STOP IT ……… Say No to Domestic Violence

By Favour Wih

“Domestic abuse will never end untill we make it socially unacceptable” - Mark Groves.

The strength of this pervasive and insidious act called Domestic Violence is “silence”. It is characterized by silence, silence from the victim, silence from the family and then the society that sometimes feel unconcerned. This silence is so corrode, so many lives have been lost as a result and others left with the burden of shame.

Domestic violence, also known as intimate partner violence (IPV), refers to a pattern of behavior used by one partner to maintain power and control over another partner in an intimate relationship. This behavior can take many forms, including:

- Physical violence: beating, use of objects, hitting, pushing, shoving, etc.

- Emotional violence: name-calling, belittling, threats, etc.

- Verbal violence: constant criticism, blaming, cursing etc.

- Sexual violence: forced sexual acts or spousal rape (though not recognized in most places) etc.

- Financial violence: controlling access to money, depriving of basic needs like food, clothes etc.

This terrible act have over the years been justified by perpetrators, some say and believe it’s a way of training a partner, a means of correction, an act of love. regardless of the justification it does not excuse those found guilty. Some of the causes of Domestic Violence are;

- Power imbalance

- Gender roles and stereotypes

- Cultural and societal norms

- Trauma and mental health issues

- Substance abuse

Furthermore, the aftermath effect of this evil act can sometimes amount to the death of the partner which is perceived as the worst that can happen but though this been true, Domestic violence has other severe and long-lasting effects on individuals, families, and communities, including:

- Physical injuries and health problems

- Emotional trauma and mental health issues

- Social isolation and stigma

- Economic dependence and instability

- Children's emotional and psychological well-being

As terrible as the act of Domestic Violence might be there are preventive measures that have been used in addressing domestic violence which requires a collaborative effort from individuals, communities, and society as a whole. Some strategies include:

- Speak up as victims, families or society

- Education and awareness-raising

- Supporting survivors and holding abusers accountable

- Encouraging healthy relationships and communication

- Implementing policies and laws that protect survivors

- Providing resources and services for survivors

Conclusion

Domestic violence is a serious social issue that demands attention, understanding, and action. By recognizing its dynamics, effects, and solutions, we can work towards creating a safer and more equitable society for all. If you or someone you know is experiencing domestic violence, please seek help and support.

Nevertheless, I leave you with the soothing words of Theresa May in addressing the issues of Domestic Violence, she states and I quote “It is up to us to make sure that we are doing everything we can to make clear to our society and to the public the horrific nature of domestic abuse, the impact it has on people’s lives and the need for us as a society to say, “Stop it”.