

## WHAT ARE THE CONSEQUENCES OF DOMESTIC VIOLENCE?

Intimate Partner Violence (IPV) is a significant public health issue that has many individual and societal costs.

- About 75% of female IPV survivors and 48% of male IPV survivors experience some form of injury related to IPV.
- IPV can also result in death. Data from U.S. crime reports suggest that about 1 in 5 homicide victims are killed by an intimate partner. The reports also found that over half of female homicide victims in the United States are killed by a current or former male intimate partner.
- Many other negative health outcomes are associated with IPV. These include a range of conditions affecting the heart, muscles and bones, and digestive, reproductive, and nervous systems, many of which are chronic.
- Survivors can experience mental health problems such as depression and PTSD symptoms. They are at higher risk for engaging in behaviors such as smoking, binge drinking, and sexual risk activity.
- People from groups that have been marginalized, such as people from racial and ethnic minority groups, are at higher risk for worse consequences.
  - Source: CDC 2024

## HOW TO SUPPORT VICTIMS AND SURVIVORS

- **Listen without judgement.**
  - Many victims and survivors already may feel a level of shame around their experience. So many people do not tell others for fear of how friends/loved ones/co-workers/family may respond. Ground yourself in being non-judgmental about the experience they have had.

- **Believe their story and what they tell you.**
  - Many victims and survivors have been told every day that no one will believe them or what has happened to them as a tactic of power and control. Telling someone you believe them and what has happened to them is always impactful and always appropriate, even if you find yourself at a loss for a response.
- **Share your concern for their safety (when appropriate!).**
  - Some people might not be ready to hear they are in a dangerous/unsafe situation. Remember that someone might not be ready on the first conversation to hear that they have to "get out." Remember to use this when appropriate.
- **Support their decisions.**
  - Because abuse is cyclical and might take someone an average of 7 times to leave an abusive relationship, it might be common or a possibility that the victim or survivor might return to their abusive partner. Remember that the victim/survivor is the expert in their own life and their decisions are theirs to make.
- **Remember: leaving the relationship might not be the safest choice for the victim/survivor.**
  - Homicide rates go up exponentially when someone is making a decision to leave the relationship, and leaving is the most dangerous time someone will experience. This is because the abusive partner is losing the power and control over their partner.
- **Provide resources.**
  - Provide them when you know of them and feel comfortable sharing. Remember DAIS is always a resource, and you can call or text with friends/family/loved ones. It is also ok to say, "I don't know enough about this, but I am happy to do my own research and meet with you again."
- **Lean into the fact that you do not have to be an expert in Domestic Violence to offer support.**
  - Sometimes we get caught up in needing to have all the answers and this take us out of the present moment of being supportive. You can also call DAIS for emotional support as a friend/family member/loved one separate from the person experiencing violence.



# DOMESTIC AND INTIMATE PARTNER VIOLENCE

## FACTS SHEET

## WHAT YOU NEED TO KNOW

- What is Domestic and Intimate partner violence?
- What are the consequences of Domestic Violence?
- How to support victims and survivors:
- Resources

For more information visit  
<https://africancentermadison.org/safe-care-program>



DAIS  
DOMESTIC ABUSE INTERVENTION SERVICES

## WHAT IS DOMESTIC AND INTIMATE PARTNER VIOLENCE (IPV)?

The intentional use of power and control tactics by one intimate partner over the other to create an environment of fear and intimidation.

- "Intimate partner" refers to both current and former spouses and dating partners. (CDC 2024)
- IPV can vary in how often it happens and how severe it is. It can range from one episode of violence that could have lasting impact to chronic and severe episodes over multiple years. (CDC 2024)
- Abuse can be emotional, economic, physical, sexual, and psychological.
- People choosing to abuse use a variety of tactics designed to terrorize, intimidate, hurt, humiliate, blame, injure, or wound someone.
- Domestic Violence can happen to anyone regardless of class, gender, sexual orientation, race, religious beliefs, educational attainment, etc.
- Happens in couples who live together, are married, dating, are partners, or if there is a perceived relationship.

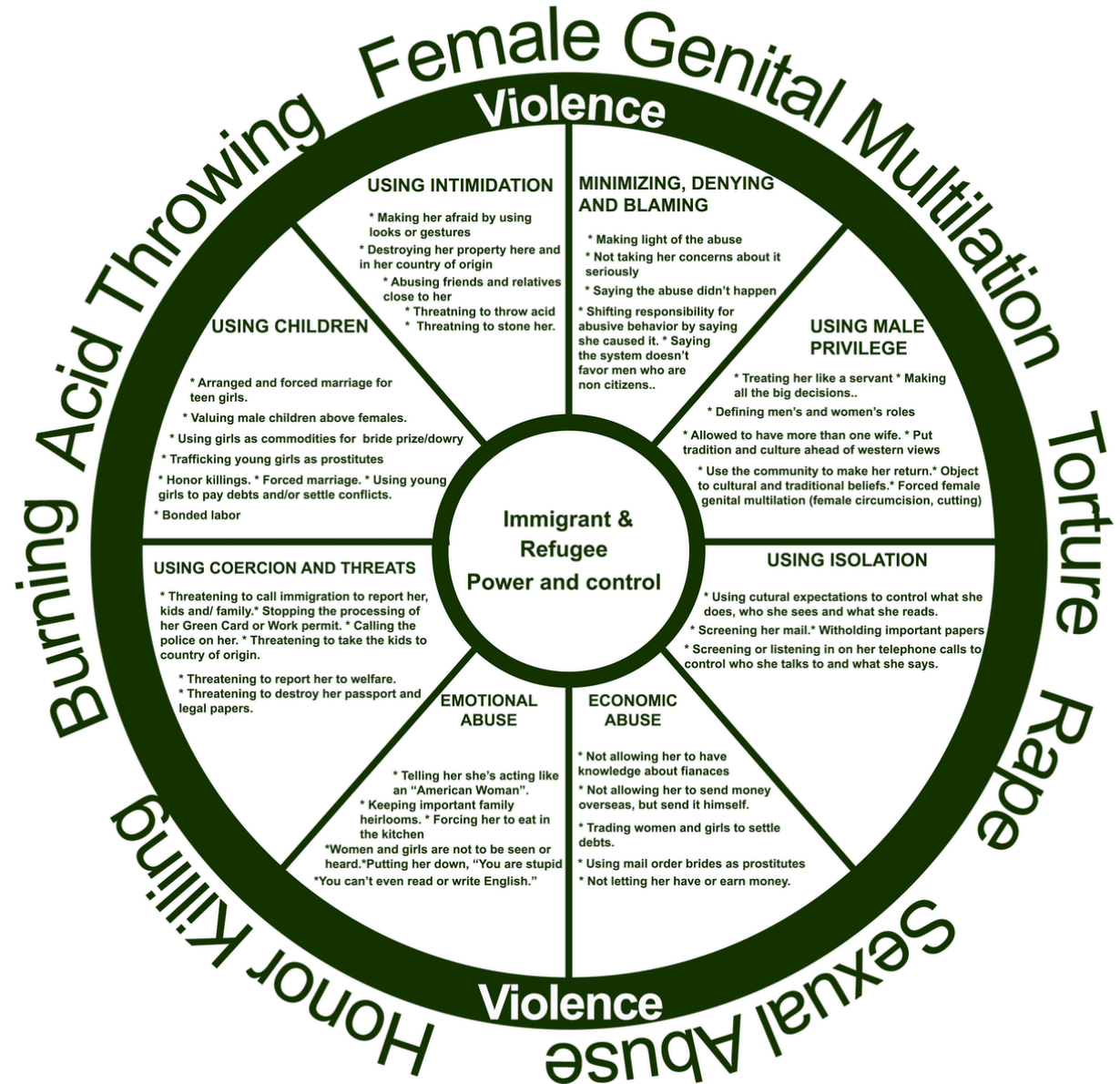
**WE CAN REFER YOU TO RESOURCES  
CONTACT US AT:  
info@africancentermadison.org**

### RESOURCES

- Domestic Abuse Intervention Services (DAIS):  
[www.abuseintervention.org](http://www.abuseintervention.org)
- End Abuse Wisconsin  
<https://www.endabusewi.org/>
- UNIDOS:  
<https://www.unidoswi.org/>
- RCC Sexual Violence Intervention:  
<https://www.thercc.org/>

## VIOLENCE IN THE HOME IS GLOBAL PHENOMENON IMMIGRANT & REFUGEE POWER AND CONTROL WHEEL

Violence against women is the most basic example of gender discrimination and oppression. It is the most powerful tool of male domination and control all over the world



Home Free 2002; Bri Chomila.

special thanks to Domestic Abuse Project, Minneapolis, MN and the attendees of the Immigrant and Refugee Women Support group at Pilot City for the dialogue and input into the Immigrant and Refugee Power and Control Wheel. Acknowledgement is given to the Domestic Abuse Intervention Project in Duluth, Minnesota for the design adaptation of the Power and Control Wheel

For more information, contact Bri at 612.990.8748.