

FEMALE FORCE READINESS
NAVY MEDICINE OPERATIONAL CLINICAL
COMMUNITY



Understanding Intimate Partner Violence

*An introduction to intimate partner violence, warning signs,
and resources available to victims*

Enabling Objectives

After today's training, participants will have a baseline understanding of intimate partner violence and the resources available to support victims.

- 1** | Identify who may be at risk of being a victim or perpetrator of intimate partner violence.
- 2** | Identify warning signs of intimate partner violence.
- 3** | Understand the risks of remaining in a violent relationship.
- 4** | Know the resources available to assist a victim of intimate partner violence.

Understanding Intimate Partner Violence

Intimate partner violence is a preventable, but potentially deadly public health problem affecting millions of men and women.

What is Intimate Partner Violence?^{1,2,3,4}

- Abuse or aggression that occurs in a romantic Relationship and/or continues after a relationship has ended.
- Behavior from a current or former intimate partner involving physical, sexual, or psychological abuse.
- Intimate partner violence may present as acts of physical aggression, sexual coercion, and various forms of emotional and psychological manipulation.

Intimate Partner Violence ...

- Can occur between **heterosexual or same-sex partners**;
- Can include **demeaning or threatening comments, humiliation tactics, stalking**, and demands to know the "*who and where*" of the partner at all times;
- Can include **isolation or removal of free will** and independence from the victim through various acts;
- **Does not require sexual intimacy**;
- Is a serious and **preventable public health problem** affecting millions of Americans.

Approximately 21% of active-duty men and women report being victimized within the past 12 months.³

Signs and Risks of Abusive Relationships

Signs of abuse and vulnerabilities of becoming a victim of intimate partner violence are nuanced and not one-size-fits all.

Signs of an Abusive Relationship

- Sabotage
- Belittling
- Guilting
- Deflecting responsibility
- Manipulation
- High emotional intensity
- Volatility
- Possessiveness
- Stalking
- Isolation
- Betrayal

What Are The Vulnerabilities of Becoming a Victim of Intimate Partner Violence?^{6,7}

It is important to remember that many factors can influence someone's risk of becoming a victim of intimate partner violence. This is neither an exhaustive or conclusive list of potential factors.

- Alcohol and drug use
- Experienced adverse childhood events
- Witnessed intimate partner violence
- Mental illness (depressive symptoms)
- Young age
- Relationship dissatisfaction
- Low self-esteem
- Poverty / low income
- Racial / ethnic minority
- Lesbian, Gay, Bisexual, Transexual, Questioning

Warning signs of an abusive relationship can present in various ways, even one or two of the above signs can indicate an unhealthy relationship.

Risk Factors for Intimate Partner Violence Perpetration

Below are examples of individual risk factors that are linked to a greater likelihood of intimate partner violence perpetration.

Individual Risk Factors for Intimate Partner Violence Perpetration⁵

The following individual factors are associated with a higher likelihood of perpetuating intimate partner violence. However, these factors are not direct causes and only highlight circumstances that may make one more susceptible to perpetration.

- Young age
- Low self-esteem
- History of being abused during childhood (strongest predictor)
- History of aggression, delinquency, or physical abuse toward others
- Relationship tension (i.e., anger and hostility)
- Economic stress or employment instability
- Depression, suicide attempts, or suicidal ideation
- Belief in strict gender roles (e.g., male dominance and aggression in relationships)
- Lack of social problem-solving skills
- Heavy alcohol or drug use
- Raised in a household without positive family role models

Approximately **1 in 2 women** and **1 in 3 men** will experience intimate partner violence during their lifetime^{4,9}

Dangers and Prevalence of Intimate Partner Violence

Intimate partner violence is preventable; however, 61 million women and 53 million men in the US have experienced psychological aggression by an intimate partner in their lifetime.⁸

DANGERS OF REMAINING IN AN ABUSIVE RELATIONSHIP

What are the **risks** of staying in an abusive relationship?⁸

- Development of mental health conditions such as depression and post-traumatic stress disorder
- Chronic physical health problems
- Substance abuse
- Increased risk of death

BY THE NUMBERS

- Approximately **1 in 2 women** and **1 in 3 men** will experience intimate partner violence during their lifetime^{4,9}
- About **1 in 5 women** and **1 in 13 men** have experienced sexual violence by an intimate partner⁸
- **14% of women** and **5% of men** reported having been stalked by an intimate partner⁸

Intimate partner violence **should be taken seriously** by you and your leadership. Knowing the risks, warning signs, and resources available to you is **essential**.

Resources to Support Victims

Please review the following reporting pathways and resources available to victims of intimate partner violence.

Reporting Pathways per DODI 6400.06:

- 1 Restricted Report:** This allows one to confidentially disclose an intimate partner violence-related incident, receive medical treatment, and victim advocacy without triggering an investigation.
- 2 Unrestricted Report:** This allows one to disclose an intimate partner violence-related incident, starts an official investigation, and prompts command notification.

Resources Available within the MHS

- **Primary Resource:** Family Advocacy Program
- Chaplain Services
- Base Legal Services
- Military Mental Health Resources
- Military One Source: 1-800-342-9647

Resources Available outside of the MHS

- [National Domestic Violence Hotline](#)
1-800-799-SAFE(7233)
- [National Sexual Violence Assault Hotline](#)
1-800-656-HOPE(4673)
- Local Emergency Department
- Off-Base Crisis Services

2 in 5 women will be negatively impacted by ongoing concerns for safety, fearful thoughts, injury, or post-traumatic stress⁹

Additional Resources

Please review the following reporting pathways and resources available to victims of intimate partner violence.

- 1** | Safe Helpline App
<https://www.safehelpline.org/app>
- 2** | DocuSAFE
<https://www.techsafety.org/docusafe>
- 3** | Intimate Partner Violence: Leadership Guide
https://www.med.navy.mil/Portals/62/Documents/NMFA/NMCPHC/root/Health%20Promotion%20and%20Wellness/Women's%20Health/Documents/Resources_for_Leadership/Intimate_Partner_Violence_Leadership_Resource_05JUN23.pdf
- 4** | Rape, Abuse & Incest National Network
<https://www.rainn.org/new-rainn-mobile-app-offers-survivors-loved-ones-another-option-support>
- 5** | Tech Safety App
<http://techsafetyapp.org/>
- 6** | Intimate Partner Violence: Patient Reporting Flowchart
https://www.med.navy.mil/Portals/62/Documents/NMFA/NMCPHC/root/Health%20Promotion%20and%20Wellness/Women's%20Health/Documents/Mental_Health/Intimate_Partner_Violence_Patient_Reporting_Flowchart_FNL.pdf

References

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2. Navy Medicine Female Force Readiness Operational Clinical Community: Leadership Guide: Intimate Partner Violence: ([Link](#))
3. Cowlshaw S. *et al.* Intimate Partner Violence (intimate partner violence) in Military and Veteran Populations: A Systematic Review of Population-Based Surveys and Population Screening Studies: ([Link](#))
4. Intimate Partner Violence: Intimate Partner Violence, Sexual Violence, and Stalking Among Men. Last reviewed 01JUN2020. CDC. Retrieved from: ([Link](#))
5. Intimate Partner Violence: Risk and Protective Factors for Perpetration. Last reviewed 02NOV2021. CDC. Retrieved from: ([Link](#))
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8. Intimate Partner Violence: Fast Facts. Last reviewed 02NOV2021. CDC. Retrieved from: ([Link](#))
9. Intimate Partner Violence: Risk and Protective Factors for Perpetration ([Link](#))
10. DoD 6400.06: DoD Coordinated Community Response to Domestic Abuse Involving DoD Military and Certain Affiliated Personnel ([Link](#))