



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by The Haven Project at the Center for Health and Well-Being

October 7, 2013

Domestic Violence Awareness Month

*Get involved, save a life
& know the facts*

- ◆ One in every 4 women will experience domestic violence in her lifetime.
- ◆ An estimated 1.3 million women are victims of physical assault by an intimate partner each year.
- ◆ 85% of domestic violence victims are women.
- ◆ 33% of people in same sex relationships experience violence- a rate comparable to heterosexual relationships.
- ◆ Females who are 20-24 years of age are at the greatest risk of nonfatal intimate partner violence.
- ◆ 1 in 10 men in the US have experienced rape, physical violence, and/or stalking by an intimate partner.

NCADV.ORG and PCADV

Effects of Domestic Violence

◆ Physical Injuries

Victims may sustain minor injuries (cuts, bruises, scratches, & welts) and/or severe injuries which can result in death and disability (broken bones, internal bleeding, & head trauma).

◆ Emotional Harm

Victims may experience trauma symptoms (flashbacks, panic attacks, trouble sleeping), low self-esteem, difficulty trusting and being in relationships, eating disorders, and/or depression (which can lead to suicide)

◆ Maladaptive Behaviors

Domestic violence has been linked to maladaptive behaviors which victims may use to cope such as smoking, drinking, taking drugs, or engaging in risky sexual activity.

Adopted from PCADV and CDC

Warning Signs

Victims of domestic violence may exhibit the following warning signs:

- ◆ *Inconsistent explanations*
- ◆ *Maladaptive coping mechanisms*
- ◆ *Injuries in multiple stages of healing*

If you see these signs in someone else or experience violence in your own relationship, help is available.

Safety

University Police (Office hours only).....724-464-3825

Medical Care

Indiana Regional Hospital.....724-357-7000

Advocacy/24 hour hotline

Alice Paul House.....724-349-4444

Education

The Haven Project.....724-357-4799

Counseling Service

The Haven Project at The Counseling Center.....724-357-2621

Since its start in 1981, **October** has been set aside as Domestic Violence Awareness Month.



It's a time to *celebrate survivors, empower victims, and speak out together!*

What is Domestic Violence?

- ◆ Domestic violence is a pattern of coercive behavior that is used by one person to gain power and control over another in an intimate relationship or a family.
- ◆ Intimate Partner Violence occurs between people in a close relationship. Abusive behaviors range in severity and type; they exist on a continuum from one incident to regular episodes of violence.

Four Main Types of Domestic or Intimate Partner Violence

◆ Physical Abuse

Hurting or trying to hurt a partner by hitting, kicking, or using other forms of physical force.

◆ Sexual Abuse

Forcing, manipulating, or coercing someone into unwanted sexual activity.

◆ Verbal Abuse

Use of words, gestures, weapons, or other means to communicate an intent to cause harm.

◆ Emotional Abuse

Threats of harm to a partner's self-worth. Examples are stalking, intimidating, name-calling, or isolating the partner.

Domestic Violence can happen to people of all racial, economic, educational, religious backgrounds. It is not limited to heterosexual relationships; it can occur in same gender relationships. The majority of adult victims are women.

Adopted from PCADV and CDC

IUP and the Indiana Community are

"Teaming Up Against Domestic Violence"
Saturday, October 19th, 2013 at 1PM

At the IUP football game

Wear purple to support survivors of Domestic Violence. Visit **The Haven Project's** table and enter to win a \$25 Co-Op Store gift card raffle!



YOU'RE NOT ALONE

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Special thanks to The Co-Op Store for their generous donation and joining us as a co-sponsor to "Team Up Against Domestic Violence"