

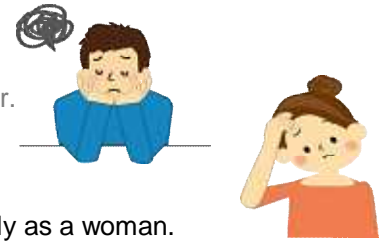
# Domestic Violence (DV)

## Domestic violence is . . .

Person-to-person violence which has intimate relation, such as a spouse or a lover.

**Date domestic violence is like domestic violence, just that the people involved do not live together.**

\* Domestic violence is not limited by gender; the victim can be a man just as easily as a woman.



## Types of Violence

### Physical abuse

Can include acts of physical violence such as hitting, kicking, slapping, throwing things, or choking.

### Mental abuse

Can include abusive language, threats, or telling the other person they are worthless.

### Sexual abuse

Can include forcing sex, refusing to use contraception, or making the other person watch pornography.

### Social abuse

Includes limiting the person's ability to see or associate with family or friends, or monitoring their relationships with other people.

### Economic abuse

Examples include forcing the other person to pay for things on a date, making the other person buy things, always borrowing money without paying it back.

## Things the assailant and the victim need to do to avoid DV...

### 1. Value the importance of oneself

Don't think about the differences between the sexes as "Women should be feminine" and "Men should be masculine". Choose yourself, yourself and value the importance of each others individuality.

### 2. Respect your partner

Accept your partner's way of thinking and values as differences. Do not force your own ways of thinking and values on your partner !

### 3. Value the importance of your partner's right to self determination

Whatever you decide, is your own choice = right to self determination. Value the importance of whatever your partner chooses.

### 4. Sympathize with your partner

Stand in your partner's position and have compassion for them.

### 5. Do not blame your partner for your own feelings

Your emotions are your emotions. Even in a close relationship, you must not blame your partner for your own feelings.

### 6. Do not show angry behavior and actions, explain using words.

If you don't convey your anger to your partner as words, then it will become stressful. Showing your anger by shouting, being displeased and cynical is related to controlling your partner by anger.

## If you are concerned about domestic violence

Do not worry alone; come to the Health Clinic, the Counseling room or the Student Office. Your case will be kept strictly confidential. Let's resolve it together!

