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 DOMESTIC VOILENCE

 Domestic violence can be defined as a strictly crime that carries life-altering damage to everyone involved. Many people think that a victim of domestic violence can only obtain a protective order against their spouse. most states allow victims of abusive cohabitant lovers to obtain protective orders ,some states allow victims of abusive adult relatives , room mates, or even non-cohabitating partners to obtain protective orders

 Living with domestic violence can cause domestic and physical harm to children and young people in the following ways;

Ongoing anxiety; emotional distress, eating and sleeping disturbances, physical symptoms, such as headaches and stomach aches .find it hard to manage stress and low self esteem.

Domestic violence have specific types which includes;

Physical violence.

Sexual violence.

Psychological violence.

Emotional violence.

 Domestic violence do have signs which enable one to know about what is approaching in a sooner time to come , which includes; loss of temper on a daily basis, frequent physical fighting, or property damage, increase in use of drugs or alcohol , increase in risk- taking behaviour, detailed plans to commit act of violence. the vast majority of domestic violence, defendants are first time offenders who have never been arrested before and are facing their blush with the criminal justice system .Although it may seem very confusing, frustrating and stressful to go through the process most cases end with a dismissal of all charges .In Nigeria 42percent of men and 7.9 percent of women have experienced domestic violence. Domestic violence charges cannot be dropped

 Domestic violence has effects on victims which is;

It causes emotional harm to the victim

It causes emotional stress

It causes eating and sleeping disturbances

 Women health is affected through domestic violence which are significantly at higher risk of experiencing a range of mental health conditions including;

Post traumatic stress disorder[PTSD], depression , anxiety ,substance abuse, and thoughts of suicide .

Children who with ness or are victims of emotional, physical , or sexual abuse are at higher for health problems as adults . These can include mental health conditions, such as depression and anxiety. They may also include diabetes , obesity , heart disease , poor self-esteem , and other problems

 They are three most common types 0f intimate partner violence which includes; physical , sexual and emotional abuse and controlling behaviours by an intimate partner.

Children and youths are exposed to domestic violence experienced emotional , mental , and social damage that can affect their developmental growth. Domestic violence can be controlled and prevented in the society , by educating every individual on the consequences of the offense, and strict instructions should be given to the agency in charge and taking strict actions on all offenders,

 Nigeria should be known all over for their good deeds and to achieve this, every thing should be done well ‘’WE SAY NO TO DOMESTIC VOILENCE’’