



# There are no words

## DOMESTIC VIOLENCE IN ALASKA FACT SHEET

**There are no words** for domestic violence in our native languages because traditionally it did not exist. Our Alaska Native cultures are centered around the belief of respecting one another. Abuse, control, and violence were **NOT** acceptable. We must not let them be acceptable today.

### Definition of Domestic Violence:

Domestic Violence is a social issue and not a traditional part of our Alaska Native cultures.

- It is a pattern of abuse
- It can be through words or actions
- The abuse is meant to control or hurt another person
- It is very common for us to be connected to either a victim or abuser in our communities

Domestic Violence can come in many different forms.

### Emotional Abuse

Examples are name calling, purposefully embarrassing and humiliating. Signs of emotional abuse are depression and low self-esteem.

### Sexual Abuse

Examples are rape or any unwanted touch, sexual comment, or advance, forcing sex or sexual actions on a partner, forcing a partner into sex with others, and refusing to agree with the partner's request for safe sex or exposing them to STDs.

### Spiritual Abuse

Examples are minimizing or demeaning someone's culture or religion and using it against them. As well as forcing or denying culture or religion.

### Financial Abuse

Involves controlling a person's ability to acquire, use, or maintain financial resources. For example, preventing someone from working or interfering with their job, restricting or stealing money, ruining credit history, and/or one partner expecting the other to pay their bills.

### Physical Abuse

Examples are punching, kicking, shaking, and slapping, strangulation, use of any kind of weapon on a partner.



# Don't Stay Silent!

## If You or Someone You Love is Experiencing Domestic Violence

American Indian and Alaska Native women experience assault and domestic violence at much higher rates than women of any other ethnicity(i). Over 84% of Native women experience violence during their lifetimes(ii).

- Get help. Speak up.
- Remember it's never the victim's fault
- Get support from family & friends you trust
- Go to your tribal office to seek available resources
- Call the village police or state troopers
- Talk to a health aide
- Talk to an advocate at StrongHearts Native Helpline at **1-844-762-8483**
- Be sure to have a safety plan in place



Some community members and victims may come to view abuse as a normal part of life, but abuse is never normal. In a healthy relationship both people: trust and respect each other, feel equal and share responsibilities, are fair, open, and honest, feel safe to share thoughts and ideas, have the right to say “No” anytime for anything, accept that even healthy relationships don’t always work out.

For more information please contact AKNWRC at **info@aknwrc.org** or call us at **907-328-3990**

i United States Department of Justice. (2000). Full Report of the Prevalence, Incidence, and Consequences of Violence Against Women. Retrieved from: <https://www.ncjrs.gov/pdffiles1/nij/183781.pdf>.

ii Rosay, R. B. (2016). Violence against American Indian and Alaska Native women and men: 2010 findings from the national intimate partner and sexual violence survey. Retrieved from <https://www.ncjrs.gov/pdffiles1/nij/249736.pdf>.