

# Domestic & Dating Violence

## What is Domestic Violence?

Domestic Violence (DV) is a pattern of behaviors used to establish power and control over another person through fear or intimidation. DV can occur in romantic relationships, parent/child relationships, caregiver relationships, sibling relationships, friendships, roommates or any relationship between individuals who live together.

## What is Dating Violence?

Dating Violence or Intimate Partner Violence (IPV) is a pattern of behaviors used to establish power and control over another person through fear or intimidation during a romantic relationship.

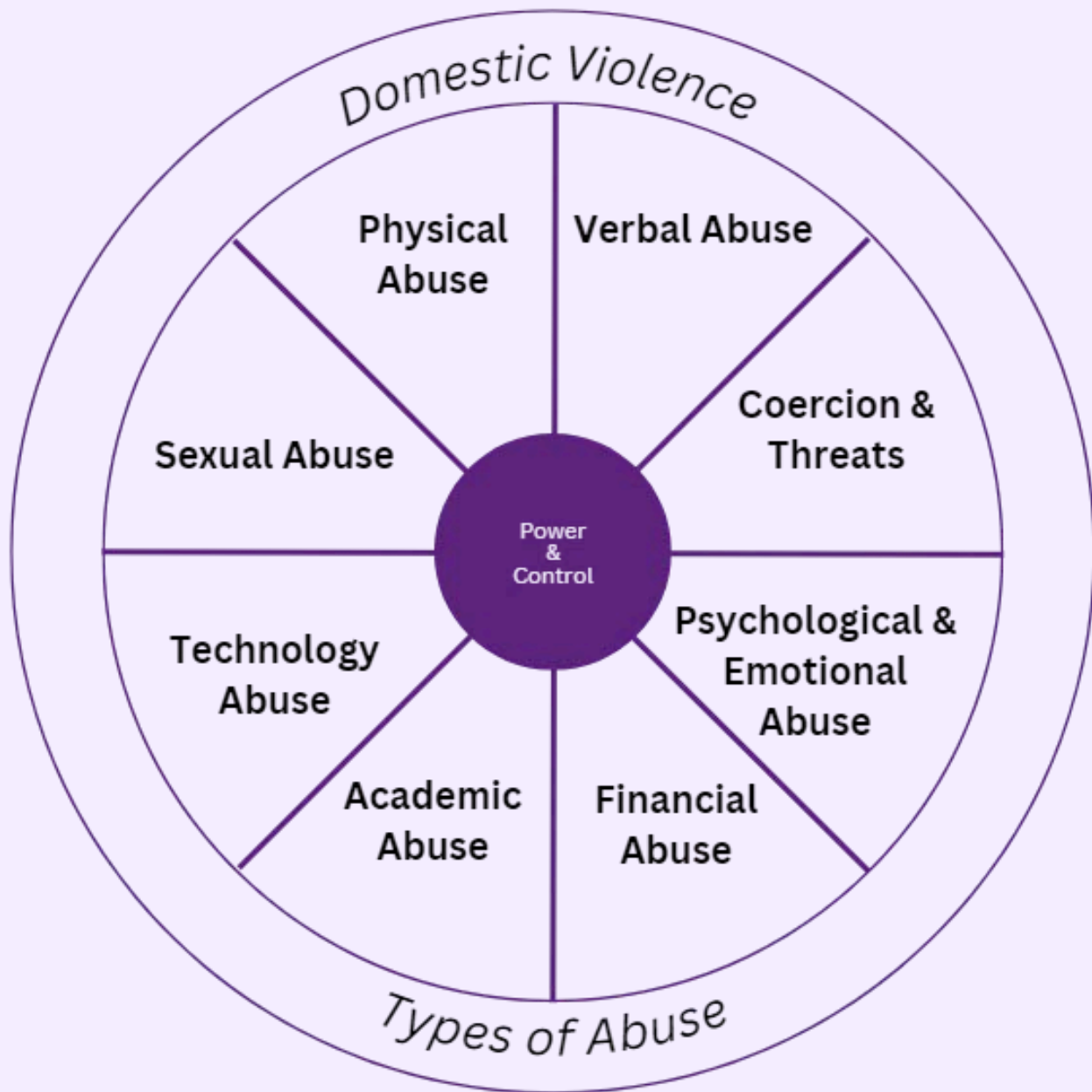
**DV and IPV do not affect everyone in the same way and can look different in every relationship.**



# Types of Abuse

## The Wheel of Power and Control

The Wheel of Power and Control represents the different tactics and types of abuse that an abuser will use to maintain that power and control. This is not an exhaustive list, and look different for everyone.



# Types of Abuse

## Physical Abuse

Physical abuse means causing injury or trauma to another person's body through direct and intentional physical contact.

## Verbal Abuse

Verbal abuse includes but is not limited to name calling, belittling accomplishments or feelings, yelling, any negative speech, or seemingly harmless negative/teasing jokes.

## Academic Abuse

Academic abuse is when an abuser prevents or sabotages someone's academics by impacting their ability to complete coursework, attend classes, or learn vital skills to gain independence.

## Financial Abuse

Financial abuse includes maintaining direct control over someone's access to money. Sometimes this includes providing an "allowance" and closely monitoring how that money is spent, refusing to provide money for basic necessities (medication, utilities, food) while also refusing to allow someone to work and generate their own income.

## Sexual Abuse

Sexual abuse means any sexual activity that occurs by force, threats or without consent.

## Coercion & Threats

Use of force, manipulation and/or control of another person's thoughts, actions, and behaviors through violence, intimidation, threats, degradation, isolation, or stalking/monitoring.

## Emotional/Psychological Abuse

Emotional abuse occurs when an abuser tries to make someone question their self-worth through manipulation. Emotional abuse can also come in the form of "roller-coaster" emotions, gaslighting, and isolation from friends/family/support.

## Technology Abuse

Technology abuse can include threatening or following through with posting someone's private information online, creating fake email addresses or social media accounts to follow someone, hacking into personal accounts, stealing passwords, and controlling who someone can and cannot communicate with.

# Early Warning Signs

Here are some of the early warning signs of dating/domestic abuse. It is important to note that not all of these behaviors may be present, and a few behaviors on their own do not necessarily indicate abuse.

- Extreme jealousy/possessiveness
- Pushing for quick involvement
- Ignoring clearly set boundaries
- Pressure to preform sexual acts or use drugs/alcohol
- Isolation from friends, family, and other social circles
- Controlling behavior; preventing someone from going to work or school, controlling household finances
- Having unrealistic or impossible expectations
- Gaslighting, manipulation, verbal abuse, threats of violence
- Being afraid to end a relationship or end contact because of the potential response
- Physical abuse of people or animals
- Disproportionate anger in response to a situation, something small causing a large and volatile reaction
- Being uncomfortable in shared spaces or common areas because of a sibling/parent/roommate/partner
- A roommate controlling who can or cannot enter a shared space or come over to a shared home

# Self-Advocacy

It is important to know how to advocate for yourself, especially in your relationships with other people. Self-advocacy is the ability to communicate your needs, boundaries, and expectations in relationships.

## Understand your needs!

In order to communicate your needs, you must understand what your needs are. It is important to take time to consider what you are and are not comfortable with so that you are able to effectively communicate. Even if you do not know exactly what you want, you know when something makes you feel uncomfortable.

## Set boundaries!

Boundaries are the limits we set within any relationships we have. We cannot assume that anyone will understand our boundaries if they are not communicated. You will know if you need to set or reinforce a boundary based on how you feel.

Trust yourself.

### **When setting boundaries, remember:**

- Understand your boundaries first
- Talk it out, clear/calm communication is necessary
- Use "I" statements
- Consider your tone, body language, headspace, and delivery

**If a boundary is broken** evaluate how you feel and determine if additional communication is needed. If needed, reiterate the boundaries and discuss your concerns.

## Check in with yourself and lean on your support!

Make sure that you are making choices that reflect what you need. Remember to communicate and make the choices that are best and safest for you.

Lean on your support systems and utilize your resources. Connect with a therapist to discuss coping skills and how to navigate hard conversations. Connect with an advocate to safety plan and understand your options. Remember to use the supportive resources available to you and to not isolate yourself from your support system.

# Resources

## In case of an emergency call 911

**If you are looking for support and want to discuss options,  
Florida Atlantic Victim Services is here to help.**

Victim Services Office: **561-297-4841**

24/7 Victim Services Number: **516-297-0500** (ask to speak to an advocate)

**victimservices@fau.edu**

The Victim Services Office is located on the Boca Campus in the S.E. Wimberly Library, Room 156. Office hours are 8am to 5pm.

## AVDA (Aid to Victims of Domestic Abuse)

Confidential domestic violence shelter in Palm Beach County. Provides advocacy, shelter, and connection to domestic violence resources.

**Crisis Hotline: 1-800-355-8547**

**<https://www.avdaonline.org/>**

## Women In Distress

Confidential domestic violence shelter in Broward county. Provides advocacy, legal assistance, shelter, and connection to domestic violence resources.

**Crisis Hotline: 954-761-1133**

**Phone: 954-760-9800**

**[www.womenindistress.org](http://www.womenindistress.org)**

## Safe Space

Confidential domestic violence shelter in St. Lucie county. Provides advocacy, shelter, and connection to domestic violence resources.

**Phone: 772-288-7023**

**<https://safespacefl.org>**