



# October is *Domestic Violence* Awareness Month

Kathy's  
Legacy

## NATIONAL DOMESTIC VIOLENCE PREVENTION AWARENESS MONTH

October is National Domestic Violence Awareness Month (DVAM) in the United States. It was first observed in October 1987 with the goal of preventing and eradicating domestic violence in our community. Since its inception, DVAM advocates continuing to promote and honor the three key themes, namely: mourning those who have died due to domestic violence, celebrating those who have survived, and connecting these great men and women working to end this domestic violence often not talk about. Thanks be to God, in 1989, U. S. Congress passed Public Law 101-112 designating October as National Domestic Awareness Month. In this reflection paper, I will try to define DV, explain types of DV, and some causes of DV.

### **What then is Domestic Violence (DV)?**

Domestic Violence is defined as “a pattern of physical and psychological abuse, threat, intimidation, isolation, or economic coercion used by one person to exert power and control over another person in the context of a dating, family, or household relationship” ( Centralized Training Institute, Chicago Metropolitan Battered Women’s Network Domestic Violence 40-Hour Training, 2013.p21). Domestic Violence is about violence or other abuse that occurs in a domestic environment in marriage or cohabitation. About 85% of DV victims are women. In the United States, nearly every 1 in 2 women and 2 in 5 men reported experiencing intimate partner violence at some point in their lifetime (Break the Cycle, updated report Sept. 19, 2024).

### **Types of DV**

Physical DV. This includes the victimizer’s uses of physical force: beating, pushing, biting, the use of weapons, etc., on the victim.

Sexual DV happens in a variety of ways: forcing a partner sexually, unwanted kissing, touching, rape, sexual insults, etc.

Economic DV may include forbidding your loved one from working, work with no pay, controlling his/her use of money, misuse of his/her debit/credit cards, ruining his/her bank account, etc.

Spiritual DV happens when you forbid/prevent him/her from practicing his/her religious/spiritual beliefs.

Psychological DV: This occurs when the perpetrator uses tactics like isolating his victim from her/his kids, verbal attacks, or uses threats against people or things that his/her victim holds dearly.

### **Causes of DV**

Many researchers and advocates against DV are in total agreement that DV is a learned behavior, not hereditary. No one is born with DV genetic traits. Research indicates that boys of the most violent parents are a thousand times more likely to abuse their wives (Straus, M.A, Gelles, R.J. Steinmetz, S, Behind Closed Doors. Doubleday. Anchor. 1980). According to a CDC survey in 2010, 20 Americans experience intimate partner physical violence every minute.

DV is not caused by anger, stress, alcohol, other drugs, or mental health. It is all about POWER AND CONTROL that the perpetrator uses against his/her victim.

DV can be found in every race, religion, socio-economic, and political environment.

In my next week’s reflection paper, I will focus on some red flags, adverse effects, and how to prevent DV.

To conclude, I am very grateful to these great men and women who are always fighting to end DV. I am also very proud of those men/women who had the courage to confront their perpetrators, and to those who lost their lives; may God grant them eternal rest, and consolation and healing to their loved ones.

As always, you may reach out to me with clarifications or questions regarding this paper.

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