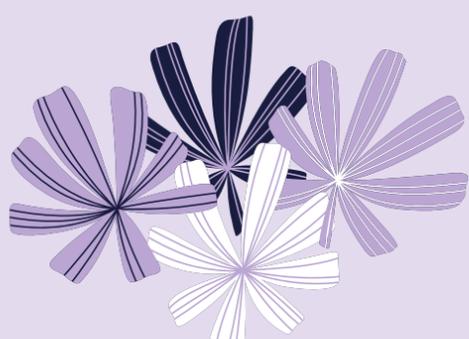


# DOMESTIC VIOLENCE DURING COVID-19



## What is Domestic Violence Awareness Month (DVAM)?

Since 1981, DVAM has been observed every October. Its goal is to raise awareness about domestic violence, support survivors, and provide resources to prevent and end abuse.

## Intimate Partner Violence (IPV) Statistics\*

**Definition:** IPV is a form of domestic violence perpetrated by an individual against their current or former spouse and can include physical, verbal, sexual, emotional, or financial abuse, among other forms.

In the U.S., more than **1 in 3 women** and **1 in 4 men** have experienced IPV in their lifetime.

**18-24 year old women** experience the highest rates of IPV.

**9.4% of U.S. women** have been raped by an intimate partner.

\*Black et al., 2011



## The Effect of COVID-19 on IPV

Although shelters prepared for an increase in calls, in some places calls dropped by 50%. Factors like loss of income or decreased availability of resources due to the pandemic makes it harder for a survivor to leave their abusive partner (Evans, et al.). In many countries, including the United Kingdom and Mexico, instances of femicide have increased since the start of the pandemic and stay at home orders (Valera).



## The Effect of COVID-19 on Shelters

Due to physical distancing guidelines, places that survivors may go to escape an abusive situation, like shelters or hotels, are having to decrease the availability of their services. Also, survivors could be worried about their phone calls or internet usage being monitored by their abusive partner so they are less likely to access these services.



## COVID-19 and IPV on College Campuses

About **1 in 3** college women say they have been in an abusive relationship\*, and college-aged women (18-24 years of age) are the age group most impacted by IPV.

COVID-19 has affected college students in the sense that online classes and university closures have forced some students to live/spend more time in abusive homes or with abusive partners, which will likely have the effect of increasing instances of IPV.

\*2011 College Dating Violence and Abuse Poll

## Impact of COVID-19 and IPV on BIPOC



Undocumented immigrant women, Native women, and other women of color experience domestic violence at higher rates than the general population.\* Stay-at-home orders are likely contributing to an increase in instances of violence within these communities.

COVID-19-related unemployment has dramatically affected Black and Hispanic women.\* Economic insecurity may prevent survivors from leaving abusers due to a lack of financial resources or reliance upon the abusive partner for economic security. This has the potential to exacerbate rates of financial abuse.

\*Frye et al.  
\*Gupta

For more information and resources, visit <https://womenscenter.virginia.edu/>



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## Resources in Charlottesville

Shelter for Help in Emergency: Their shelter space is still operating on a more limited basis due to the pandemic. Their 24/7 hotline is still in operation (with Spanish language translation available) and can be reached at 1-434-293-8509

The Women's Initiative: TWI provides mental health services regardless of people's ability to pay.

Other local resources that are available to survivors of IPV

## Virtual Resources and Hotlines

StrongHearts Native Helpline: 1-844-762-8483

Trans Lifeline Peer Support Hotline: 1-877-565-8860

The Deaf Hotline: 1-855-812-1001 (videophone)

myPlan App: a free app that helps with safety decision making for those experiencing IPV, or those helping someone who is experiencing IPV

More resources can be found [here](#)

## Learn more about how the pandemic is affecting IPV:

How COVID Could Impact  
Victims/Survivors of Violence

Domestic violence shelters are filling  
up and cities are looking to hotels for  
help

A New COVID-19 Crisis: Domestic  
Abuse Rises Worldwide

A Pandemic within a Pandemic—  
Intimate Partner Violence During  
Covid-19

## Sources:

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5. Frye, Jocelyn, et al. "Transforming the Culture of Power." Center for American Progress, 31 Oct. 2019, [www.americanprogress.org/issues/women/reports/2019/10/31/476588/transforming-culture-power/](http://www.americanprogress.org/issues/women/reports/2019/10/31/476588/transforming-culture-power/).
6. Gupta, Alisha H. "Why Some Women Call This Recession a 'Shecession'." *The New York Times*, The New York Times, 9 May 2020, [www.nytimes.com/2020/05/09/us/unemployment-coronavirus-women.html](http://www.nytimes.com/2020/05/09/us/unemployment-coronavirus-women.html).



## Quick tips on how to support a survivor:

- Believe and validate them. Tell them you're glad they told you.
- Use compassionate listening skills. Try to avoid prying questions and projecting judgement. Also, mirror the language they use when they talk about instances of abuse they might have endured.
- Help them find local, state, and national resources that are available to them.
- As much as you might be angry at the abuser, lashing out at them could negatively affect the survivor and cause further abuse. Focus your energy on helping the survivor.

For more information on DV and IPV issues and resources,  
visit <https://womenscenter.virginia.edu/>