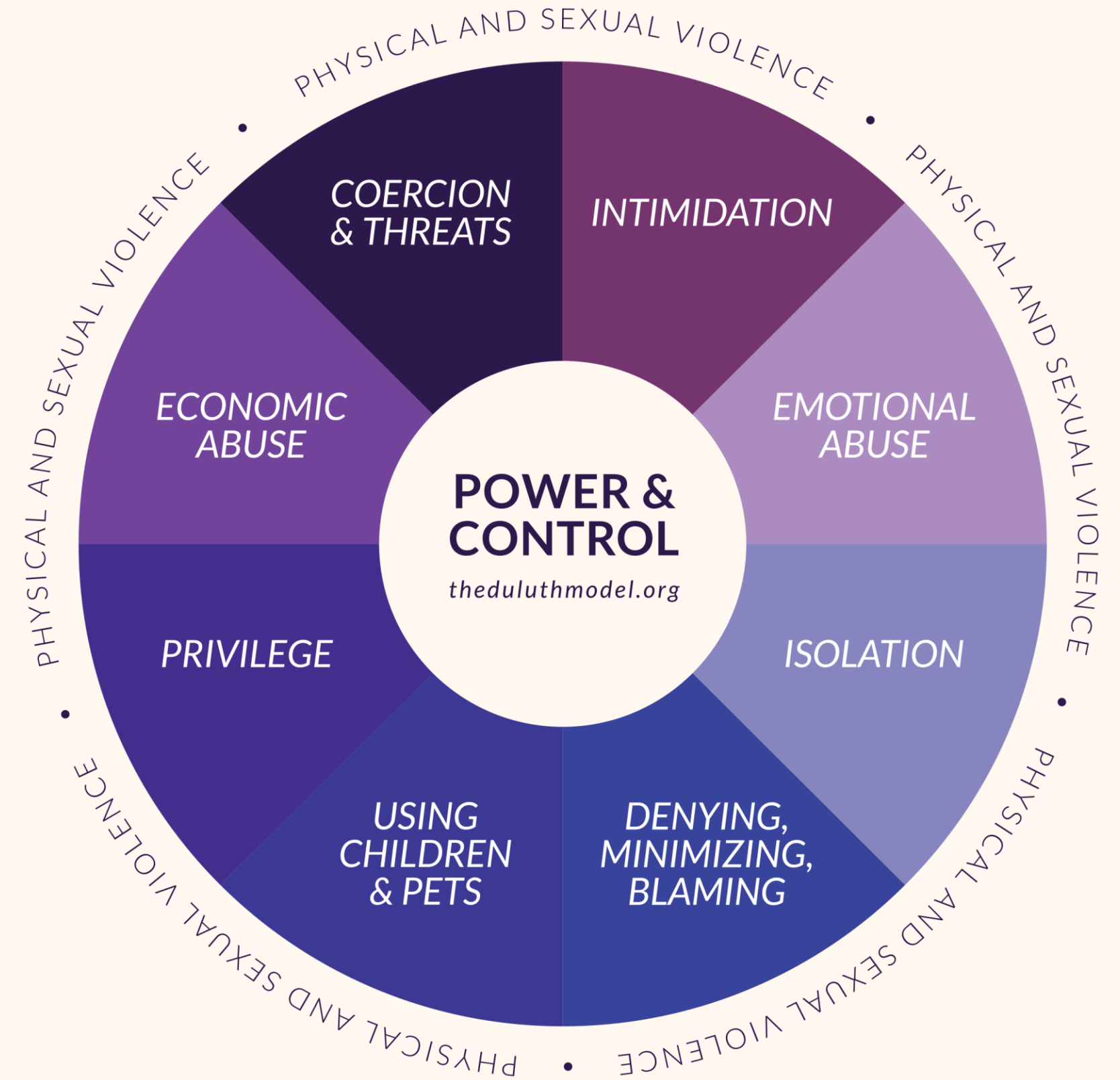
- Domestic violence (also referred to as intimate partner violence (IPV), dating abuse, or relationship abuse) is a pattern of abusive behaviors – including physical, sexual, and psychological attacks as well as economic coercion – that adults and adolescents use against an intimate partner.
- It is characterized by ***one partner's need to maintain power and control over the other*** by use of a range of tactics.
- States vary in their legal definitions and provisions on domestic violence.
 - Read more about state laws: [Domestic Violence/Domestic Abuse Definitions and Relationships](#)

Examples:



Power & Control Wheel

- Domestic violence is a pattern of behaviors used by one's partner to maintain **power and control** over another.
- Developed in the 1980s by staff at the [Domestic Abuse Intervention Project \(DAIP\)](#) in Duluth, Minnesota.
- Staff conducted focus groups with women who experienced violence and listened to their stories.



Using Intimidation

- Making someone afraid through looks, gestures, or actions
- Using looks, actions, gestures to reinforce control
- Destroying property
- Abusing pets
- Displaying weapons
- Blocking exits

Using Emotional Abuse

- Putting someone down or belittling them
- Making someone feel bad about themselves
- Calling someone names
- Playing mind games
- Humiliating someone
- Making someone feel guilty
- Questioning someone's lived experiences

Using Isolation

- Controlling what someone does, who they see, or who they talk to
- Limiting someone's outside activities
- Using jealousy to justify actions
- Making someone account for their whereabouts
- Saying no one will believe them
- Not letting someone go anywhere alone

Minimizing, Denying, and Blaming

- Making light of abuse
- Denying the abuse happened
- Shifting responsibility for the abuse
- Saying it's the other person's fault or that they deserved it
- Dismissing it as "just fighting," not abuse
- Accusing someone of "making" them act abusively

Using Children

- Making someone feel guilty about the children
- Using children to relay messages
- Threatening to take the children away
- Telling someone they have no parental rights
- Threatening to involve an ex or authorities to take the children

Using Privilege

- Treating someone like a servant
- Making all the “big” decisions
- Defining the roles of duties in the relationship
- Using privilege or ability to discredit someone, block access to resources, or use the system against them
- Claiming to know what’s best for someone

Using Economic Abuse

- Preventing someone from getting or keeping a job
- Making someone ask for money
- Interfering with someone's work or education
- Taking credit cards without permission
- Not working and requiring someone to provide support
- Keeping someone's name off joint assets

Using Coercion and Threats

- Making and/or carrying out threats to harm someone
- Threatening to leave or commit suicide
- Driving recklessly to frighten someone
- Threatening others who are important to someone
- Stalking

Adapted Wheels

- The Power and Control Wheel has been adapted into various forms to reflect the diverse experiences of individuals impacted by abuse.
- These adaptations account for differences in background, relationships, and types of abuse.

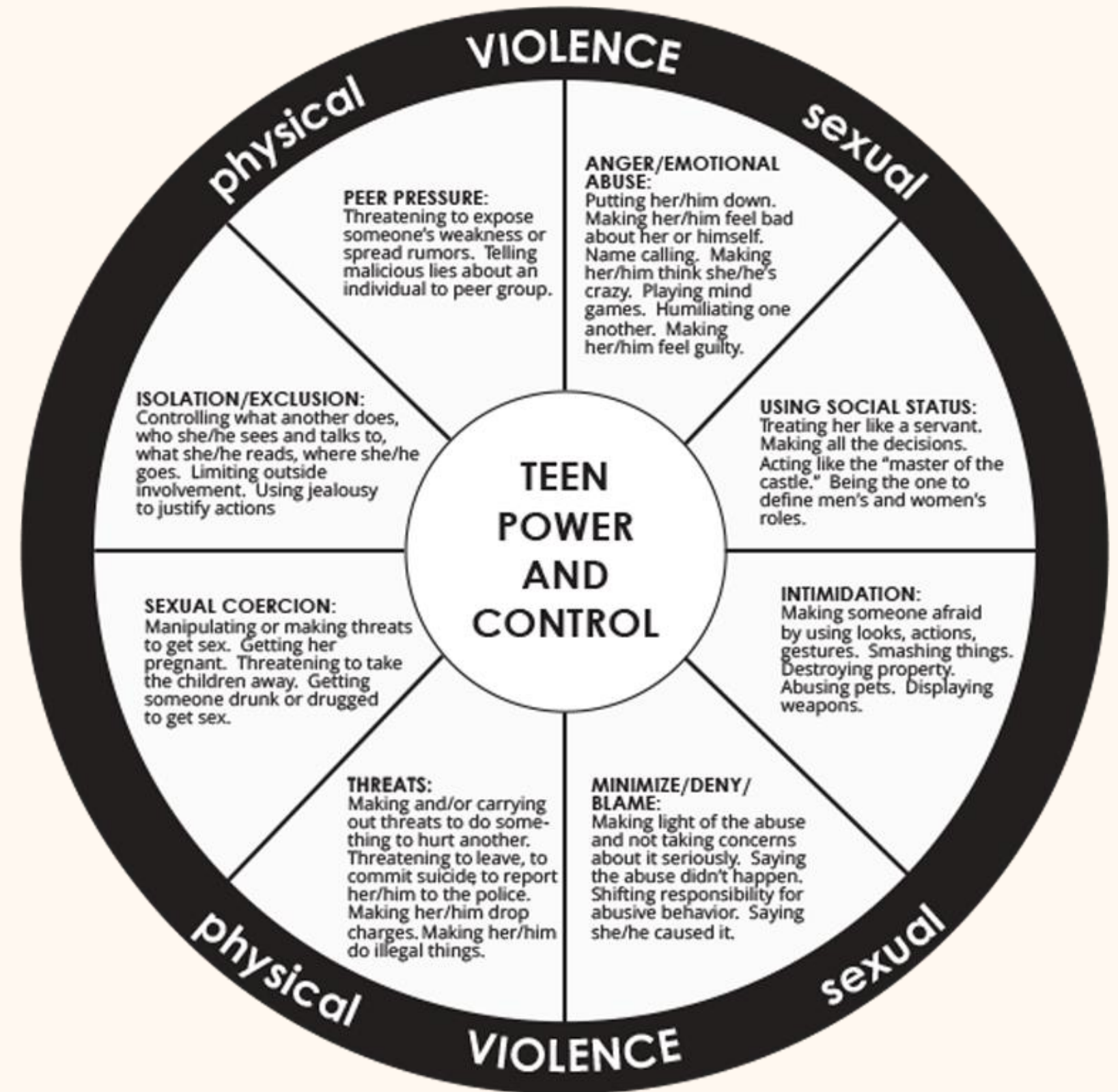


Image: Teen Power and Control Wheel

Why Do People Abuse

- Abuse is intentional. It is a learned behavior – from families of origin, friends, popular culture, or structural inequities throughout our society.
- Being abusive is a decision – it's strategic and intentional.
- People who abuse believe they have the right to control and restrict their partner's lives.
- Abuse is a learned behavior rooted in power and control.

Who Is Impacted by Domestic Violence

- Anyone can experience domestic violence, regardless of background.
- It can happen to anyone and it occurs in all types of relationships.
 - Domestic violence can occur in an intimate, co-habiting, dating, engagement, marriage, post-separation, or post-divorce relationship.
 - Children and youth may witness or be directly abused.
- Communities are also impacted.
 - Domestic violence affects the workplace.
 - Schools are affected.
 - Housing and shelter systems are overwhelmed.
 - Community safety is weakened.

Prevalence

- Data from the CDC's National Intimate Partner and Sexual Violence Survey (NISVS):
 - 1 in 4 women (23%) and approximately 1 in 7 men (14%) in the US report having experienced severe physical violence (e.g., being kicked, beaten, choked, or burned on purpose, having a weapon used against them, etc.) from an intimate partner in their lifetime.
 - Over 1 in 3 women (35.6%) and 1 in 4 men (28.5%) in the US have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime.
 - Almost half of all women and men in the US have experienced psychological aggression by an intimate partner in their lifetime.
 - Intimate partner violence alone affects more than 12 million people every year.

Prevalence (continued)

Data from the CDC's National Intimate Partner and Sexual Violence Survey (NISVS):

- More than 70% of female survivors of intimate partner violence reported that they were first victimized before the age of 25. One in 4 were first victimized before the age of 18.
- More than 60% of male survivors of intimate partner violence reported that they were first victimized before the age of 25. One in 5 were first victimized before the age of 18.

Impact on Survivors

- Data from CDC's National Intimate Partner and Sexual Violence Survey (NISVS) in 2016/2017 – US Women
 - 1 in 4 were fearful
 - 1 in 3 were injured
 - 1 in 4 were concerned for their safety
 - 1 in 3 had PTSD symptoms
 - 1 in 8 needed medical care
 - 1 in 6 needed help from law enforcement

Impact on Survivors (continued)

- Data from CDC's National Intimate Partner and Sexual Violence Survey (NISVS) in 2016/2017 – US Men
 - 1 in 13 were fearful
 - 1 in 5 were injured
 - 1 in 14 were concerned for their safety
 - 1 in 7 had PTSD symptoms
 - 1 in 23 needed medical care
 - 1 in 18 needed help from law enforcement

Impact on Survivors (continued)

- Domestic violence can have long-lasting impacts on survivors' emotional, psychological, spiritual, financial, physical, sexual, and reproductive health and wellbeing.
- Besides the immediate and ongoing risk to safety:
 - According to a 2018 survey by the [Institute for Women's Policy Research \(IWPR\)](#), 66% of survivors said an abusive partner disrupted their ability to complete education or training.
 - 88% of survivors reported that their abusive partners disrupted their ability to work.

Impact on Family and Friends

- Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, and the broader community.
- Some may experience similar reactions and feelings to those of the survivor, such as:
 - Helplessness or frustration as they try to provide support
 - Fear for the survivor's safety or their own
 - Guilt or self-blame for not recognizing the abuse sooner
 - Emotional distress from hearing or witnessing the abuse
 - Vicarious trauma from trying to help

Impact on Systems and Society

- Domestic violence is a major social problem with serious consequences for survivors, their families and communities, and systems or institutions.
- Nationally, estimates of the medical costs of domestic violence range from \$2.3 billion to \$7 billion dollars (Brown, Finkelstein & Mercy, 2008).
- An estimated 8 million days of paid work are lost each year in the U.S. because of domestic violence, costing \$8.3 billion in expenses annually to employers (Forbes, 2013; Center for Disease Control, 2003).
- Research indicates that financial abuse occurs in 99% of domestic violence cases ([Futures Without Violence](#)).

Why Domestic Violence Exists

There are a variety of factors at all levels of the social environment that allow domestic violence to exist.



Why Do Survivors Stay

Leaving is often the most dangerous time. Survivors face real and complex barriers, including:

- Fear of retaliation or escalated violence
- Embarrassment or shame
- Intimidation and threats
- Low self-esteem or trauma impacts
- Abuse that has been normalized over time
- Lack of or limited access to resources (shelter, finances, legal help)
- Lack of transportation
- Concern for their children's safety or well-being
- Ongoing love or emotional attachment

Barriers to Help Seeking

- Lack of financial resources
- Limited access to housing
- Lack of reliable transportation
- Limited or no access to childcare
- Unstable employment or inability to take time away from work
- Legal concerns (e.g., custody, legal costs, mistrust of systems)
- Confidentiality issues or privacy concerns

Social and Cultural Barriers

Cultural differences can create additional barriers to survivors attempting to end abusive relationships.

- Stigma and shame
- Culture norms or traditions
- Fear of community gossip or ostracism
- Language barriers
- Lack of responsive services
- Distrust of authorities and systems

You can be part of the solution!

EVERYONE CAN PLAY A ROLE IN PREVENTING
DOMESTIC VIOLENCE

How Can We Help Survivors

- Be supportive and listen without judgment
- Believe them
- Share your concern with care and empathy
- Acknowledge and validate their feelings
- Offer specific help (like basic needs, childcare, transportation, safety planning, etc.)
- Respect their choices, even if you don't agree
- Offer unconditional support
- Encourage them to talk to those who can offer help and guidance
- Connect them to helpful resources and support systems
- **Remember:** Meet them where they are. The survivor is the expert.

National Resources for Survivors

- **National Resources**
 - [National Domestic Violence Hotline](#)
 - 24/7 confidential support
 - [Deaf Hotline](#)
 - Support that is ASL accessible
 - [StrongHearts Native Helpline](#)
 - Support for Native American and Alaska Natives
 - [Love Is Respect](#)
 - Support for teens and young adults

Local Resources for Survivors

- **Local and Statewide Resources**
 - [Local Domestic Violence Program](#)
 - [Local 211 Helpline](#)
 - [Statewide Coalition](#)
- **Other Resources**
 - Medical providers, legal aid services, crisis centers, mental health services, housing and shelter programs, child and family services, and other emergency services, etc.

Helping Someone Causing Harm

- Hold people accountable
- Change is possible. You can:
 - Name the behavior and draw attention to it
 - Share your perspective and tell them what you think
 - Describe alternative behaviors
 - Encourage and recommend they seek help or talk to someone
- [A Call for Change Helpline](#)
 - Anonymous and confidential helpline for people who want to stop using abuse and control in their relationships

“It makes me uncomfortable when you act that way. It’s not right.”

“There are ways to express your needs without violence.”

“Do you notice how your words make your partner feel?”

Take Care of Yourself

Remember to take care of yourself while helping someone experiencing domestic violence.

- This may involve seeking support for yourself from a trusted professional or someone not personally connected to the individual involved.

Remember: You do not need to have all the answers to support someone experiencing domestic violence or abuse.

Domestic Violence is Preventable

- Prevention efforts reduce the occurrence of intimate partner violence by promoting healthy, respectful relationships.
- Preventing violence before it occurs – before someone is harmed or causes harm.
- Healthy relationships can be promoted by addressing risk and strengthening protective factors. Start by:
 - Raising awareness about domestic violence.
 - Understanding the factors that influence violence.
 - Challenging and changing social norms that allow and condone violence.

Connect with us



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Thank you!



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