

Domestic Violence Awareness

Katherine Sengheiser, dietetics student

Introduction

One out of four women have experienced domestic violence in the United States
The domestic violence hotlines receives approximately 20,000 calls per day
Public health experts have classified domestic violence as a public health crisis due to the following factors:

- Significant number of individuals affected
- High healthcare costs
- The need for a multidisciplinary healthcare team for treatment and intervention

Effects on Survivors

Psychological

- 20% of domestic violence victims report onset of depression, generalized anxiety disorder, post-traumatic stress disorder, or the development of a substance abuse disorder.

Emotional

- Anticipating and experiencing violence affects victims' emotional regulation, facial interpretation, and conflict resolution skills.

Physical

- Victims of domestic violence report bruises, cuts, broken bones, and concussions from physical abuse.
- Victims experiencing psychological or emotional abuse often experience physical side effects such as sleep disorders, gastrointestinal upset, weight loss, and muscle weakness.

These negative health consequences are much higher for women aged 18-24, women of low socioeconomic status, and women of immigrant status

Intervention That Works

The Young Women's Christian Association (YWCA) has taken a stand against domestic violence through prevention and educational programs, support groups, shelters, and workshops about self-care, independence, legal resources, and financial education for domestic violence survivors

The YWCA also services a domestic violence victims' hotline which operates 24/7
They have two locations in the St. Louis area and serve women from nearly thirty different zip codes

In addition to serving survivors, the YWCA does advocacy work to raise awareness about domestic violence and receive funding toward prevention and victim services

eliminating racism
empowering women
ywca



Love SHOULDN'T HURT
DOMESTIC VIOLENCE AWARENESS

- Women aged 18-24 have the highest rates of domestic violence in the United States
- On average, 20 people per minute experience domestic violence
- 1 out of 4 women have experienced domestic violence in the United States

5 WAYS TO PREVENT DOMESTIC VIOLENCE

- Believe and support survivors
- Educate others about warning signs and what to look for
- Engage elected officials through letter writing, phone calls, email, and social media
- Donate money and resources to advocacy groups or domestic violence shelters
- Teach and promote healthy relationship skills

FOR MORE INFORMATION: CALL OR VISIT
THE NATIONAL COALITION AGAINST DOMESTIC VIOLENCE

FOR ANONYMOUS, CONFIDENTIAL HELP
1-800-799-SAFE (7233)

FOR RESOURCES AND INFORMATION
www.ncadv.org

Information adapted from the National Coalition Against Domestic Violence

Advocacy Effort

- Started a letter writing campaign among my friends and family to write to their elected officials in support of domestic violence prevention efforts and to raise awareness
- Created social media posts for my friends and some local organizations to share in order to raise awareness



Play an Active Role in the Solution

Individual Level

- Believe survivors and help them find the resources they need
- Offer support and guidance to survivors
- Learn the warning signs of domestic violence and how to spot potential abuse
- Model healthy relationship behaviors to the young men and women in your life

Community Level

- Give money, time, talent, and resources to domestic violence shelters, advocacy groups, or prevention organizations
- Educate others about domestic violence warning signs, available resources for survivors, and domestic violence-related legislation
- If you see something, say something!

Societal Level

- Communicate with elected officials via in person meetings, handwritten letters, emails, phone calls, and social media
- Change the way society views domestic violence, dispel common stereotypes and misconceptions
- Spread awareness through word-of-mouth or social media

"It takes more than one person to bring about peace. it takes all of us." — Rosa Parks

References

- National Coalition Against Domestic Violence (2020). *Facts and statistics*. <https://www.ncadv.org/>
- Netto, A., Moura, Vasconcelos, Queiroz M., Azevedo, A., Tyrrell, M., Rubio, & Bravo, Maria del Mar Pastor. (2014). Violence against women and its consequences. *Acta paulista de enfermagem*, 27(5), 458-464. <https://dx.doi.org/10.1590/1982-01942014000075>
- Waechter, R., & Ma, V. (2015). Sexual Violence in America: Public Funding and Social Priority. *American Journal of Public Health*, 105(12), 2430-2437. <https://doi.org/10.2105/AJPH.2015.302860>
- Young Women's Christian Association (2020). *What we're doing: Domestic violence*. <https://www.ywca.org/what-we-re-doing/domesticviolence>

