Domestic violence hurts the whole family
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Domestic violence affects the entire family. It is important to understand why it happens and how to prevent it.

Here are some facts about domestic violence:

1. According to the World Health Organization, 1 in 3 women and 1 in 5 men will experience physical or sexual violence in their lifetime.

2. Domestic violence can have long-term effects on mental health, including anxiety, depression, and post-traumatic stress disorder.

3. Children who witness domestic violence are at a higher risk of developing emotional and behavioral problems.

4. Economic abuse is also common in domestic violence situations. It can prevent victims from leaving their abusers.

5. It is important to seek help if you or someone you know is experiencing domestic violence. There are resources available to help you.

Resources:

- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- Local domestic violence shelters and hotlines
- Counseling services

If you or someone you know is in danger, do not hesitate to reach out for help.

Support and resources are available to help you.

Domestic violence is never acceptable. It is important to speak out against it and work towards a safer future for all.

If you or someone you know is experiencing domestic violence, please seek help. It is important to remember that you are not alone.