



## Hamed Yaghoubzadeh

“The number of American troops killed in Afghanistan and Iraq between 2001 and 2012 was 6,488. The number of American women who were murdered by current or ex male partners during that time was 11,766. That’s nearly double the amount of casualties lost during the war.” (Source: [https://www.huffingtonpost.com/2014/10/23/domestic-violence-statistics\\_n\\_5959776.html](https://www.huffingtonpost.com/2014/10/23/domestic-violence-statistics_n_5959776.html)). This statistical data is enough to show how serious an issue domestic violence is even in a developed country like the US. If we look globally, we can see that 1 in 3 (35%) women have experienced physical and/or sexual violence in an intimate partner or non-partner setting in their lifetimes, according to the World Health Organization (WHO). Domestic violence is not just a problem in developing countries or paternal societies; it is everywhere, in every country and every family, even educated and wealthy ones. The only difference is that in some cultures it is just more apparent than in others. In fact, domestic violence follows the same pattern of relations, which can lead to violence in any society, control and power.

Studies have shown that people with abusive tendencies generally turn violent when they feel out of control. Here are some situations and scenarios that can cause a person to perpetrate domestic violence:

1. Childhood experience: children raised in environments where violence, assault and abuse are common will often come to believe this behavior is normal and therefore find it difficult to establish and maintain healthy relationships in adulthood (Source: [http://www.safelives.org.uk/practice\\_blog/living-domestic-abuse-ace-adverse-childhood-experience](http://www.safelives.org.uk/practice_blog/living-domestic-abuse-ace-adverse-childhood-experience)).
2. Major life change: many cases of domestic violence happen during a major change in a perpetrator’s life. A family member diagnosed with illness, pregnancy, separation, or depression are all high-risk circumstances in which the perpetrator may feel left out or neglected and therefore looks to find control in these situations.

3. Economic circumstances: any economic crisis can lead to a higher level of stress at home. This is fuel for domestic violence. Financial difficulties can also limit options for survivors seeking safety or escape. Studies have shown there is a strong inverse relationship between financial status and a woman's risk of being a DV victim. However, this does not mean that middle-class and wealthier women are immune to DV; the observed relationship may be due in part to the ability of middle-class and more affluent women to keep DV victimization hidden.
4. Insecurity: actually, insecurity and domestic violence are a vicious circle in which an abuser batters because he feels insecure. But the more he batters the more he knows the woman wants away from him and the more insecure he feels.

These scenarios are just four reasons from hundreds that cause someone to experience domestic violence in their lifetime. To have a life and society without violence it is always good to start with ourselves. We just need to look into ourselves and the people around us, listen to stories with our hearts, maybe find a common emotion or experience with the storyteller, and be aware that to have a good solution for DV, we need to go to its roots, dig it up and take care of it. All of this can be possible if we are all aware of domestic violence. It is never too late. So let's start now and share our stories about the scars that domestic violence has left on our bodies, skin or hearts.

--Hamed Yaghoubzadeh is a technologist who has been working as a business analyst and in IT infrastructure for 10 years. Hamed moved to Norway in 2011 to get his Master's degree in Peace and Conflict Transformation. During his Master's program, he volunteered for Amnesty International and was a member of the UN-Middle East Student partnership. After moving to the U.S., he got his Master's degree in Information System Management from the business school at Santa Clara University. Following his passion in women's rights and human rights, he has been writing and translating for some projects at non-profit organizations working to help and empower women, especially from the Middle East and South Asia.