

**YOU GOOD?**



**DOMESTIC  
VIOLENCE  
AWARENESS**

**THE HIDDEN TOLL OF INTIMATE PARTNER  
VIOLENCE AND HOW WE HEAL TOGETHER**

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## Domestic Violence Awareness

### THE HIDDEN TOLL OF INTIMATE PARTNER VIOLENCE AND HOW WE HEAL TOGETHER

Domestic violence is not a private matter. It is a public health crisis that affects families, workplaces, and communities across the country. Behind every statistic is someone trying to survive, rebuild, and be believed.

About **41 percent of women** and **26 percent of men** in the United States have experienced sexual violence, physical violence, or stalking by an intimate partner that impacted their lives. These are not abstract numbers. They represent our neighbors, friends, and relatives.

### WHAT DOMESTIC VIOLENCE LOOKS LIKE

The U.S. Department of Justice defines domestic violence as a pattern of behavior used to gain or keep power and control over a partner. It does not always leave bruises. Abuse can be physical, sexual, emotional, economic, psychological, or digital, and each form can cause lasting harm.

- **Physical abuse** includes hitting, slapping, or forcing drugs or alcohol on someone.
- **Sexual abuse** happens when a person is pressured or forced into any sexual activity without consent. This includes **stealthing**, which is removing a condom without consent, as well as coercion through guilt or threats. Consent must be freely given, informed, and ongoing.
- **Emotional and psychological abuse** can look like name-calling, humiliation, intimidation, or isolation from friends and family.
- **Economic abuse** happens when one partner controls all the money, limits access to work, or creates financial dependency.
- **Technological abuse** includes using phones, social media, or GPS tracking to harass or monitor someone.

The CDC's National Intimate Partner and Sexual Violence Survey reports that **12.5 percent of women** and **5.8 percent of men** have experienced nonphysical sexual coercion, and about **27 percent of women** and **11 percent of men** have endured unwanted sexual contact. These experiences often go unreported because survivors feel guilt, fear, or disbelief from others.

### THE RIPPLE EFFECT

Domestic violence does not stop with the person being harmed. It ripples through families, neighborhoods, and workplaces. Children who grow up around violence are among those most deeply affected. Studies show that roughly one in four children in the United States will witness intimate partner violence at some point.

Exposure to violence changes how a child's brain develops. It teaches them to read danger instead of safety. Research has found that those who experience abuse in childhood are three to four times more likely to experience intimate partner violence as adults. Breaking this cycle starts with awareness, early intervention, and communities that choose care over silence.

### TEEN DATING VIOLENCE

Young people are not immune. In 2021, **8.5 percent of high school students** reported being physically hurt by a dating partner, and **9.7 percent** said they experienced sexual dating violence. These first relationships can set patterns for the future. Teaching teens about boundaries, mutual respect, and consent is one of the best ways to stop violence before it starts.

### HEALING AND HOPE

The numbers are heavy, but hope is real. Healing begins when survivors are met with belief instead of blame. When communities invest in trauma-informed care and mental health support, survivors can rebuild safety and trust. At **Harmony Counseling Center**, we offer confidential counseling for survivors and families. Our therapists understand the complex impact of trauma and help clients move toward healing, empowerment, and peace. No one should face violence alone.

**If You Need Help** If you or someone you know is experiencing domestic violence, help is available 24 hours a day.

**NATIONAL DOMESTIC VIOLENCE HOTLINE** 1-800-799-SAFE (7233) | [THEHOTLINE.ORG](https://www.thehotline.org)

**NATIONAL CENTER FOR VICTIMS OF CRIME** 855-4-VICTIM (855-484-2846) | [VICTIMSOFCRIME.ORG](https://www.victimsofcrime.org)

**STRONGHEARTS NATIVE HELPLINE** 844-762-8483 | [STRONGHEARTSHELPLINE.ORG](https://www.strongheartshelpline.org)

**HEALING BEGINS WHEN WE SPEAK UP, LISTEN WITH COMPASSION, AND BUILD COMMUNITIES WHERE SAFETY IS THE STANDARD, NOT THE EXCEPTION.**

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