

# Domestic Abuse and Violence

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# What is Domestic Abuse and Violence?

- According to the APA dictionary, domestic violence is any action that causes physical harm to one or more members of a family
- Domestic abuse is similar, but is usually more prolonged and can also be a form of psychological or sexual abuse to one or more members of a family
- These two terms are often used interchangeably in everyday lives, with the field of Law being one of the few people to view them separately

# Domestic Violence Statistics in the U.S (2025)

VIOLENCE TYPE	WOMEN	MEN	LGBTQ+ INDIVIDUALS	NON-BINARY
Physical Violence	30.5%	23.4%	43.8%	37.2%
Sexual Violence	36.3%	17.1%	47.4%	41.6%
Psychological Aggression	48.4%	42.3%	54.2%	49.8%
Stalking	15.2%	5.7%	28.7%	22.1%
Economic Abuse	28.9%	16.4%	35.6%	31.4%
Technology Abuse	19.7%	14.3%	38.9%	33.2%
Severe Injury Rate	24.7%	11.3%	31.4%	26.8%
Homicide Victims	76.8%	23.2%	18.3%	2.1%

POPULATION GROUPS	PREVALENCE RATES	RISK FACTORS
African American Women	45.1%	Systemic inequalities, poverty
Native American Women	56.1%	Historical trauma, isolation
LGBTQ+ Individuals	43.8%	Discrimination, social stigma
Young Adults (18-24)	38.6%	Dating violence, substance use
Pregnant Women	16.3%	Increased vulnerability, control

<https://www.theglobalstatistics.com/united-states-domestic-violence-statistics/>

# Domestic Violence Statistics in NC

- 35% of women and 30% of men in North Carolina will experience intimate partner physical and/or sexual violence, as well as intimate partner stalking in their lifetimes
- At the end of 2020, North Carolina had submitted 2,158 misdemeanor domestic violence convictions and 355 active protective order records to the NICS Index
- From January 1st-March 28th, there were 28 intimate partner homicides in 2023

# Domestic Abuse/Violence and Psychology

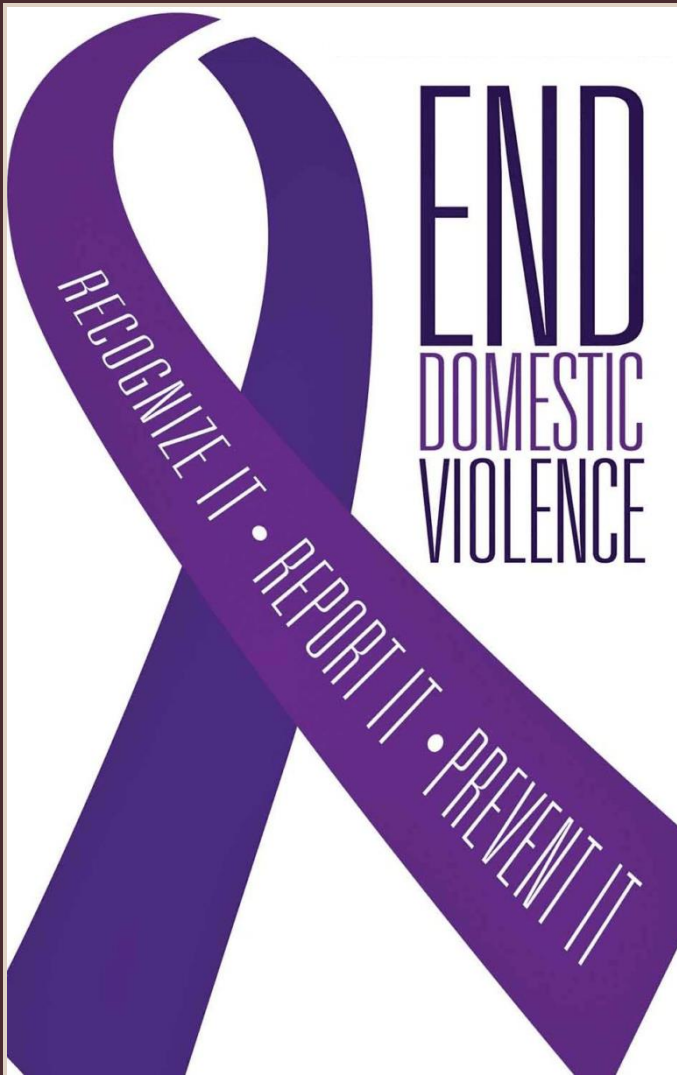
## Part 1

- Any form of domestic abuse can cause the victims to go through a wide range of emotions
  - The immediate aftermath can include emotions such as fear, shame, hopelessness, depression, and anxiety; it could also affect the victim's cognitive function and behavior
  - Long term effects could include the development of Post-traumatic stress disorder (PTSD), constant low self-esteem or self-worth, and chronic depression/anxiety
- These symptoms can also be seen in children even if they were not directly involved in the abuse/violence
  - Domestic abuse/violence can cause a ripple effect inside the household, effecting not just the person directly being harmed

# Domestic Abuse/Violence and Psychology

## Part 2

- The best form of therapy that would suit victims of domestic violence would be psychotherapy
  - Psychotherapy main goal is to help an individual change behavior, increase happiness, and overcome problems. They will help individuals improve their well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, thoughts, or emotions, and to improve relationships and social skills
  - Depending on the victim's situation, face-to-face or telehelp could help, it all just depends on the victims preferences and situation
  - Any form of professional therapy will help the victim more than if they did not receive it at all



# Resources for Domestic Abuse/Violence

- 911 for immediate danger
- National Domestic Violence Hotline: (800)799-SAFE (7233) or text "START" to 88788
- Victimconnect.org 1-855-4VICTIM (855-484-2846)
- Domesticshelters.org
- North Carolina Coalition Against Domestic Violence( NCCADV.org)

Thank You!



# References

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