October is Domestic Violence Awareness Month

MYTH: Domestic violence is rare.
FACT: Domestic violence affects 1 out of 4 women at some point during their lifetime. Men can also be victims of domestic violence, but women make up about 97% of domestic violence survivors. Domestic violence happens equally in heterosexual and homosexual relationships.

MYTH: Domestic violence is not a serious problem in the U.S.
FACT: Battering is the single largest cause of injury to women in the United States — more than mugging, automobile accidents and rape, combined. (NCADV 2003).

MYTH: Victims have done something to cause the abuse.
FACT: Abusers choose their actions. Abuse is NEVER the fault of the victim.

MYTH: Couples counseling is the solution for domestic violence.
FACT: Couples counseling is NOT recommended for couples trying to end the violence in their relationships due to the power and control underlying the violence.

MYTH: People who are religious do not abuser or batter and are not victims of abuse or battering.
FACT: Abusers can be religious people, including clergy and lay leaders. Many abused and battered women have deep religious beliefs which may encourage them to keep the family together at all costs.

MYTH: Victims of abuse are crazy if they choose to stay in an abusive relationship.
FACT: Many survivors do exhibit behaviors that, to those of us outside the intimate relationship, may seem unusual or even bizarre. It is important to remember that, as an outsider to the abusive relationship, we are not living with the daily threat and fear of abuse or death.

1-800-799-7233 | 1-800-787-3224 (TTY) National Domestic Violence Hotline | thehotline.org