



LEADERSHIP GUIDE

INTIMATE PARTNER VIOLENCE

Intimate partner violence (IPV), often called domestic violence, is a serious, preventable public health problem affecting millions of Americans. IPV describes physical, sexual, or psychological harm or stalking by a current or former spouse or dating partner. IPV can occur between heterosexual couples or same-sex couples and does not require sexual intimacy.

PREVALENCE OF IPV

Per the most recent National Intimate Partner and Sexual Violence Survey (2017):

- **1 in 2 women** will experience IPV during their lifetime
- **2 in 5 men** will experience IPV during their lifetime
- **2 in 5 women** will be negatively impacted by IPV
- **1 in 4 men** will be negatively impacted by IPV

*Negative impacts associated with IPV could include safety concerns, fearful thoughts, injury, post-traumatic stress disorder (PTSD) symptoms, and the need for law enforcement intervention.

Women seeking mental health treatment report **high rates of IPV** (30% of women in outpatient settings and 33% in inpatient settings). Informal focus groups with women who self-identified as consumers of mental health services found **a majority experienced IPV, but few had been asked about it by their healthcare providers**. Most reported they were interested in receiving information about resources for support in their communities.

TRAITS OF HEALTHY VS. UNHEALTHY RELATIONSHIPS

Reference: Joinonlove.org

HEALTHY RELATIONSHIPS

- Comfortable pace
- Trust
- Healthy conflict
- Fun
- Honesty
- Independence
- Respect
- Equality
- Kindness
- Taking responsibility

UNHEALTHY RELATIONSHIPS

- Intensity
- Possessiveness
- Manipulation
- Isolation
- Sabotage
- Belittling
- Guilt
- Volatility
- Deflecting responsibility
- Betrayal

IPV AND READINESS

IPV is more than a personal issue. It is a **READINESS** issue. Educating and empowering service members is crucial to ensuring a healthy and ready force. It is critical that service members understand signs of **healthy relationships and signs of unhealthy relationships which can be warning signs of IPV**, and know **where to seek help for both themselves and their fellow Sailors and Marines. The severity of IPV can vary**. Please review the **resources below** for further education and methods of how to intervene.

RESOURCES



Evidence shows that if we **intervene** in the 'warning sign phase', most IPV incidents can be avoided. In addition to Command Leadership, Chaplain services, and Embedded Medical/Mental Health, please ensure your Sailors and Marines are aware of additional resources for seeking help:

Family Advocacy Program (FAP)

- <https://ffr.cnic.navy.mil>

Sexual Assault Prevention & Response (SAPR)

- <https://www.sapr.mil/>

Veterans Crisis Line

- Dial 988, then press 1
- Text 838255
- <https://www.veteranscrisisline.net/>

DoD Safe Helpline

- (877)995-5247
- <https://www.safehelpline.org/index>

National Sexual Assault Hotline

- (800)656-4673(HOPE)
- <https://www.rainn.org>

Love is Respect

- (866)331-9474
- Text "LOVEIS" to 22522
- <https://www.loveisrespect.org/>

National Domestic Violence Hotline

- (800)799-7233(SAFE)
- Text "START" to 88788
- thehotline.org

Military Mental Health Resources

- mhanational.org

One Love

- <https://www.joinonlove.org/>

CDC Information on IPV

- <https://www.cdc.gov/violenceprevention/intimatepartnerviolence>

Service members that receive threats of death or physical assault directed towards themselves, a child, or pet, should be encouraged to seek help **immediately** through the above resources and/or contact the police. **If a service member was physically or sexually assaulted**, especially if strangulation was involved, they should seek **immediate care** by presenting to the emergency room and forensic health examiners.

For more information check out [Military One Source](#) or contact your local Family Advocacy Program (FAP).

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