

Intimate Partner Violence (IPV)



What is Intimate Partner Violence?

According to the World Health Organization (WHO), IPV is defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. “Intimate partner” refers to both current and former spouses and dating partners. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. IPV can vary in how often it happens and how severe it is.

Intimate Partner Violence can happen to anyone of any race, age, sexual orientation, religion, or gender. It can occur within a range of relationships including couples who are married, living together or dating. Domestic violence affects people of all socioeconomic backgrounds and education levels. Incidents are rarely isolated, and usually escalate in frequency and severity.

Those Impacted by Intimate Partner Violence

Anyone can be abusive, and anyone can be the target of abuse. Feelings of confusion, fear, or anger are normal responses to IPV. Additionally, you may feel isolated or like no one will understand.

Domestic violence can also strain the people who witness, intervene, or recognize the tragic realities of relationship abuse. It can be painful and draining — physically, mentally, emotionally, and financially — to watch the people in our lives abuse or be abused. In that regard, we are all impacted by any and all forms of abuse. This means it’s on each of us to take steps in our daily interactions to end and prevent future abusive behavior.

Regardless of the circumstances of your relationship or past, no one ever deserves to be abused and you are never responsible for your partner’s abusive actions.

If you or someone you know is suffering from intimate partner violence, get help now.

The National Domestic Violence Hotline: thehotline.org | 800.799.7233 | text “START” to 88788
Expert advocates from The Hotline are available 24/7. They can talk through your situation and help you build a safety plan tailored to your circumstances.

For additional support and guidance, reach out to the EAP or visit EAP4YOU.com