



Contact

# DOMESTIC VIOLENCE

45% of American Indian/Alaska Native women have experienced intimate partner violence, and 1 in 7 men is a victim of intimate partner violence.



## TYPES OF ABUSE



- Physical
- Sexual
- Emotional
- Verbal
- Financial
- Reproductive Coercion
- Digital
- Stalking

## SIGNS AND SYMPTOMS

- Telling you that you never do anything right.
- Showing extreme jealousy.
- Preventing or discouraging you from spending time with others.
- Insulting, demeaning, or shaming you.
- Preventing you from making your own decisions.
- Controlling finances in the household.
- Pressuring you to have sex or perform sexual acts.
- Pressuring you to use drugs or alcohol.
- Threatening to harm or take away your children or pets.
- Intimidating you with weapons like guns, knives, bats, or mace.
- Destroying your belongings or your home.

## CREATING A SAFETY PLAN



- Plan how you will be leaving the violence
  - Plan how you will handle children and pets
- Inform a trusted person
- Inform legal services as soon as possible

## KEY MESSAGES

You are NOT alone

Tell Someone

You do NOT deserve this

Do NOT feel ashamed

There is a WAY out

There is light at the end of the tunnel

## IHS PREVENTION PROGRAMS

- Sources of Strength- Peer Leaders help those that have been affected
- Traditional Healing- Using herbal remedies, burning sage, meditating and using Healers to cope
- Depend No More- Focusing on Substance Abuse
- Journaling
- Documentaries
- Webinars