



What Is Domestic Violence?



Domestic violence is driven by a pattern of behavior where one person uses physical, emotional, sexual, financial, or spiritual abuse to maintain power and control over an intimate partner.

- **It is never your fault:** No one deserves harm, intimidation, or coercion. Everyone has a fundamental right to safety and dignity.
- **It impacts everyone:** Abuse spans all ages, genders, cultures, and backgrounds.
- **Support is available:** You do not have to navigate this alone—help and resources are within reach.

Signs of Abuse

- **Physical Abuse** – Hitting, pushing, shoving, or other physical harm.
- **Emotional Abuse** – Insults, threats, humiliation, controlling behavior, constant criticism.
- **Financial Abuse** – Controlling money or preventing access to financial resources.
- **Sexual Abuse** – Any sexual activity without consent.
- **Spiritual or Cultural Abuse** – Disrespecting your beliefs, traditions, or identity.



You Have Options

- **Honoring the Voice** – Break the silence by speaking with a trusted relative, elder, or advocate.
- **Protecting the Circle** – Create a safe plan to shield yourself and your children from harm.
- **Gathering Strength** – Connect with tribal programs, local shelters, and other safe resources.
- **Restoring Balance** – Healing is a sacred journey, and reclaiming your peace is possible.



Why Survivors May Stay

- Fear
- Finances
- Children
- Housing
- Hope that things will get better
- Cultural factors
- Immigration concerns
- Isolation and lack of resources
- Emotional manipulation



Cycle of Abuse

Tension
Building
Stress and
conflict increase.
May feel like
walking on
eggshells

Incident
Emotional, physical,
verbal or sexual
abuse occurs

Calm
Things seem
better for a
time and then
the cycle
begins again

Reconciliation
Apologies,
promises to
change, gives gifts
and/or affection



Help Is Available

StrongHearts Native Helpline | Call
or Text: 1-844-762-8483

National Domestic Violence Hotline
1-800-799-SAFE (7233)
www.thehotline.org
Text START to 88788

