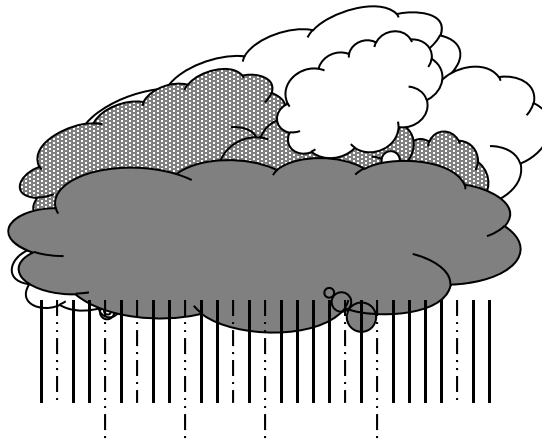


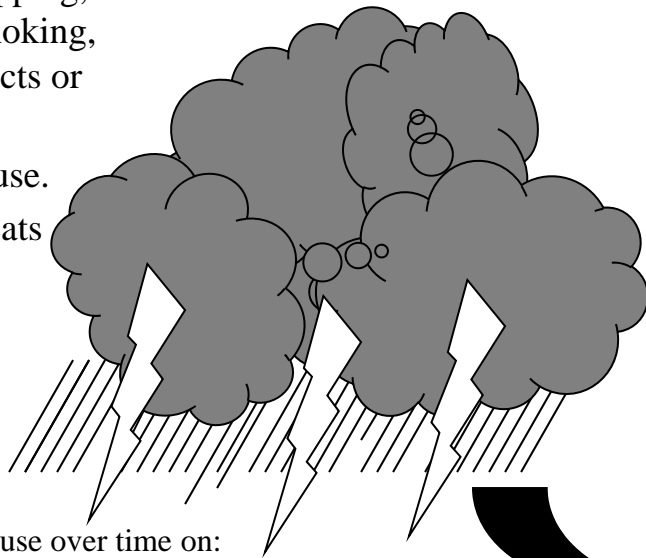
The Cycle of Violence

Phase 1
Increased tension, anger, blaming and arguing.



Phase 2

Explosion-- hitting, slapping, kicking, choking, use of objects or weapons.
Sexual Abuse.
Verbal threats and abuse.



Phase 3

Calm stage also called honeymoon (this stage may decrease or be skipped over time). May include apologies, blame, denial, promises it will never happen again or to get counseling.



Effects of abuse over time on:

Injured Party

- Isolation from others
- Low self esteem, depression
- Increased alcohol/drug abuse
- Emotional problems, illness
- Pain and injuries
- Permanent physical damage
- Death

Children

- Emotional problems
- Illness
- Increased fears, anger
- Increased risk of abuse, injuries, and death
- Repetition of abuse behavior

Perpetrator

- Increase belief that power and control are achieved by violence
- Increase in violent behavior
- Increased contact with law enforcement
- Increased emotional problems
- Decreased self esteem

Society

- Increase in crime
- Increase in legal, police, medical and counseling costs
- Cost of prison
- Perpetuation of cycle of violence
- Perpetuation of myths of inequality