

# HEALTH IN OUR HANDS!

The Arkansas State University Wellness Program Newsletter  
www.clt.astate.edu/wellness



## Domestic Violence

Domestic violence involves a person in an intimate relationship who establishes dominance over their partner using intimidation through threats or violence.

### Celebrities & Domestic Violence

There are several cases that the media has made public in the last few years concerning domestic violence. We have all heard about Rihanna and Chris Brown and Chad "Ochocinco" Johnson and Evelyn Lozada. Celebrities seem to face consequences long after the violence has ended.

### Victims

Anyone can be affected by domestic abuse. Although women are most commonly the victims, men are also victims of domestic violence. People most at risk are:

- Women ages 20-24
- American Indian and Alaskan Native women who experience the highest rates
- Immigrants

- Individuals with low socioeconomic status
- Older women whose cases are more likely to go unreported

### Prevalence in the US

- One in four women will experience domestic violence in their life
- In 2005, women experienced two million injuries from a partner
- In 2007, there was an average of 500 rapes per day
- One in three women that are a victim of homicide are murdered by their partner

### Early Signs of Abuse

Many times victims do not recognize that they are involved in an unhealthy relationship. In early stages, partners may seem attentive and protective, but this can lead to being controlling and/or violent.

Early signs include:

- ✓ Tracking a partners every move

- ✓ Jealousy at any attention from others
- ✓ Pressures you into things you don't want to do
- ✓ Quick whirlwind romance

Questions to ask yourself:

- ✓ Are you afraid of your partner?
- ✓ Has your partner ever hurt you or threatened to hurt you?
- ✓ Do you worry about your partners moods?
- ✓ Does your partner give excuses for his/her behavior?

### Violence among Teens

Teen dating violence is becoming a major problem affecting teens today. One in three adolescent girls claim to be a victim of physical, emotional, or verbal abuse from a dating partner. More than one in four teens report that they have experienced some form of cyber stalking. More than half of teen girls report that they sent "sexts" because of pressure from a guy.

Young victims of violence are more likely to:

- Use drugs
- Engage in unhealthy diet behaviors
- Engage in risky sexual behaviors
- Have low self-esteem
- Attempt or consider suicide.

### Consequences of Violence

There are many consequences to domestic violence including mental and physical effects. Some of the effects include:

- Depression
- Sleep disruption
- Anxiety
- Substance abuse
- Post-traumatic stress disorder
- Homelessness
- Heart disease
- Hypertension
- Arthritis
- Asthma

### Effects on Families

In the United States, 15.5 million children live with families where domestic violence has occurred at least once in the past year. Seven million children live in homes where severe partner violence occurred. In 2008, 16,458 children were living in a domestic violence shelter or transitional housing facility. Girls who witness domestic violence are more likely to become victims, and boys that witness the violence are more likely to become abusers. Children who live in homes with domestic violence become sick more often, have frequent headaches, stomach aches, and are more lethargic. Not

all children react the same way to violence. Children can become fearful, inhibited, aggressive, depressed, suffer from disturbed sleep, have problems eating, and have difficulties at school and with friends.

### Addressing the Issue

President Clinton signed the Violence Against Women Act as part of the Violent Crime Control and Law Enforcement Act of 1994. In the past year there has been efforts to combine tough federal penalties and substantial resources to the states. There have been efforts to educate people that domestic violence is not a private matter, there are options for help, and aggressive prosecutions. There is a need to continue to educate the next generation that violence is not the answer, to train more health care providers to assess patients for abuse, implement workplace prevention and victim support programs, and making services available to all victims including immigrants and children.

### Where to go for Help

You cannot stop the abuse yourself; only your partner can decide to stop. Talk to someone you trust. Tell your physician, nurse or therapist about the abuse. Local places to call for information or help include:

- Call the National Domestic Violence Hotline 1-800-799-SAFE (7233)
- Call the Jonesboro police if you are in danger (870) 935-5553

- Women's Crisis Center of Northeast Arkansas (870) 972-9575  
Hotline: (870) 933-9449  
Website: [www.keepnewomensafe.com](http://www.keepnewomensafe.com)
- ASU Counseling Center  
Located in Reng Student Service Center suite 2203  
(870) 972-2318

### References

- <http://www.futureswithoutviolence.org/>
- <http://www.safehorizon.org>
- <http://www.ncadv.org>
- <http://www.nlm.nih.gov>
- <http://www.dm.usda.gov>
- <http://www.radaronline.com/domestic-violence-charge-nfl-career>
- [http://en.wikipedia.org/wiki/Chris\\_Brown](http://en.wikipedia.org/wiki/Chris_Brown)

### Upcoming Events:

- September 8 – Alzheimer's walk 8:30 am ASU campus
- September 29 – Heart & Sole 5K walk/run 7:15 am downtown Jonesboro
- October 20 – Susan G. Komen Race for the Cure 8 am Little Rock, AR

### Other News:

\*\*If you have any suggestions for newsletter topics, please contact Dean Susan Hanrahan at [hanrahan@astate.edu](mailto:hanrahan@astate.edu).  
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The Arkansas State University Employee Wellness Newsletter is published monthly during the academic year by the College of Nursing and Health Professions. Health questions can be addressed to Dean Susan Hanrahan, Ph.D., ext. 3112 or [hanrahan@astate.edu](mailto:hanrahan@astate.edu). Produced by Michelle Williams, graduate student in the College of Nursing and Health Professions, Physical Therapy Program.