

Power Dynamics

“Sexual violence is about domination across the nation-across race, nation, class, gender and other dimensions of inequalities”
-Elizabeth Armstrong

In intimate partner violence, there is an unequal power relationship. The perpetrator uses violence as a tool to obtain power. Once they get power, they use it as a mechanism to manipulate their partner. If you or a friend experiences an unequal power struggle in a relationship, there are options out there.

**THERE IS
A WAY OUT**

Resources

The National Domestic Violence Hotline:
1-800-799-7233

The National Sexual Assault Telephone Hotline
800.656.HOPE (4673)

Americans Overseas Domestic Violence Crisis Center
1-866-USWOMEN (879-6636)

National Center for Victims of Crime
1-202-467-8700

<https://ncadv.org/resources>

Domestic Violence:

Power Dynamics
&
Identifying/Escaping Domestic Violence





Q&A

What is Domestic Violence?

How do I identify Domestic Violence?

-Any violence/harm done by an intimate partner such as but not limited to:

- Physical Violence
- Emotional Abuse
- Psychological Violence
- Economic Abuse

What are examples of an abusive relationship?

- Tells you that you can never do anything right, includes insults
- Shows extreme jealousy of your friends and time spent away
- Prevents you from making your own decisions
- Physically harms you / threatens to kill you

How can one escape/leave?

- By contacting one of the multiple resources that are easily found online, or even in this brochure
- By going to friends and family and contacting the police

Domestic violence: (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

-Domestic violence can come in many forms: sexual abuse and coercion, rape and harassment, physical abuse, emotional abuse, financial abuse and also digital abuse.

-One way to help resolve conflict is communication. By communicating, you can set boundaries, find the real issue and also agree to disagree but also compromise when possible.

- The perpetrator exploits power to take leadership and gain control of the relationship.

Statistics

- 1 in 3 women are victims of domestic violence
- 1 in 6 men are victims of domestic violence
- Estimated Lifetime Cost of Rape: \$122,461
- 1 in 3 women and 1 in 4 men has been in abusive relationship.

YOU/THEY ARE NOT ALONE

- A woman is assaulted or beaten every nine seconds
- 20 people are abused by an intimate partner every minute (adding up to 10 million around the world each year
- Anyone can be a Victim