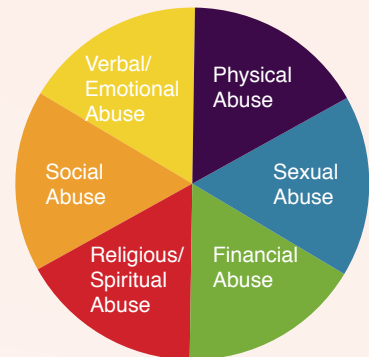


POWER 2 BREAK FREE

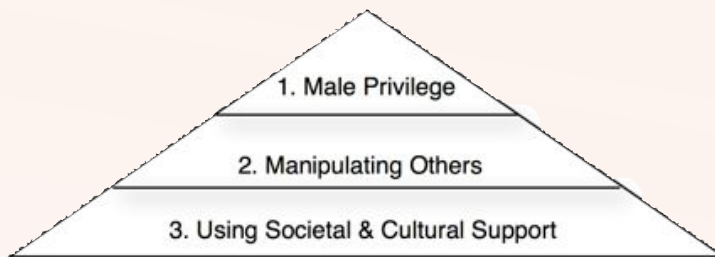


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Definition: Abuse can be defined as any systematic pattern of behavior employing various strategic tactics that use power and control to exert dominance over another being.



Pictured on right: New Wheel of Power



The Pyramid of Power:
Abusers will use these three tactics or strategies to gain control.

New Cycle of Violence

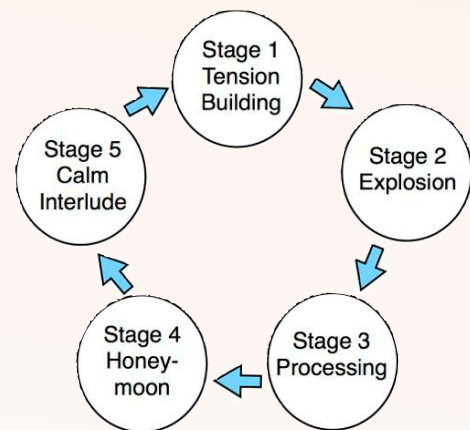
Stage 1 pressure builds & warning signs manifest

Stage 2 unpreventable abusive incident

*Stage 3 critical stage where both abuser and victim deal with abusive incident differently (not included in the original cycle of violence)

Stage 4 Apologies build emotional attachment

Stage 5 Everyday routine resumes as if abusive incident never occurred



Statistics on Domestic Violence:

- ✿ Approximately 85% of domestic violence victims are female.
- ✿ According to a 2000 UNICEF study, 20-50% of the world's female population will become victims of domestic violence.
- ✿ The United Nations Development Fund for Women estimates that at least 33% of women globally will be beaten, raped, or otherwise abused during her lifetime. In most cases, the abuser is a member of her own family.
- ✿ Nearly 1 in 4 (25%) women report experiencing violence by a current or former spouse or boyfriend at some point in her life.
- ✿ In the U.S., at least 2 million women are battered by their partners each year.
- ✿ 15.5 million children in the U.S. live in families where IPV occurs

✿ The United Nations conservatively estimates that 275 million children worldwide are exposed to violence in their homes.