

# DOMESTIC VIOLENCE

## MYTH vs. FACT

**Domestic violence only happens to women.**

1 in 3 women and 1 in 4 men have been victims of [some form of] physical violence by an intimate partner within their lifetime. 30-50% of transgender people will experience domestic violence in their lifetime.

**Drugs, alcohol, stress, and mental illness are the causes of DV.**

While drugs, alcohol, stress, and mental illness can be factors in an abuser's life and can certainly make an abusive situation more complicated, these things do not cause domestic violence.

**Abusers are just out of control and need anger management.**

Abusers use many deliberate tactics to maintain power and control in a relationship. Sometimes these tactics can include physical violence and aggression, but there are many other ways that control is established.

**Domestic violence is always physical abuse.**

While physical abuse can be one way of maintaining power and control, it does not occur in every abusive relationship and is usually not the only form of abuse if it is occurring. Emotional abuse, financial abuse, sexual abuse, isolation, threats, and intimidation are all forms of domestic violence.

**If a victim doesn't leave, it must not be that bad or they are ok with how they are being treated.**

Leaving an abusive relationship is extremely difficult. On average, a victim will try to leave an abusive relationship at least 8 times before leaving successfully. Some of the things abusers do to make leaving hard can include: creating financial dependence, using children as a coercion tool, making threats of violence or legal retaliation, or using the court system to keep control of a victim even after they leave.



YWCA Spokane's #EndTheSilence campaign goal is to stop victim blaming and entreat the community to stand alongside victims and survivors of domestic violence as safe allies and remind them that they are not alone. [Learn how you can End The Silence at ywcaspokane.org](https://www.ywcaspokane.org). Call YWCA Spokane's 24 Domestic Violence Helpline at 509-326-CALL(2255)

eliminating racism  
empowering women  
**ywca**  
SPOKANE