INTIMATE PARTNER VIOLENCE

MYTH vs FACT

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.

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

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.