

One of the main features of the Domestic Violence Protection Act is that in the case of violence, the police must respond, regardless of the interests of the victim, who makes his or her own decision only on temporary injunction. This approach makes it clear that the state considers itself responsible for security in private life, that it is aware of the problematic situation of the victim being abused under the pressure of the abuser.

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UDC 343.9:343.226

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### **WHAT IS DOMESTIC VIOLENCE?**

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior 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. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

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 behavior 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.

Domestic violence does not always end when the victim escapes the abuser, tries to terminate the relationship, and/or seeks help. Often, it intensifies because the abuser feels a loss of control over the victim. Abusers frequently continue to stalk, harass, threaten, and try to control the victim after the victim escapes. In fact, the victim is often in the most danger directly following the escape of the relationship or when they seek help: 20 % of homicide victims with restraining orders are murdered within two days of obtaining the order; 33% are murdered within the first month.

Unfair blame is frequently put upon the victim of abuse because of assumptions that victims choose to stay in abusive relationships. The truth is, bringing an end to abuse is not a matter of the victim choosing to leave; it is

a matter of the victim being able to safely escape their abuser, the abuser choosing to stop the abuse, or others.

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UDC 343.9:343.226

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## **ABUSIVE RELATIONSHIPS AND WHY WE SHOULD AVOID ABUSE LIKE THE CRUELTY**

Abusive relationship is a common problem in modern world. Having an abusive boyfriend or girlfriend is very unhealthy for your own mental or physical health. That's why you should stay away from it as far as you could possibly stay away from any type of abuse in general. It's not always obvious that you're in an abusive relationship. Learn some of the key signs to look at. It's common for someone who is being abused to believe that it's their own fault and that they somehow 'deserve' the abuse. It's important to know that you're *never* to blame yourself for the way an abusive person treats you.

**This can help if:** your partner tries to control your behaviour; your partner threatens to harm you, your pets or people you love; you're scared of your partner.

### **Key signs of an abusive relationship**

An abusive relationship isn't just limited to physical violence. It can include sexual, emotional and physical abuse, and may involve control of your finances. Here are some signs to look at.

#### **Possessiveness**

They check on you all the time to see where you are, what you're doing and who you're with and they try to control where you go and who you meet with, and get angry if you don't do what they say.

#### **Jealousy**

They accuse you of being unfaithful or of flirting and they can isolate you from family and friends, often by behaving rudely to them.

#### **Put-downs**

They put you down, either publicly or privately, by attacking your intelligence, looks, mental health or capabilities, or they constantly compare you unfavourably to others. They blame you for all the problems in your relationship, and for their violent outbursts.

#### **Threats**

They yell or sulk, and deliberately break things that you value. They also threaten to use violence against you, your family, friends or a pet.