Myths About Domestic Violence

False
Battering is rare. Only some people experience it.

True
The FBI estimates that, on average, a woman is hit by a male partner every 18 seconds in this country. Some researchers estimate that one-half of all adult women in this country will be hit at least once by a male partner.

False
Religious beliefs or practices will prevent battering. Battering does not occur within certain faiths.

True
Battering occurs by members of all faith and creeds.

False
Domestic violence only occurs in uneducated, minority, or poor communities.

True
Domestic violence occurs in all communities in our country. Race, lack of education or wealth, and social background do not make battered women. Many rich, educated and well-to-do couples experience domestic violence.

False
Victims of domestic violence cannot recover. They will always be battered and damaged.

True
Survivors can heal and recover from abuse. They can learn to protect themselves from more violence. However, damage caused to relationships from battering is difficult to repair.

False
Violent behavior can never be changed. People who use violence are brutal, evil psychopaths who lack morals.

True
Batterers may feel like they have no control over their behavior. However, they have total control over their violence.