This October, UT Southwestern’s Employee Assistance Program and Division of Title IX have collaborated to bring awareness to nationally recognized Domestic Violence Awareness month. Domestic Violence Awareness month was first observed in October of 1987 and has since raised awareness to highlight the prevalence, effects of, and resources against domestic violence.

**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, economic, and emotional/psychological abuse.

**23.2%** of Women and **13.9%** of Men have experienced severe physical violence by an intimate partner during their lifetime.

Female victims sustain injuries 3x more often than male victims.

1 in 4 Women experience sexual violence, physical violence and/or stalking by an intimate partner during their lifetime with ‘IPV-related impact’ such as being concerned for their safety, PTSD symptoms, injury, or needing victim services.

1 in 10 Men experience sexual violence, physical violence and/or stalking by an intimate partner during their lifetime with ‘IPV-related impact’ such as being concerned for their safety, PTSD symptoms, injury, or needing victim services.

**TYPES OF ABUSE**

- **Physical:** Physical abuse includes abusive behaviors including- punching, slapping, kicking, biting, choking, pulling your hair, using weapons against you, throwing objects at you, prevent you from contacting emergency services, and more.

- **Emotional:** Emotional abuse is used to erode a person’s self-esteem and self-worth and create a psychological dependency on the abusive partner. Emotional abuse includes non-physical behaviors that are meant to control, isolate, or frighten you. This may present in romantic relationships as threats, insults, constant monitoring, excessive jealousy, manipulation, humiliation, intimidation, dismissiveness, among others.

- **Verbal:** Verbal abuse includes non-physical behavior such as threats, insults, name calling.

- **Sexual abuse:** Nearly 1 in 5 women and 1 in 12 men have experienced sexual violence by an intimate partner in their lifetime.

- **Sexual and reproductive coercion:** Reproductive coercion is a form of power and control because one partner takes away reproductive health decisions and options from the other. A person of any gender can coerce their partner into making reproductive decisions they do not want.

- **Financial:** Financial abuse is rooted in the desire of one partner to have power and control over the other. A partner who chooses to abuse will control their partner’s finances or their ability to provide for themselves. Financial abuse can lead to long-term issues for survivors even when they leave the abusive relationship. It can affect their credit score, ability to find work, or put their finances in disarray.

- **Digital abuse:** Digital abuse is the use of technology and the Internet to bully, harass, stalk, intimidate, or control a partner. This behavior is often a form of verbal or emotional abuse conducted online.

- **Stalking:** Stalking victimization involves a pattern of harassing or threatening tactics used by a perpetrator that causes the victim to fear for their safety or the safety of others. 1 in 10 women and 1 in 50 men have experienced stalking by an intimate partner during their lifetime.

“The COVID-19 pandemic brought change and tragedy to many of our lives. For survivors of domestic violence, it was a time of increased challenges and compromised safety.” - National Domestic Violence Hotline.

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The theory of the Cycle of Violence was developed by Dr. Lenore Walker. It has three distinct phases which are generally present in violent relationships. Without intervention, the frequency and severity of the abuse tends to increase over time.

**CALM**
- The person you fell in love with
- "Never happen again"
- "I'll get help"
- "I love you"

**TENSION BUILDING**
- Walking on eggshells
- Everything has to be perfect
- Always worrying or in fear of "what if"

**INCIDENT**
- The blow up
- Worse than before
- Threats/Destruction
- Fear for your or your child's safety
- Drug and/or alcohol abuse

Over a period of time there may be changes to the cycle. The calm/honeymoon phase may become shorter, and the tension and violence may increase. Some victims report that they never experience an apologetic or loving abuser, but simply see a decrease in tension before the start of a new cycle.

As the cycle starts, the victim starts going in and out of the relationship. It often takes many attempts to make a final decision to leave for good. Feelings of guilt, insecurity, and concern for children’s well-being play a strong role in the victim’s decision-making process.

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DOMESTIC VIOLENCE AWARENESS MONTH
SPECIAL EDITION: OCTOBER 2022

NEWS YOU CAN USE

Resources & Support

NEEDS MEDICAL ATTENTION

1 in 5 Female Victims
1 in 20 Male Victims

NEEDS LEGAL SERVICES

1 in 5 Female Victims
1 in 9 Male Victims

ON CAMPUS

- UT Southwestern Police Department 214.648.8911
- Office of Institutional Equity & Access 214.648.4343
- Student Wellness and Counseling 214.645.8680
- Employee Assistance Program 214.648.5330
- Campus Police Escorts 214.648.8311

For more information about the Employee Assistance Program:

For more information about Title IX at UT Southwestern:

OFF CAMPUS

- The Family Place 214.941.3991
- Mosaic Family Services 214.823.4434
- Genesis Women's Shelter 214.389.7700
- Dallas Area Rape Crisis Center 972.641.7273
- Irving Family Advocacy Center 972.721.6521
- Dallas County District Attorney's Office 214.653.3528
- Domestic Violence, Sex Assault & Stalking Legal Line 800.374.4357