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Common Myths vs. Facts about Domestic Abuse

In order for our community to have a better understanding on the issue of domestic violence, we have to start with the facts. Below, are a few common myths about domestic violence.

Myth	Fact
Domestic violence is only physical.	Domestic violence does not need to be physical to be abuse and in fact comes in many forms, including but not limited to, physical, emotional, verbal, sexual and economic.
Domestic violence doesn't affect many people.	1 in 4 women and 1 in 7 men will be a victim of domestic violence in her or his lifetime. We also know that only around 1/4 of physical assaults by an intimate partner are ever reported to law enforcement.
When abusers hurt their partner, it is because they are out of control in a moment of rage.	Abusing is NOT an anger management problem. Abusing is a purposeful and deliberate behavior aimed at gaining power and control over another person.
Alcohol and drug use is a major cause of domestic violence.	Although alcohol and drugs are often associated with domestic violence, they do not cause the violence. An abuser may use alcohol as an excuse for the violence, or alcohol may prevent them from realizing the level of force they are using, but alcohol is not the cause.
One-time incidents	Domestic violence shows a

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The Mask You Live In Film Screening



You're invited to a community screening of the documentary *The*

aren't a big deal.	clear pattern of escalation: It often begins with minor mistreatment and later escalates to more severe- and even life-threatening-abuse.
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Mask You Live In. The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. The film screening will be followed by a community discussion on healthy masculinity.

Wednesday, Sept 28
5:00 p.m. - 7:15 p.m.
Goodman Community Center

This event is free and open to the public. **Please RSVP for yourself and any guests you plan to bring.**

The 2016 Community Education Events aim to educate the community about the issue of domestic violence through community education, training and outreach.

Action Steps

1. Take a look at one more myth that is shared by DAIS Board Member Ryan Behling: **Myth: Domestic violence only happens at home.**
2. Keep an ear out for misconceptions about domestic abuse like the myths you learned about above. With an informed community, with the help of individuals like you, we can make a difference in the lives of victims of domestic abuse.
3. Share the **Power of One** with two friends, family members or colleagues. In order to create a real shift in culture, we need to spread the message and raise awareness that everyone has a role to play when it comes to eliminating domestic abuse. Together we can change the culture.

Power of One

We all have the power to change harmful attitudes, to speak up, and to support the work to end domestic abuse. It is the power of one voice, one message, one conversation, one intervention. The act of helping one leads to the impact of helping all.
One. And for all.



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