

UNDERSTANDING THESE ISSUES

Sexual assault, domestic violence, and child abuse and neglect can have profound and long-lasting effects on survivors' lives. At Joyful Heart, we are committed to connecting our community to information and resources about these types of violence.



In the United States,

1 in 3 women

and

1 in 6 men

are survivors of sexual violence.



Sexual assault and rape are **never** a victim's fault.

Sexual assault and rape are crimes motivated by a need to control, humiliate, and harm.

If a victim does not fight the acts, it does not mean consent.



Women in the U.S. are more likely to be killed by an intimate partner than by anyone else.

55% of homicides of women involved domestic violence.

93% of these were killed by current or former boyfriends, husbands, and partners.

Every day, 3 women are killed by an intimate partner.

Source: Petrosky E, Blair JM, Betz CJ, Fowler KA, Jack SP, Lyons BH. Racial and Ethnic Differences in Homicides of Adult Women and the Role of Intimate Partner Violence – United States, 2003–2014. MMWR Morb Mortal Wkly Rep 2017;66:741–746. DOI: <http://dx.doi.org/10.15585/mmwr.mm6628a1>.



A partner in a healthy relationship responds to problems by talking.

The partner should not turn to controlling or abusive behavior. You have a right to be treated with respect by your partner.



Every year, U.S. child protective services referrals involve **6.6 million children.**

91% of perpetrators are parents.

78% of child deaths involve at least one parent.

Source: U.S. Department of Health & Human Services, Administration for Children and Families, Administration on Children, Youth and Families, Children's Bureau. (2017). Child Maltreatment 2015. Available from <http://www.acf.hhs.gov/programs/cb/research-data-technology/statistics-research/child-maltreatment>.



Many abusive adults convince children to be silent or lie about the abuse.

Some signs of child abuse include:

- Bruises
- Difficulty connecting with others
- Avoiding a specific person or place
- Difficulty walking or sitting
- Feelings of shame or guilt



Regular interactions with trauma can take a toll on support professionals.

Self-care is important for healing practitioners to maintain day-to-day health.

Simple activities include journaling, practicing yoga, and listening to soothing music.

