

DEFINING DOMESTIC VIOLENCE & IDENTIFYING EARLY WARNING SIGNS

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

DV happens when one person believes they are entitled to control another individual. DV can take on many forms and be present in many different kinds of relationships. Although domestic violence crosses every sector of society, it does not affect everyone in the same way.

DV can occur in romantic relationships, parent/child relationships, caregiver relationships, sibling relationships, friendships, roommates and any other significant relationships. DV can be impacted by many different factors including, but not limited to: religion, race, age, gender, sexuality, socioeconomic status, and many more.



IPV/DV behaviors may include, but are not limited to:

Physical Abuse:

Physical abuse means hurting someone in any way. This includes, but isn't limited to hitting, kicking, pushing, strangulation/choking, pulling of one's hair, damaging of property (throwing objects, punching walls, kicking doors, etc.), withholding prescriptions or hormones, preventing from calling the police or seeking medical attention.

Sexual Abuse:

Sexual abuse means forcing someone else to do anything sexual, from kissing to having sex. This includes, but isn't limited to unwanted kissing or touching, unwanted sexual activity, or refusing to use condoms or restricting access to birth control. When someone does not consent to sexual activity, it's considered sexual assault or rape, whether the involved parties are in a relationship or not.

Verbal Abuse:

Verbal abuse is a way that abusers can maintain control by depleting someone's self-esteem. Verbal abuse includes but is not limited to name calling, belittling accomplishments or feelings, yelling, any negative speech, or seemingly harmless negative/teasing jokes. Verbal abuse can take place privately or publicly.

Coercive Control:

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

Psychological/Emotional Abuse:

Emotional abuse is when an abuser tries to make someone feel bad about themselves.

That can mean hurting their feelings on purpose, jealousy, blaming the individual for the abuse, cheating, or continually criticizing someone. Emotional abuse can also take the form of “roller-coaster” emotions; one day the abuser is kind/happy/loving and the next they are aggressive/mean/violent. Emotional abuse affects a person’s self-esteem. Abusers will also utilize gaslighting and manipulation tactics. Gaslighting is when an abuser manipulates someone into questioning their sanity or reasoning. Gaslighting and manipulation can often include refusing to take accountability when confronted about their actions. Manipulation can also be present in legal proceedings where abusers manipulate a narrative to make it seem like someone is unfit or control custody agreements in the abuser’s favor in order to gain power and control.

Academic Abuse:

Academic abuse is when an abuser makes someone feel bad about focusing on their academics or sabotages their ability to get the education they need or want. This includes but is not limited to saying someone does not love their abuser if they spend time on work instead of spending time together, belittling someone’s academic focus/choice, monitoring someone’s behavior during class or taking all of the same classes as an individual to monitor them at all times. Abusers may also prevent someone from being able to attend school or class which can lead to them failing classes or being unable to receive their degree.

Financial Abuse:

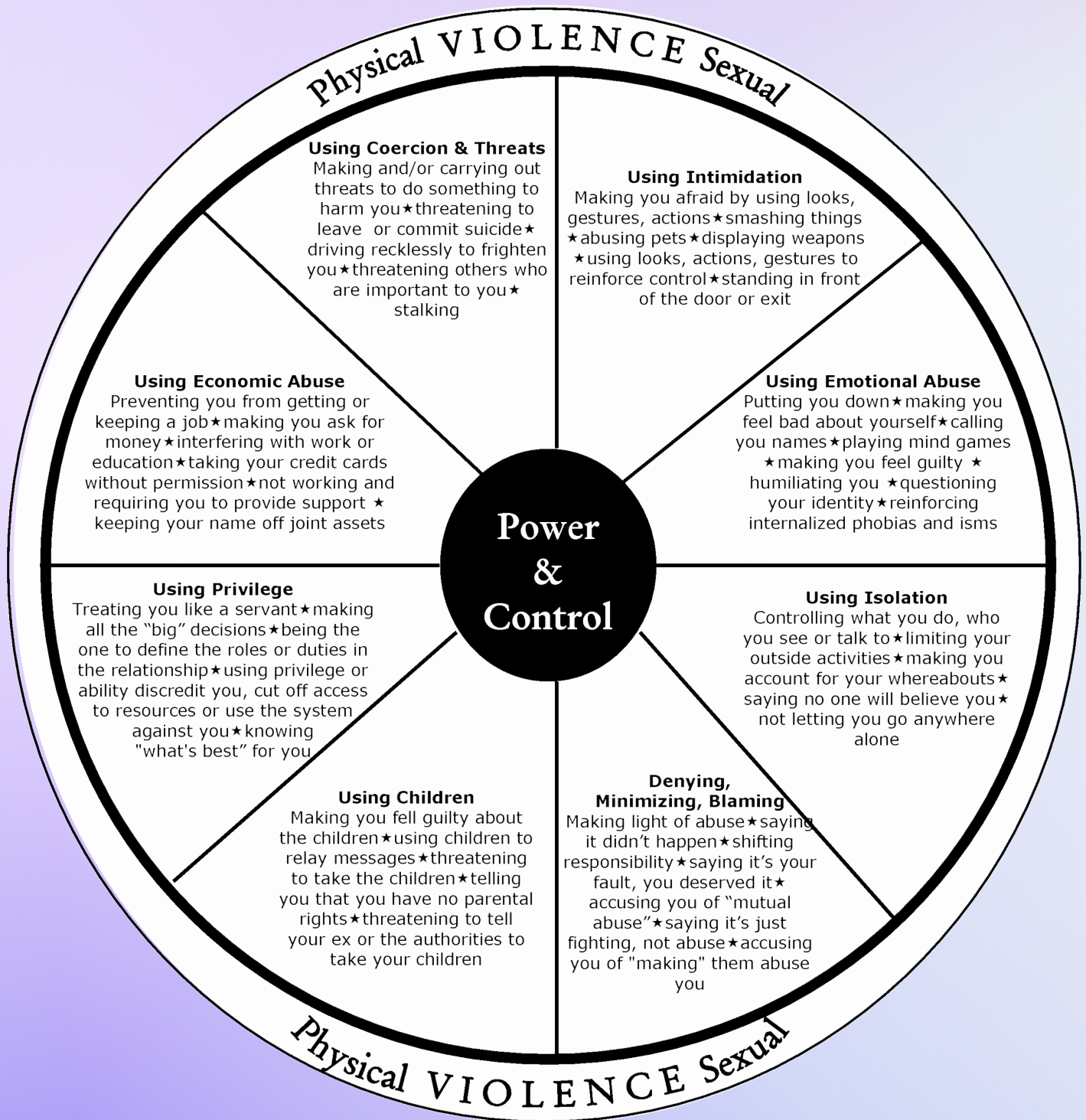
Financial abuse is one way abusers maintain power and control over their partner. This includes, but isn't limited to giving an allowance and closely watching how the recipient spends it, preventing access to bank accounts, forbidding someone to work or limiting the hours that they can work, or refusing to give someone money to pay for necessities/shared expenses. Abusers may also force an individual to take care of any children they may have as a way to prevent that person from working and also refuse to provide funds for this. Financial abuse is a way for the abuser to ensure that anyone dependent upon them is unable to access finances and independence.

Cyber Abuse:

Cyber abuse can take many forms. One form of cyber abuse is when an abuser threatens to or follows through with posting an individual’s private or personal information online, spreading rumors or photos, and distributing personal identifying information (address, email, phone number) without an individual’s permission. This can also include creating fake email addresses or social media accounts so that someone cannot effectively block their abuser, hacking into personal accounts to track or spy on someone, stealing passwords, and telling someone who they can and cannot communicate with via social media or the internet. These tactics are utilized to control, manipulate, or humiliate someone and strip them of their privacy.

The Wheel of Power & Control

This is a diagram that depicts some other ways that abusers maintain control in any relationship. This is not an exhaustive list, and it is important to remember that the types of abuse listed can be present in many types of relationships and look different for everyone.



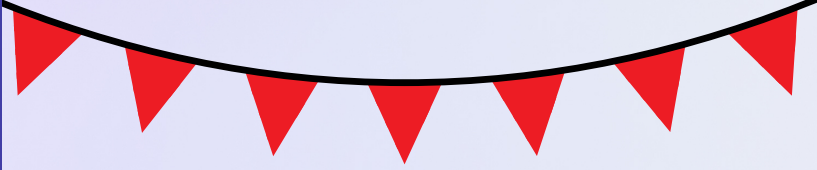


Early Warning Signs (Red Flags!)



Below are some of the early warning signs for domestic violence. It is important to remember that these signs can be present in many different dynamics (parents/guardians, siblings, roommates, friends, housemates, romantic partners, and many more) and can occur at any point of the relationship:

- Extreme jealousy/possessiveness
- Negative teasing or joking at someone else's expense, insulting, demeaning, or shaming comments
- Pushing for quick involvement
- Ignoring clearly set boundaries
- Pressure to preform sexual acts
- 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, invalidating feelings or concerns
- Being afraid to end a relationship or end contact because of the potential response
- Physical abuse of people or animals or threats of violence

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- Verbal abuse (ex: name calling, yelling, harassment, threats etc.)
 - Social media / digital abuse
 - Disproportionate anger in response to a situation, something small causing a large and volatile reaction
 - Blaming others for their problems or mistakes, refusing to take accountability
 - Being uncomfortable in shared spaces or common areas because of a sibling/parent/roommate
 - A roommate controlling who can or cannot enter a shared space or come over to a shared home
 - Pressure to use drugs or alcohol
 - Forcing someone to be a primary caregiver, insulting parenting skills, threatening removal of custody
 - Using weapons to intimidate or control

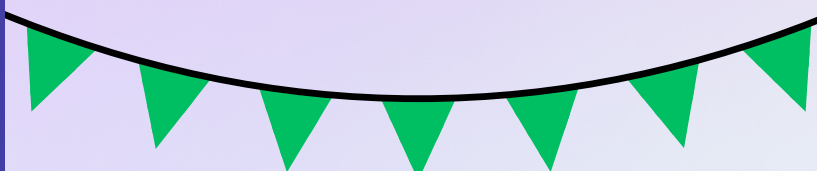


Green Flags



Healthy and positive aspects of relationships with parents/guardians/friends/family/roommates/romantic partners may include, but are not limited to:

- Respecting boundaries
- Open and honest communication
- Inclusive conversations on decisions being made in a home/apartment, financial decisions, etc.
- Respecting personal time
- Respecting personal/private spaces
- Respecting shared spaces and communicating/negotiating the expectations for shared spaces in a home/apartment
- Respecting time spent with other family/friends/peers
- Encouraging personal, academic, and professional goals and aspirations
- Clearly communicating wants/needs and expectations
- Open communication when disagreements occur
- Responsibilities shared in an equitable fashion, no one is expected to do more than they can handle

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- Having common interests, but maintaining individuality/hobbies
 - Ability to express emotions clearly and without placing blame on others
 - Validating emotions and concerns; empathy
 - Taking accountability for the way their actions may impact others
 - Positive/kind verbal interactions that are freely given
 - Anger control
 - Being seen as an equal in the household or relationship
 - Holding each other to the same standards
 - Words and actions match
 - Positive interactions and relationships with other family members/friends/peers

RESOURCES

In case of an emergency call 911

AVDA (Aid to Victims of Domestic Abuse)

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

Crisis Hotline: 954-761-1133

Phone: 954-760-9800

www.womenindistress.org

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

Victim Services Office: (561) 297- 4841

24/7 Victim Services Number: 561-297-0500

(ask to speak to an advocate)

victimservices@fau.edu

The Victim Services Office is located on the Boca Raton Campus in the S.E. Wimberly Library Room 156. Office hours are 8 a.m. to 5 p.m.