



National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

910 Pennsylvania Avenue, SE | Washington, D.C. 20003 | 202-507-4070 | www.nihb.org

Domestic and Intimate Partner Violence in Tribal Communities and COVID-19

Given that staying at home is a critical preventative action individuals and families are taking to prevent the spread of COVID-19, there are concerns that there may be surges of domestic and intimate partner violence compounded by heightened stress and financial uncertainty. Although violence in any form is always a concern that needs to be addressed, there is a greater need now more than ever to prevent it. In this time of stress and uncertainty, it is our shared responsibility to assure that we maintain a healthy and safe home environment for the ones we love.

Violence against women and girls is a significant problem in American Indian and Alaska Native (AI/AN) communities, and AI/AN men also face this issue. Though national annual and lifetime rates for physical assaults are higher for AI/AN women compared to other women, like other women, they are more likely to be hurt by people close to them than by strangers. Violence and abuse can cause physical and emotional pain. But you are not alone and you can get help.

Domestic Violence

There are many different ways to describe relationship violence, and you can usually see "domestic violence" and "intimate partner violence" used interchangeably. Domestic violence refers to violence among people in a domestic situation, and can thus include not only a spouse or a partner (same sex or opposite sex), but also siblings, parents, aunts, uncles, cousins, or household members.



Child Abuse and Neglect

- It is estimated that over 15.5 million children in the U.S. are exposed annually to adult domestic violence at home, with young children making up the majority of exposed youth among families who seek police involvement for domestic violence. There is also a proven link between domestic violence and child abuse.
- AI/AN children suffer disproportionately high rates of child abuse compared to other race/ethnicity groups.
- Child abuse and neglect are serious public health problems and adverse childhood experiences (ACEs) that can have long-term impact on health, opportunity, and wellbeing.



Intimate Partner Violence (IPV)



Intimate partner violence (IPV) is more specific in describing violence perpetuated by a partner in a romantic or dating relationship. IPV can occur regardless of whether the individuals involved are/were living together or not. This distinction is what separates it from the term Domestic Violence. IPV is the term used to describe physical violence, sexual violence, stalking, or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy.

Things to Know About Violence Against AI/AN Women and Men

- More than 80% of AI/AN men and women are victims of violence. That's almost 3 million people who have experienced psychological aggression or physical violence by intimate partners, stalking, or sexual violence.
- AI/AN men and women are victimized at similar rates but in different ways. Women have experienced higher rates of sexual violence and stalking, and men have experienced higher rates of psychological aggression.
- The lifetime victimization rate is 1.2 times as high for AI/AN women as for White women; for AI/AN men, it is 1.3 times as high.
- AI/AN female victims are more likely to need services, but they are less likely to have access to those services. Research continues to highlight the disparities in health outcomes and access to health care for American Indians and Alaska Natives.
- For AI/ANs, violence perpetrated by other AI/AN people is more common than violence perpetrated by non-AI/AN people.

Percentages of American Indian and Alaska Native women and men who have experienced violence in their lifetime



Types of Victimization

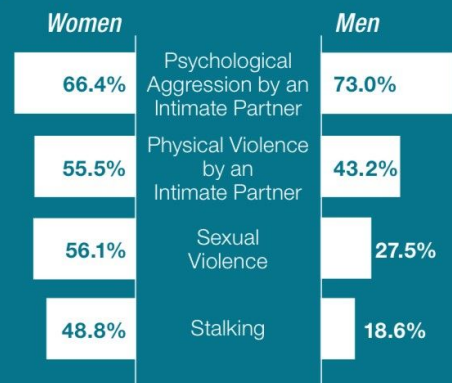


Photo obtained from : U.S. Department of Justice
Office of Justice Programs, National Institute of Justice

Tips for Taking Care of Yourself and Your Loved Ones

- Reach out to a trusted friend or family member, if it is safe to do so. Share with them how you feel and discuss your concerns
- Practice self-care
 - Get enough sleep (at least 8 hours)
 - Eat a balanced, nutritious diet
 - Exercise regularly
 - Take a walk outside to help ease stress (follow local laws and mandates, and stay 6 feet apart!)
 - Make time for things that you enjoy and put you at ease, such as games, hobbies, or cultural activities
 - Engage in prayer and spiritual activities
 - Create time for both group activities and individual, quiet time
- If you feel that you need to leave your home to assure the safety of yourself and/or family members, then take extra time to put a plan in place
- If it is safe to do so, contact a family member, friend, violence shelter, or hotel in advance to explore your options for a safe place to stay. Many shelters have altered their policies in light of the COVID-19 pandemic



Are you concerned for a friend or family member? Continue to reach out to them and be supportive. The resources below are available if you need information or someone to talk to!



Additional Resources

Strong Hearts Native Helpline – 1-844-7NATIVE (762-8483)

- Provides culturally-appropriate support on domestic violence and dating violence. Available every day from 7 AM to 10 PM Central Time.
- Maintains list of local supportive organizations: <https://www.strongheartshelpline.org/resources-supportive-organizations/>

National Indigenous Women's Resource Center - <https://www.niwrc.org/>

- Supports programs and resources dedicated to ending violence against Native women and children.

National Domestic Violence Hotline – 1-800-799-7233

- Includes information and resources for individuals or friends and family of those experiencing domestic violence, including safety planning. Live chat options available.

SAMHSA's National Helpline – 1-800-662-HELP (4357)

- SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.

National Suicide Prevention Hotline – 1-800-273-TALK (8255)

- The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

RAINN National Sexual Assault Telephone Hotline – 1-800-656-HOPE (4673)

- 24/7 hotline that connects callers with a trained staff member from a sexual assault service provider in your area. Live chat options available.

Mental Health America - <https://www.mhanational.org/>

- A non-profit that promotes mental health and preventing mental illness through advocacy, education, research and services.

National Parent Helpline 1-855-427-2736 - <http://www.nationalparenthelpline.org/>

- Provides emotional support for parents.

Post-Traumatic Stress Disorder (PTSD) Alliance - <http://www.ptsdalliance.org/>

- Provides information about PTSD, signs and symptoms, and resources on seeking help for PTSD.

Finding a trained provider:

- <https://www.samhsa.gov/find-treatment>
- <https://www.mhanational.org/finding-help>

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/index.html>
<https://wycaspokane.org/what-is-intimate-partner-domestic-violence/>
<https://www.womenagainstabuse.org/education-resources/the-language-we-use>
<https://calio.org/wp-content/uploads/2020/05/native-american-bib10.pdf>

<https://www.ihs.gov/womenshealth/violenceprevention/>
<https://www.ojp.gov/pdffiles1/nij/249815.pdf>
<https://violence.chop.edu/types-violence/domestic-violence-and-child-abuse>
<https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html>



Disclaimer: This fact sheet is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,000,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

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