



## The Facts

What is Domestic Violence? Domestic violence is a pattern of coercive behaviors used to gain or maintain power and control over another person in an intimate, dating, or family relationship. It goes beyond physical harm and can take many forms, all rooted in control.

## Types of Domestic Violence:

- **Emotional Abuse:** Manipulation and control through shame, guilt, or intimidation.
- **Verbal Abuse:** Insults, threats, and belittling remarks intended to cause emotional harm.
- **Isolation:** Controlling who the victim sees, where they go, and limiting their access to resources.
- **Financial Abuse:** Restricting access to money or employment, making the victim financially dependent.
- **Psychological Abuse:** Gaslighting and mind games that distort the victim's sense of reality.
- **Sexual Abuse:** Any form of sexual contact or behavior without consent.
- **Spiritual Abuse:** Using faith, religion, or beliefs to manipulate or control.

Domestic violence is not just about physical harm. **At its core, it's about control.**

## Key Statistics:

- **1 in 3 women** will experience a violent relationship at least once in their lifetime.
- **24 people per minute** are victims of rape, physical violence or stalking by an intimate partner
- Women aged **18-34** are most commonly abused by an intimate partner.
- Men can be victims too; **1 in 4 men** will experience a violent relationship in their lifetime.
- Domestic violence accounts for **15% of all violent crime**.
- **55% of female homicides** are committed by an intimate partner or family member. 10 women are killed every day in the U.S.
- Children witnessed violence in nearly **1 in 4** intimate partner violence cases filed in state courts.
- Intimate partner violence alone affects more than **12 million people every year**.

**Domestic violence is not a problem that can be kept hidden any longer.** The secret is out; thousands of people in the Ozarks are trying to escape violence. On October 25th, help us bring awareness to this epidemic and make a difference.

October is Domestic Violence Awareness Month  
iCare Day - October 25th

For more information, visit  
[www.myharmonyhouse.org/icare](http://www.myharmonyhouse.org/icare)