

Domestic Abuse

Domestic abuse, also called "domestic violence" or "intimate partner violence", can be defined as a pattern of behaviour in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviours that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone.

Domestic abuse can happen to anyone of any race, age, sexual orientation, religion, or gender. It can occur within a range of relationships including couples who are married, living together or dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

Education about abuse is an important first step for victims seeking help, or for those who are unaware they are in an abusive relationship.

The **What is Domestic Abuse?** resource provides an overview of abuse, including common reactions to abuse, reasons why people stay in abusive relationships, and other helpful information. This worksheet can be used to provide basic education and to help victims see they are not alone.

Resources:

What is Abuse?

Types of Abuse?

What is Domestic Abuse?

<https://www.un.org/en/coronavirus/what-is-domestic-abuse>

Stop Domestic Abuse

<https://stopdomesticabuse.uk/>