

Healthy Living

Information from the American Chiropractic Association & Dr. Joel Fugleberg

Reporting Domestic Violence

According to domesticviolence.org, “Domestic violence and emotional abuse are behaviors used by one person in a relationship to control the other.” Violence can be criminal and includes physical assault (e.g., hitting, pushing, shoving, etc.), sexual abuse (e.g., unwanted or forced sexual activity), and stalking. Although emotional, psychological and financial abuses are not always criminal behaviors, they are forms of abuse and can lead to criminal violence.

Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

Detecting Abuse

The ability to identify and report domestic violence is often difficult due to the excuses that victims use to cover for their abusers. According to the National Domestic Violence Hotline, you may be in an emotionally abusive relationship if your partner:

- Calls you names, insults you or continually criticizes you.
- Does not trust you and acts jealous or possessive.
- Tries to isolate you from family or friends.
- Monitors where you go, who you call and who you spend time with.
- Does not want you to work.
- Controls finances or refuses to share money.
- Punishes you by withholding affection.
- Expects you to ask permission.
- Threatens to hurt you, the children, your family or your pets.
- Humiliates you in any way.

According to the National Domestic Violence Hotline, you may be in a physically abusive relationship if your partner has ever:

- Damaged property when angry (e.g., thrown objects, punched walls, kicked doors, etc.).



- Pushed, slapped, bitten, kicked or choked you.
- Abandoned you in a dangerous or unfamiliar place.
- Scared you by driving recklessly.
- Used a weapon to threaten or hurt you.
- Forced you to leave your home.

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- Trapped you in your home or kept you from leaving.
- Prevented you from calling police or seeking medical attention.
- Hurt your children.
- Used physical force in sexual situations.

Your doctor of chiropractic provides a safe haven for you to discuss abuse and allows an opportunity for you to seek help without fear.

National Domestic Violence Hotline

When a victim of abuse turns to the Internet for help, and specifically the National Domestic Violence Hotline at the www.thehotline.org the following alert appears on the computer screen:

SAFETY ALERT!

Computer use can be monitored and is impossible to completely clear. If you are afraid your internet and/or computer usage might be monitored, please use a safer computer, and/or call the National Domestic Violence Hotline at **1-800-799-SAFE(7233)** or TTY **1-800-787-3224**.

QUICK ESCAPE

To immediately leave our site and redirect to an unrated site, **click the red escape button** (shown above) in the top right corner on our website. Please test this feature **RIGHT NOW** to ensure that it works properly and that you are familiar with its function.

OK

Domestic Violence Survey¹

According to the Centers for Disease Control and Prevention's 2010 The National Intimate Partner and Sexual Violence Survey (NISVS), on average, 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States. Over the course of a year, that equals more than 12 million women and men. Those numbers only tell part of the story—more than 1 million women are raped in a year and over 6 million women and men are victims of stalking in a year.

More than 1 in 3 women (35.6%) and more than 1 in 4 men (28.5%) in the United States have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime.

Impact of Violence by an Intimate Partner

Nearly 3 in 10 women and 1 in 10 men in the United States have experienced rape, physical violence, and/or stalking by an intimate partner and reported at least one impact related to encountering these or other forms of violent behavior in the relationship (e.g., being fearful, concerned for safety, post-traumatic stress disorder (PTSD) symptoms, need for health care, injury, contacting a crisis hotline, need for housing services, need for victim's advocate services, need for legal services, missed at least one day of work or school).

These findings emphasize that sexual violence, stalking, and intimate partner violence are important and widespread public health problems in the United States. ■

Source:

Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M.R. (2011). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.



Dr. Joel Fugleberg is a chiropractor, fitness advocate, author, and health & wellness speaker in St. Paul, MN. His mission is to empower others to take a proactive approach in their health, through the use of chiropractic and other natural strategies, to achieve optimal function and wellness. With his background, he has helped thousands reach a higher level of health in his community.

If you would like to schedule a consultation, or to have Dr. Joel speak at your organization or event, he can be reached at the contact info listed below.

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