



Domestic Violence Solutions – Here to Help

Article by Julia Black-DeVre, Director of Marketing and Communications, Domestic Violence Solutions

Photos provided by Domestic Violence Solutions

Intimate Partner Violence (IPV) is a range of behaviors used to establish power and control over one intimate partner by another and can be physical, emotional, psychological, spiritual, financial, digital, and/or sexual. One in three women and one in four men will experience some form of IPV in their lifetimes, and the LGBTQ+ community experiences similar rates. Abuse can happen to people in all cultures, ethnic groups, genders, sexual orientations, economic status, and/or levels of education.

Domestic Violence Solutions (DVS) is here to help! We are the only agency in Santa Barbara County that provides emergency shelter and supportive services to survivors and their families.

During 2021, we provided 3,484 safe nights of shelter, answered thousands of calls, sheltered more children than adults, responded to 155 calls from law enforcement and emergency rooms, provided 1,205 counseling sessions, aided 65 survivors in locating permanent housing, helped 200 individuals with job and life skills, and participated in 122 educational and outreach events.

February is Teen Dating Violence Awareness and Prevention Month!

Did you know? In the United States, 60% of teens are in abusive relationships. 1.5 million teens are physically abused by a dating partner every year. Digital abuse is on the rise. Most teens don't ask for help.

Our friends at What is LOVE Teens (www.WhatIsLOVEteens.org) list the top five healthy relationship must-haves:

1. **Kindness:** I deserve someone who is gentle, kind, and shows empathy.
2. **Trust:** I deserve someone whom I can confide in and feel safe.
3. **Loyalty:** I deserve someone who is reliable, committed, and supports me.

4. **Strong Character:** I deserve someone who brings out the best in me.

5. **Respect:** I deserve someone who listens, respects my boundaries, my thoughts, my opinions, my choices, and my body. I have the right to set limits, ask for space, and say no.

How can a teen help a friend in an abusive relationship?

- Listen to and believe your friend.
- Learn about red flags and the characteristics of healthy and unhealthy relationships.
- Tell an adult you trust: parent, counselor, teacher, or neighbor.
- Create a safety plan with your friend.
- Don't be afraid to call 911.

It's important to remember:

- Silence does not protect the survivor.
- Let people know what's going on.
- Intimate partner violence escalates over time, in the worst cases leading to murder.
- Every four hours, someone loses their life due to domestic violence.
- Two-thirds of survivors never report abuse or ask for help.

Everyone deserves to feel safe and supported in their relationship!

Resources:

- DVS 24-Hour Hotline: 805-964-5245 · www.dvsolutions.org
- What Is LOVE Teens: 805-705-0011 · www.whatisloveteens.org
- Standing Together to End Sexual Assault (STESA) 24-Hour Hotline: 805-564-3696 · www.sbstesa.org
- Crisis Text Line: TEXT 741741
- National Teen Dating Abuse Helpline: 1-866-331-9474
- YouthWell: 805.448.2426 · www.youthwell.org
- If you are in immediate danger: Call 911