

Did You Know? A bimonthly column from:
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As **domestic violence** awareness has increased, there still continues to be many myths about what an abusive relationship really is. Did you know that abusive relations include not only physical violence, but may also include emotional and verbal abuse, attempts to isolate, and threats and intimidation as well as? Please take a few minutes to read about the myths that many people believe about domestic violence.

Myth: Family violence is rare.

Truth: Although statistics on family are under reported, it is clear that millions of children, women and men are abused by family members.

Myth: Family violence is confined to the lower classes.

Truth: Police reports, victim services, and other reliable studies indicate that domestic violence exists equally in every socioeconomic group, regardless of culture or race.

Myth: Alcohol and drug abuse are the real causes of violence in the home.

Truth: Although alcohol frequently co-occurs with violence in general, it does not cause the violence in families. Domestic violence and substance abuse are two different but serious problems that should be treated.

If you would like more information about this issue, you may contact ***your student assistance counselor. Please remember that the services are free and confidential.***