



WELLNESS • RECOVERY • RESILIENCE

Familial Violence Prevention

Familial Violence refers to violence between family members such as:

- ✓ Intimate Partners (also known as Domestic Violence)
- ✓ Child Abuse (Parental)
- ✓ Elder Abuse
- ✓ Sibling Abuse
- ✓ Abuse towards a disabled person

Intimate Partner Violence (IPV) | Domestic Violence

Acts committed by a current or former intimate partner which includes “(spouse, boyfriend/girlfriend, dating partner, or ongoing sexual partner).”

- physical violence,
- sexual violence,
- stalking
- psychological aggression

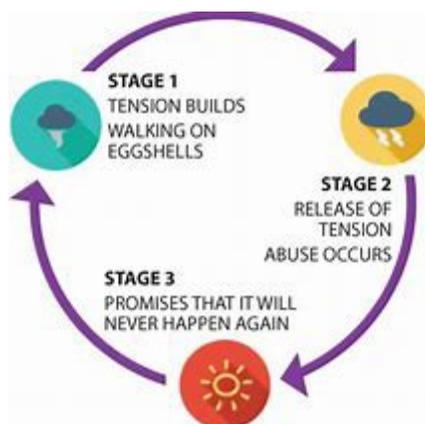
Causes of IPV

- **Cultural Factors:** traditionally, many cultures have allowed men a sense of ownership over women.
- **Substance Use:** frequently using substances (drugs and alcohol) can make someone more likely to act violent.
- **Legal Factors:** law enforcement agencies sometimes hesitate to intervene and help victims; it is considered a private family matter.
- **Economic Factors:** lower economic position is related to a greater risk of domestic violence/intimate partner violence
- **Environmental Factors:** coming from an abusive environment and having experienced domestic abuse can make someone more likely to be abusive toward their intimate partner. (the cycle of abuse)
- **Social Factors:** Victims are frequently held responsible for being abused.

The problem starts early

- Intimate partner violence (IPV) may start during adolescence (teen dating violence)
- 11 million women and 5 million men reported experiences of violence before turning 18 years old
- This affect millions of U.S. teens each year
- Youth from marginalized groups (sexual and gender minority youth) have higher risk of sexual and physical dating violence

Domestic Violence Cycle



Creating a safety plan

- ◁ Identify a safe friend or friends and safe places to go.
- ◁ Keep an alternate cellphone nearby.
- ◁ Memorize the phone numbers of friends, family, or shelters.
- ◁ Make a list of personal belongings to take if you must leave quickly.
- ◁ If possible, hide an extra set of car keys
- ◁ Consult with your doctor about extra medication
- ◁ Contact your local family court .
- ◁ Safeguard your online security
- ◁ Try to take with you any evidence of abuse or violence
- ◁ Keep copies of all paper and electronic documents on an external thumb drive.

IPV is preventable

There are positive ways that promote healthy relationships to increase wellbeing within families and community.

Teaching young people healthy relationship skills such as:

- a) communication
- b) effectively managing feelings
- c) problem-solving

Children and Domestic Violence

Short Term Effects:

- Young children: regressive behaviors and severe separation anxiety.
- School age children: impact to their social/emotional and intellectual development
- Teenagers: destructive behaviors

Long Term Effects:

- They are at greater risk for repeating the cycle as adults.
- Children who witness any type of abuse are at higher risk for health problems as adults.

Ways to support children during healing process:

- Play with your child
- Listen to your child
- Encourage your child
- Comfort your child
- Help them identify and express their feelings
- Create a calm and predictable environment
- Set clear rules and expectations
- Create a network support

Parents and /or Family Members can provide children with support by:

- ✓ Creating a predictable environment.
- ✓ Establishing a consistent structure and clear expectations.
- ✓ Paying close attention to non-verbal signs and behaviors.
- ✓ Modeling healthy and respectful relationships.

“SEEK HELP, YOU ARE NOT ALONE.”

Emergency & Non-Emergency Helpline. Operates 24 hours a day 7 days a week

Llame al: 1800-854- 7771 TDD/TTY: 562-651-2549