

## 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.