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DOMESTIC VIOLENCE

Firstly, what is Domestic violence? According to NCADV Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other [abusive behaviour](http://www.ncadv.org/learn-more/what-is-domestic-violence/abusive-partner-signs) as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse.

Domestic violence is an epidemic affecting individuals in every community regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. It is often accompanied by emotionally abusive and controlling behaviour that is only a fraction of a systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death. The devastating physical, emotional, and psychological consequences of domestic violence can cross generations and last a lifetime.

There are different kinds of abuse which a lot of people are in and some may not even know, they are;

1. ***Physical abuse*** can include hitting, biting, slapping, battering, shoving, punching, pulling hair, burning, cutting, pinching, etc. (any type of violent behavior inflicted on the victim). Physical abuse also includes denying someone medical treatment and forcing drug/alcohol use on someone.
2. ***Sexual abuse*** occurs when the abuser coerces or attempts to coerce the victim into having sexual contact or sexual behavior without the victim's consent. This often takes the form of marital rape, attacking sexual body parts, physical violence that is followed by forcing sex, sexually demeaning the victim, or even telling sexual jokes at the victim's expense.
3. ***Emotional abuse*** involves invalidating or deflating the victim's sense of self-worth and/or self-esteem. Emotional abuse often takes the form of constant criticism, name-calling, injuring the victim's relationship with his/her children, or interfering with the victim's abilities.
4. ***Economic abuse*** takes place when the abuser makes or tries to make the victim financially reliant. Economic abusers often seek to maintain total control over financial resources, withhold the victims access to funds, or prohibit the victim from going to school or work.
5. ***Psychological abuse*** involves the abuser invoking fear through intimidation; threatening to physically hurt himself/herself, the victim, children, the victim's family or friends, or the pets; destruction of property; injuring the pets; isolating the victim from loved ones; and prohibiting the victim from going to school or work.
6. ***Threats*** to hit, injure, or use a weapon are a form of psychological abuse.
7. ***Stalking*** can include following the victim, spying, watching, harassing, showing up at the victim's home or work, sending gifts, collecting information, making phone calls, leaving written messages, or appearing at a person's home or workplace. These acts individually are typically legal, but any of these behaviors done continuously results in a [stalking crime](https://criminal.findlaw.com/criminal-charges/stalking.html).
8. ***Cyberstalking*** refers to online action or repeated emailing that inflicts substantial emotional distress in the recipient.

With this a lot of people around the world are affected one way or the other although some may not seem harmless they can make a person traumatized or such person can fall into depression Studies show that living with **domestic violence** can cause physical and **emotional** harm to children and young people in the following ways: ongoing anxiety and depression,  **emotional** distress, eating and sleeping disturbances,etc.

Domestic violence became illegal in 1920 but by the 1970s the criminal justice system only started treating it as a real crime and not as a family private matter, in the US For a felony conviction of § 273.5, the client is usually of eligible for formal probation, but **if** not eligible, faces a minimum of two years in state **prison** and up to a maximum of four years in state **prison**, not county **jail.**

In Nigeria Domestic violence alongside rape have become a raising issue in our communities a lot of women most particularly are being subjected to abuse by their husbands or loved ones creating more broken families/homes in the country more awareness should be done on this rising issues mothers should teach theirs son’s and daughters never to lay a finger on anyone onless it is self device, he/she should not see the opposite sex as inferior or in human. We can change a lot of things that are wrong in our communities but it doesn’t help when kids are thought to look at the other sex in a different way, Together we can make a change.