



October 2020 Newsletter
Domestic Abuse & Related Topics
Molly Conway, M.S Education

Did You Know?...

- Domestic abuse is not limited to physical abuse. Other forms of abuse include emotional, psychological, sexual, spiritual/religious, economic/financial and virtual/cyber-based abuse.
- Domestic abuse affects all cultures, communities and socioeconomic groups worldwide.
- In New Mexico, 1 in 3 women experience domestic abuse.
- In New Mexico, 1 in 3 children are present when domestic abuse occurs; 50% of these children are under the age of 12.
- Approximately 20% of female high school students and 13% of male high school students in the United States have reported that they have been physically or sexually abused by a dating partner.
- Someone who is being abused might appear afraid, anxious and depressed, express suicidal thoughts and intentions, talk about their partner's temper, jealousy or possessiveness, receive controlling, threatening and/or mean phone calls/texts from their partner or may be

required to frequently check in with their partner to report what they are doing, who they are with and where they are.

- Abusers isolate their victims by restricting or forbidding visits with friends and family, not allowing their partner to have access to money, credit cards, a car or to have a job or go to school.
- When a survivor of domestic abuse has made the decision to leave an abusive relationship and is actively taking steps to do so, the potential for lethal violence increases significantly.
- Healthy relationships are built on respect, honesty, trust, boundaries, consent and good communication skills.
- In healthy relationships people honestly and respectfully share their thoughts and feelings, honor each other's boundaries, **never** use physical force and/or emotional put downs and learn how to use good communication skills to work through disagreements.
- Many people don't realize that they are in an unhealthy relationship because they have become accustom to abusive behavior. It is important to know that any form of abuse is not ok, acceptable or normal.
- Being told what to do, who to spend your time with, being put down, yelled at, hit, grabbed, shoved, strangled, threatened and/or being forced to do anything with your body are all signs that you are in an unhealthy relationship.
- Esperanza Shelter is a non-profit domestic abuse agency that provides safe, confidential nonresidential support services and residential transitional housing services. If you think you may be in an unhealthy relationship, we can help.