

# WHAT IS DOMESTIC VIOLENCE?

DOMESTIC VIOLENCE IS A LONG-TERM PATTERN OF **POWER AND CONTROL** TECHNIQUES IN AN INTIMATE RELATIONSHIP, WHICH MAY INCLUDE PSYCHOLOGICAL, EMOTIONAL, ECONOMIC, SEXUAL, PHYSICAL AND LEGAL ABUSE, DESIGNED TO **INTIMIDATE** AND/OR **ISOLATE** THE PERSON.

IT IS A LEARNED BEHAVIOR.  
IT IS LEARNED THROUGH OBSERVATION.  
IT IS LEARNED THROUGH EXPERIENCE.  
IT IS LEARNED THROUGH REINFORCEMENT.  
IT IS LEARNED IN THE FAMILY.  
IT IS LEARNED IN COMMUNITIES.

DOMESTIC VIOLENCE IS **NOT** DIRECTLY CAUSED BY:

- GENETICS
- ILLNESS
- ALCOHOL AND/OR DRUGS
- ANGER
- STRESS
- BEHAVIOR OF THE OTHER PERSON IN THE RELATIONSHIP
- PROBLEMS IN THE RELATIONSHIP

