



Breaking the Silence on Domestic Violence

More than 40% of Black women experience domestic violence in their lifetime, yet many suffer in silence due to fear and lack of trust in systems. Speaking out and supporting survivors is key to breaking the cycle of abuse and building safer communities.

The Hidden Struggle Too Many Face

Domestic violence impacts people of every race, but Black women and men experience it at disproportionately high rates. Financial barriers, systemic racism and lack of opportunities increase the risks, while fear of law enforcement and cultural pressures make it harder to report abuse or leave unsafe relationships. Survivors often feel torn between protecting themselves and protecting their partners from becoming another statistic in the criminal justice system.

Religion and community values can also contribute to silence. Some survivors are told to "pray about it" or keep family matters private, which prevents them from seeking the help they need. In reality, choosing protection and healing is the stronger path forward.

Why It Matters

- Black women experience the highest rates of homicide related to intimate partner violence
- Survivors fear not being believed or putting partners at risk.
- Stigma and stereotypes keep many from asking for help.

What You Can Do

- Break the silence: Talk openly about domestic violence and challenge harmful stereotypes
- Support survivors: Believe them, share resources and help them access safe spaces
- Promote education: Encourage financial literacy, healthy relationships and community programs that prevent violence
- Engage faith communities: Push for churches to be places of safety and support, not silence
- Advocate for change: Work to remove barriers to healthcare, housing and economic opportunities that keep survivors trapped



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