



## INTIMATE PARTNER VIOLENCE



MYTH: IPV always involves physical abuse

**FACT:** IPV does not always include physical violence. These incidents can include coercive control; psychological and/or emotional abuse; physical abuse; sexual abuse; financial abuse; harassment; stalking; and/or online or digital abuse.



## MYTH: IPV is rare

**FACT:** Domestic violence affects 1 out of 4 women at some point during her lifetime. Men can also be victims of IPV, but women make up about 97% of IPV survivors. IPV happens equally in heterosexual and homosexual relationships.

MYTH: Domestic violence is a one-time isolated incident FACT: Domestic violence is a pattern of abusive behavior that happens over and over and escalates in severity/dangerousness over time.

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**MYTH:** Victims have done something to cause the abuse **FACT:** Abusers choose their actions. Abuse is NEVER the fault of the victim.

A MYTH FACT

MYTH: Domestic violence only effects the adults in the household FACT: Depression, hopelessness, and other forms of emotional distress in teenagers are strongly associated with exposure to domestic violence.

MYTH: Domestic violence does not impact your mental health FACT: Around 20% of survivors develop mental health disorders after experiencing domestic violence.

MYTH: Victims can easily leave and abuser FACT: There are extreme safety concerns for victims when leaving an abuser, as well as for any children or pets they may have. It is the most dangerous time for a victim.



This flyer was produced by Give an Hour under 2024-GAH-01, awarded by the Office of Victim Services and Justice Grants, Executive Office of the Mayor, District of Columbia. The opinions, findings, and conclusions or recommendations expressed in this flyer are those of the contributors and do not necessarily represent the official position or policies of the Executive Office of the Mayor. www.giveanhour.org/edrt

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