



**JUNIOR LEAGUE**  
NORTHWEST ARKANSAS

# Domestic Violence Resource Guide

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## **WHAT IS DOMESTIC VIOLENCE?**

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional abuse. The frequency and severity of domestic violence can vary dramatically.

## **WHO DOES DOMESTIC VIOLENCE AFFECT?**

Nothing can protect anyone from domestic violence. It does not discriminate. It permeates every area of society, and if you have not experienced it, someone you know likely has.

Abuse is also not purely physical. Though this is one form of abuse, there are many ways abuse manifests itself. All types of abuse are valid reasons for you to reach out for help.

## **DOMESTIC VIOLENCE IN ARKANSAS**

- Arkansas is consistently ranked as one of the top 10 states in domestic violence-related deaths per capita.
- 40.8% of Arkansas women and 34.8% of Arkansas men experience intimate partner physical violence, intimate partner sexual violence and/or intimate partner in their lifetimes.
- Only 1 in 4 physical assaults, 1 in 5 rapes, 1 in 2 stalking incidents against females are reported to the police in Arkansas.
- 57% of homeless women and children in Arkansas are victims of domestic violence.
- 453 victims in Arkansas were served by domestic violence shelters and programs in one day.
- An estimated 18.6% of Arkansas women will experience stalking in their lifetime.

## **DID YOU KNOW?**

- 1 in 3 women and 1 in 4 men have experienced some form of physical violence by an intimate partner.
- Nearly 20 people per minute are physically abused by an intimate partner in the U.S.
- Most cases of Domestic Violence are never reported to the police and men are less likely to report.
- 55% of female homicides are related to Domestic Violence.
- 1 in 15 children are exposed to intimate partner violence each year and 90% of these children are eyewitnesses to this violence.
- On a typical day, domestic violence hotlines receive approximately 21,000 calls, approximately 15 calls every minute. Intimate partner violence accounts for 15% of all violent crimes.
- Abusers' access to firearms increases the risk of intimate partner femicide at least five-fold. When firearms have been used in the most severe abuse incident, the risk increases 41-fold.
- 72% of all murder-suicides involved an intimate partner; 94% of the victims of these crimes are female.



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# Domestic Violence Key Terms

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## **Domestic Violence (DV)**

Refers to any form of violence that occurs within a household. These relationships include household relationships such as spouse/spouse, parent/child, elder/child, etc.

## **Intimate Partner Violence (IPV)**

The specific term used to describe violence in a relationship. An intimate partner is a person with whom you have or have a close personal or sexual relationship.

## **Dating Violence**

Refers to any form of violence that occurs within a dating relationship. Dating violence primarily impacts younger populations, but it is in no way limited to a certain age group.



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# Types of Domestic Violence

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## **PHYSICAL**

Any form of physical harm one individual inflicts on another, as well as the threat of physical harm, the withholding of healthcare, and other ways.

## **SEXUAL**

Any type of unwanted sexual attention, advances, or unwanted, non-consensual sexual acts. This type of abuse includes sexual coercion, the withholding of sex as a punishment, and becoming violent out of fear that one's partner is having sex with other people are also forms of sexual abuse. Sexual abuse can happen within intimate partner relationships, marriages, dating relationships, or it can occur between strangers.

## **PSYCHOLOGICAL/EMOTIONAL**

Using power and control tactics to isolate a survivor from friends and family, breaking promises repeatedly, threatening or taunting. Also, degrading, attacking vulnerabilities, ignoring feelings, regularly threatening to leave, and other psychological and emotional tactics are used to abuse are other ways this type of abuse manifests. Minimizing, denying, and blaming the survivor for the abuse

## **VERBAL**

Saying things meant to be cruel, hurtful, or degrading, minimizing accomplishment, yelling or cursing at the victim

## **DIGITAL**

When the abuser uses technology to bully, harass, stalk, or intimidate a survivor. Also, closely monitoring digital devices or accounts to maintain power and control

## **ECONOMIC ABUSE**

When the abuser controls finances, access to money, or the survivor's ability to get or maintain employment. Also requires a survivor to turn in any earned money or keeping their name off or limiting access to shared assets.

## **CULTURAL/IDENTITY**

When the abuser tries to control the survivor's identity and/or gender expression of an individual such as using wrong names or wrong pronouns. When the abuser threatens to out the survivor to their family or prevents them from associating with their culture or engaging in cultural practices. Also using privilege (gender, cultural, ability, language, etc.) to control the survivor's life.

## **SPIRITUAL**

When the abuser uses religious passages or beliefs to reinforce abuse. Manipulating the survivor's religious beliefs, refusing to allow them to attend church or spiritual gatherings, or claiming the survivor is unwanted or unloved by their higher power to maintain power and control over them. Also, belittling or preventing a partner from participating in their beliefs, practices, and traditions or forcing them to participate in their practices when they do not share the same beliefs.



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# Support Numbers

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**THE CHILDREN'S SAFETY CENTER OF WASHINGTON COUNTY (CSC)**

Local: (479) 872-6183

Email: [peyton@childrenssafetycenter.org](mailto:peyton@childrenssafetycenter.org)

**EOA CHILDREN'S HOUSE**

Local: (479) 927-1232

Email: [info@eoaheadstart.org](mailto:info@eoaheadstart.org)

**PEACE AT HOME FAMILY SHELTER**

24/7 Crisis Hotline:

Local: (479) 442-9811

Toll-Free: 1 (877) 442-9811

Email for help: [help@peaceathomeshelter.com](mailto:help@peaceathomeshelter.com)

**NORTHWEST ARKANSAS WOMEN'S SHELTER**

Call 479-246-9999

Call 1-800-775-9011 for 24/7 help

Email [info@nwaws.org](mailto:info@nwaws.org)

**Important Numbers**

Arkansas Child Abuse Hotline: 800-482-5964

Arkansas Mandated Reporter Portal: <https://mandatedreporter.arkansas.gov/>

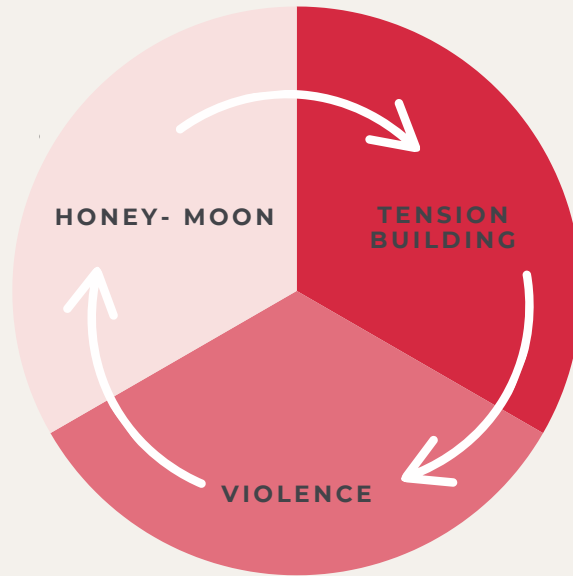
National Center for Missing & Exploited Children's Cyber Tip line: 800-843-5678

Poison Control 1-800-222-1222



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# Cycles of Violence



## WHAT DO THEY LOOK LIKE?



### **TENSION BUILDING**

TENSIONBUILDING IS WHEN THE ABUSER IS:

- IRRITABLE
- ARGUMENTATIVE
- ON EDGE



### **VIOLENCE**

VIOLENCE IS WHEN THE ABUSER IS

- EXPLOSIVE
- VIOLENT
- MOST LIKELY TO HURT SOMEONE



### **HONEYMOON**

HONEYMOON PHASE IS WHEN THE ABUSER IS

- ACTING
- APOLOGETIC
- ACING LOVING



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# RELATIONSHIP SIGNS HEALTHY VS. UNHEALTHY

## UNHEALTHY RELATIONSHIP SIGNS

Intensity  
Possessiveness  
Manipulation  
Isolation  
Sabotage  
Belittling

Guilt  
Volatility  
Deflecting  
Responsibility  
Gaslighting  
Betrayal

## HEALTHY RELATIONSHIP SIGNS

Comfortable  
Pace Trust  
Honesty  
Independence  
Respect  
Equality Fun

Kindness  
Healthy Conflict  
Consent Strong  
Communication  
Taking  
Responsibility