



# **IMPROVING PERSONAL SAFETY: EFFECTS OF INTIMATE PARTNER VIOLENCE**

**A WEBINAR FOR EMPLOYEES FROM YOUR  
EMPLOYEE ASSISTANCE PROGRAM**

September 14, 2022

# INTRODUCTION

Call the EAP for support:  
1-800-222-0364

# OBJECTIVES

- Define intimate partner violence (IPV) and intimate partner
- Discuss myths vs. facts
- Outline types of IPV
- State statistics and realities
- Explain risk factors and effects on victims
- Review strategies for supporting and assisting a victim

# ALEX'S STORY



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# WHAT IS INTIMATE PARTNER VIOLENCE



A pattern of abusive behavior in any intimate relationship by a **current or former intimate partner**, including:

- Physical violence
- Sexual violence
- Stalking
- Psychological aggression (including coercive tactics)

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The power and control exerted by one partner over another in the form of:

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Verbal, emotional, physical, sexual, and even economic abuse

# WHAT IS AN INTIMATE PARTNER



“A person with whom one has a close personal relationship that may be characterized by the partners’ emotional connectedness, regular contact, ongoing physical contact and sexual behavior, identity as a couple, and familiarity and knowledge about each other’s lives. The relationship need not involve all of these dimensions.”

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Examples  
include any  
current or  
former:

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Domestic partners

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Dating partners

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Ongoing sexual partners

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SECTION 1

# MYTHS VS. FACTS

# MYTHS VS. FACTS

## Myth

1. IPV only happens in low-income groups

## Myth

2. IPV is caused by alcohol and drugs and/or anger control issues

## Fact

IPV happens in all kinds of relationships, regardless of socioeconomic status, race, religion, age, sexual orientation/identification, or education level

## Fact

IPV is a choice made by a perpetrator to exert power and control. They often use alcohol and drugs as an excuse to explain their behavior and use anger to get what they want from their victims

# MYTHS VS. FACTS

## Myth

3. Children aren't aware of the violence in their home

## Fact

Children are often aware of violence in their home, despite attempts to hide the abuse

## Myth

4. Boys who witness violence will grow up to be abusers

## Fact

Research shows that 30% of boys who witness violence in the home will grow up to be abusers, 70% do not. Most children, both male and female, grow up to be advocates against IPV

# MYTHS VS. FACTS

## Myth

5. If my partner is jealous of other people talking to me, they are just trying to protect me

## Myth

6. It's not IPV if it doesn't occur at a residence

## Fact

Everyone experiences jealousy on occasion. When a partner uses their jealousy to justify telling you who you can and cannot talk to, they're exerting power and control over you, which is abusive

## Fact

While 60% of IPV does occur at a residence, the rest can occur anywhere. One study found that 22% of workplace homicides involved female victims of IPV

## SECTION 2

# TYPES OF INTIMATE PARTNER VIOLENCE

# TYPES OF IPV

## PHYSICAL ABUSE

Any intentional, unwanted contact toward you or something close to your body

Any behavior that causes or has the intention of causing you injury, disability, or death

- Attempting to physically damage you, your children, or pets (with or without a weapon)
  - Pulling hair, punching, slapping, kicking, biting, choking, or smothering
- Forbidding or preventing you from eating or sleeping
- Preventing you from getting appropriate medical care
- Driving recklessly or dangerously with you in the car
- Trapping you in your home or preventing you from leaving
- Throwing objects at you

# TYPES OF IPV

## EMOTIONAL AND VERBAL ABUSE

Non-physical behaviors such as threats, insults, constant “checking in” or monitoring, excessive texting, humiliation, intimidation, isolation, or stalking

- Yelling or screaming at you, calling you names, intentionally embarrassing you in front of others
- Preventing you from seeing or communicating with friends or family
- Threatening to have your children taken away from you
- Damaging your property
- Blaming their abusive or unhealthy behavior on you
- Threatening to harm you, your pet(s), or the people in your life

# TYPES OF IPV

## SEXUAL ABUSE

Any behavior that pressures or coerces someone to do something sexually that they don't want to do

- Insulting you in sexual ways
- Forcing or manipulating you to have sex or perform sexual acts
- Choking, restraining, or holding you down during sex
- Hurting you with weapons or objects during sex
- Involving other people in your sexual activities against your will
  - Forcing you to watch or make pornography
- Giving you drugs or alcohol to “loosen up” your inhibitions



# TYPES OF IPV

## REPRODUCTIVE COERCION

One partner strips another of the ability to control their own reproductive system

- Pressuring, guilt, or shaming about whether to have or not have children
- Lying about or refusing to use methods of birth control (e.g., having a vasectomy or being on the pill)
- Hiding/disposing of birth control devices or sabotaging contraceptive methods
- Withholding money to purchase birth control
- Unaccepting of decisions about when or if to have children

# TYPES OF IPV

## FINANCIAL ABUSE

Involves anything from someone taking your money, refusing to provide money for food, rent, etc., to preventing a partner from seeing financial statements of shared accounts

- Preventing you from viewing or accessing bank accounts
- Preventing you from working, limiting the hours that you can work, getting you fired
- Maxing out your credit cards without permission, harming your credit score
- Withdrawing money without permission or stealing money from you, family, children, or friends
- Living in the household but refusing to work or contribute to bills, food, etc.

# TYPES OF IPV

## DIGITAL ABUSE

A form of verbal and emotional abuse using technologies, like texting and social media to bully, harass, stalk, or intimidate

- Insulting or humiliating you online, including posting unflattering or intimate photos or videos
- Sending you unwanted explicit photos, videos, sexts, etc., or pressuring you to send such material
- Constantly texting you or making you feel like you can't be separated from your phone for fear that you'll anger them
- Looking through your phone or checking up on your pictures, texts, and phone records
- Using social media and smart home technology to track your activities and communication

# TYPES OF IPV

## STALKING

**Watches, follows, or harasses you repeatedly, making you feel afraid and/or unsafe**

- Showing up at your home or workplace unannounced or uninvited
- Leaving you unwanted items, gifts, or flowers
- Calling you and hanging up repeatedly or making unwanted phone calls to you, your workplace, family, or friends
- Manipulating others to investigate your life
- Waiting around at places you frequent
- Hiring a private investigator to follow or find you as a way of knowing your location or movements

SECTION 3

# IPV STATISTICS AND RISK FACTORS

# IPV STATISTICS



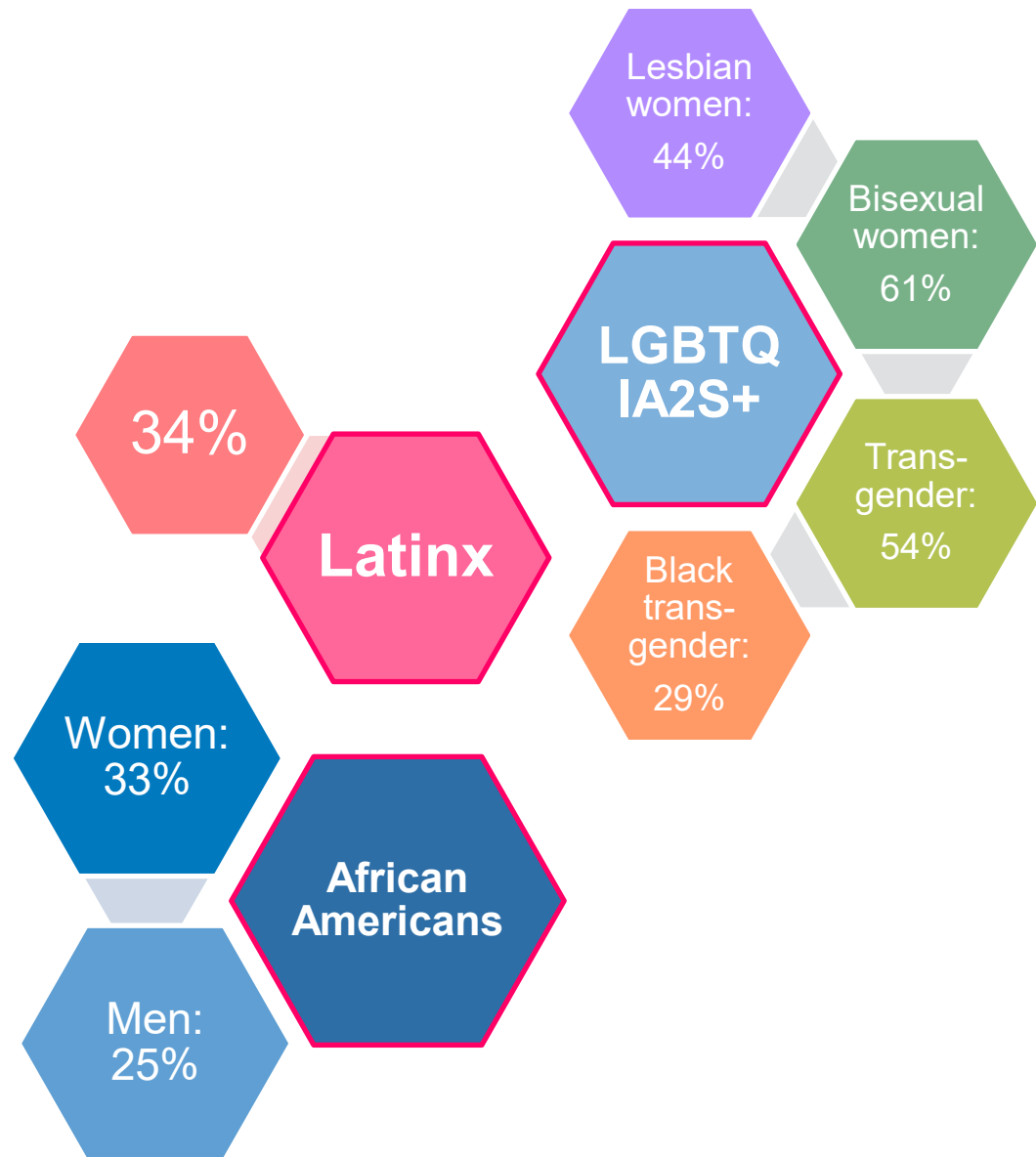
**“One in four women and one in ten men experienced contact sexual violence, physical violence, and/or stalking by an intimate partner and reported some form of IPV-related impact [during their lifetime].”**

- In 2021, there was an over 8% increase in reported incidents of IPV
- Researchers hypothesize that this correlates with:
  - Increased male unemployment
  - Stress associated with childcare and homeschooling
  - Increased financial insecurity
  - Poor coping strategies, increased alcohol/drug use
  - Isolation prevented others from spotting signs of IPV

# RISK FACTORS

“Intimate partner violence affects all people, regardless of age, race, economic status, sexual orientation, or gender identity.

In fact, an average of 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States.”



# POLL

***Which type of intimate partner violence is most prevalent in the LGBTQIA2S+ community?***

- Sexual violence
- Threats and intimidation (emotional abuse)
- Verbal harassment (verbal abuse)
- Physical violence
- Digital abuse
- Stalking



# ALEX'S STORY



SECTION 4

# VICTIMS OF IPV

Effects and Insights

# EFFECTS OF IPV ON ADULTS

Physical IPV is associated with poor health, depressive symptoms, substance use, chronic disease, chronic mental illness, job loss, homelessness, and injury



## Men

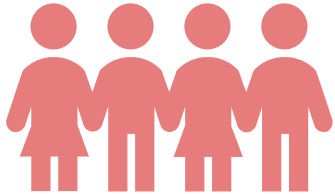
Minor physical injuries, impaired physical health, anxiety, uncontrolled emotional outbursts and increased use of alcohol and/or illegal drugs



## Women

Coronary heart disease, chronic neck/back pain, unstable employment, sexually transmitted diseases, unwanted pregnancies, and gynecological issues

# EFFECTS OF IPV ON CHILDREN



**Increased  
risk for:**



Psychological, social, emotional, and behavioral issues



Mood and anxiety disorders such as PTSD



Substance abuse



School related problems



Physical, sexual, and emotional abuse/neglect, acute harm, and death

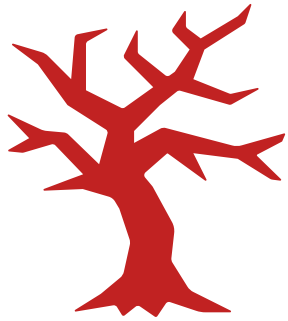
# ALEX'S STORY



SECTION 5

# SUPPORTING VICTIMS

# WHY VICTIMS STAY



Fear



Financial  
dependency



Isolation



Personal and  
religious beliefs

# EMPOWERING VICTIMS

Start a conversation with a goal to empower them:

Acknowledge that they are in a difficult situation

Let them know the abuse isn't their fault

Be supportive and listen

Be non-judgmental



Remember that you cannot rescue them

Help them develop a safety plan

Encourage participation in activities with friends and family

Suggest reaching out to the Domestic Violence National Hotline or a local counselor



# SUPPORTING COLLEAGUES

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Trust your instincts: If you suspect something is going on, there probably is

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Talk to them in a confidential way and in a private space

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Start with your observations

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Listen and remember you can't fix them

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Help them create a safety plan for the workplace

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Refer them to EAP

# DEVELOPING A SAFETY PLAN

## Key points:

1

Prepare a “go bag” with necessary items to cover three days including

- Clothes
- Medications
- Important documents
- Emergency numbers
- Cash

2

Establish a safe place to go such as the home of a friend or family member

3

Keep the number for the National Domestic Abuse hotline readily available

4

Create a code word between trusted individuals/children to indicate you or your children need rescue

# WHERE IS ALEX NOW?



# SUMMARY



# RESOURCES

## National Domestic Violence 24-hour Hotline

- **Contact info**
  - 800-799-SAFE (7233)  
TTY: 800-787-3224
  - Text “START” to 88788 if it’s not safe to speak
  - [thehotline.org](https://thehotline.org)
- **Full list of types of abuse:**
  - [thehotline.org/resources/types-of-abuse](https://thehotline.org/resources/types-of-abuse)
- **Interactive safety planning guide:**
  - [thehotline.org/plan-for-safety/create-a-safety-plan](https://thehotline.org/plan-for-safety/create-a-safety-plan)

## Apps

- **For Emergency Help**
  - **Noonlight**  
Free and premium features that enable you to silently summon emergency help
- **To Document Abuse**
  - **B Safe**  
Location tracking, voice activation, live streaming audio/video recording
  - **Rev Voice**  
Recorder and memos to document abuse
- **To Screen and Assess**
  - **MyPlan**  
Help with safety decisions
  - **RUSafe**  
Assess the potential for domestic violence and harm in a dangerous relationship

# THANK YOU



## Behavioral Health Services Employee Assistance and WorkLife Programs

24 HOURS A DAY

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TTY: 888-262-7848

**[foh4you.com](http://foh4you.com)**



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is hereby granted to



for the completion of the following one-hour presentation offered by your Employee Assistance Program

## EFFECTS OF INTIMATE PARTNER VIOLENCE

Date:

