

ABUSERS

Abusers come from all races, ages, genders, sexual orientations, socioeconomic backgrounds, religious affiliations, occupations and educational backgrounds.

An abusive partner may be apologetic after using violence, but this doesn't mean the behavior will stop. The abuser may make promises and apologies to get the victim to take them back, to drop an order or not cooperate with legal proceedings. This is a tactic of abuse and control and does not lead to any lasting change.

Abusers are always responsible for the abuse.

THE ABUSIVE USE OF CHILDREN AND PETS

Abusers may use threats or acts of violence toward children as a way to control their partner. Threats to isolate the victim from the children can be used as a means to control the victim's behavior.

Pets often become victims, too. Abusing pets is a way to hurt or control a partner. Current or past abuse to an animal can be an indicator of future abuse within a relationship. Many victims may stay in an attempt to protect their children and/or pets.



GETTING HELP

If you are in an abusive relationship, remember that it is not your fault. Know that you do not need to be alone in this; resources are available. It is important to create a supportive network of people you trust (family members, coworkers, friends, victim advocates) so you aren't facing the abuse alone. We want to be part of this supportive network for you.



Speak confidentially with a trained advocate:
Pierce County
Domestic Violence Helpline
253-798-4166
aplaceofhelp.org

Contact Us



718 Court E
Tacoma, WA 98402



253-798-4166



aplaceofhelp.org

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Know
the
Signs

Intimate Partner Violence



WHAT IS INTIMATE PARTNER VIOLENCE?

Intimate Partner Violence (IPV) is a pattern of abusive behaviors that is rooted in power and control. IPV can include a variety of tactics such as physical, sexual, psychological or emotional abuse.

There are many reasons a victim of IPV might stay with their abuser or remain in a shared space. Having children in common, owning property/items together and finances may be among these reasons.

WHO IS RESPONSIBLE?

It is important to remember that intimate partner violence is never the victim's fault. IPV may lead to feelings of guilt, humiliation, fear or intimidation. It is important to remember the individual responsible for the abuse IS the abuser.

HEALTHY VS UNHEALTHY RELATIONSHIP TRAITS

- **Negotiation and Fairness:** seeking mutually satisfying resolutions to conflict, accepting change and being willing to compromise.
- **Non-Threatening Behavior:** encouraging you to be yourself and interacting in a manner that allows you to feel safe.
- **Respect:** listening without judgment, valuing each other's opinions and being emotionally affirming and understanding.
- **Trust and Support:** supporting your goals and respecting your right to your own feelings, friends, activities and opinions.
- **Honesty and Accountability:** accepting responsibility, admitting fault and communicating openly and truthfully.
- **Responsible Parenting:** sharing parenting responsibilities and being a non-violent role model for the children.
- **Shared Responsibility:** mutually agreeing on a fair distribution of work and making family decisions together.
- **Economic Partnership:** making financial decisions together and ensuring both partners benefit from financial arrangements.
- **Using Coercion and Threats:** making and/ or carrying out threats like making you do illegal things.
- **Using Intimidation:** destroying property, displaying weapons and making you afraid by using looks, actions and gestures.
- **Using Emotional Abuse:** putting you down, calling you names, humiliating you and making you feel bad about yourself.
- **Using Isolation:** controlling what you do, who you see or talk to and where you go.
- **Minimizing, Denying, and Blaming:** making light of abuse, not taking your concerns seriously, denying abuse and shifting responsibilities for abusive behavior.
- **Using Children:** using the children to relay messages, visitation to harass you and threatening to take children away.
- **Using Privilege:** treating you like a servant, making all of the big decisions and being the one to define roles.
- **Economic Partnership:** controlling finances and preventing you from keeping or getting a job.

1 IN 3 WOMEN & 1 IN 4 MEN HAVE BEEN VICTIMS OF ABUSE BY AN INTIMATE PARTNER

