

WHAT COVID-19 TAUGHT US ABOUT DOMESTIC VIOLENCE

SANU DIENG



- RACISM
- SYSTEMIC OPPRESSION
- HOUSING DISPARITIES
- NEED FOR LIVABLE WAGES
- ACCESS TO QUALITY
HEALTHCARE
- FOOD INSECURITY
- HOMELESSNESS
- UNEMPLOYMENT



DOMESTIC VIOLENCE/INTIMATE PARTNER VIOLENCE

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DOMESTIC VIOLENCE/INTIMATE PARTNER VIOLENCE

SHARED FEELINGS & CHALLENGES



CONCERNS OF PERSONAL SAFETY

Threats of emotional and physical violence

FEAR OF THE UNKNOWN

What will happen if I stay in this relationship? What will happen if I leave?
How will I survive?
What will my family and friends say?

ISOLATION

Limited or no contact with family and friends.

STRESS & ANXIETY

Increase use of tobacco, alcohol and other substances

FEELING TRAPPED

Who can I trust to help me?
What are my options?

GASLIGHTING

"Is this really happening?"
"Maybe its not that bad?"



- New cases of domestic violence
- Increase in lethal cases involving extreme physical violence and strangulation
- Barriers to contacting victim service agencies
- Human trafficking on the rise
- Fatalities

HOW TO HELP A FRIEND



**BELIEVE
THEM**



LISTEN



**ACKNOWLEDGE
HARM AND
EMPOWER**



**RESPECT
THEIR
DECISION**



**REFER TO
COMMUNITY
RESOURCES**

WE ARE BETTER TOGETHER

- **Normalize conversations about domestic violence**
- **Check on your loved ones...even your strong friends**
- **Get involved**



TRANSITIONS
FAMILY VIOLENCE SERVICES

A pathway to safety...a source of hope

24/7 Hotline: 757-723-7774