



INTIMATE PARTNER VIOLENCE

We are in the “holiday season” with Veterans Day on 11 November, Thanksgiving on 24 November, Hanukkah on 18 December, Christmas on 25 December, New Year’s Eve on 31 December. There are between 10 and 20 different governmental, religious, cultural, and fun events celebrated on each day in November and December! Despite these times of celebrating with friends and families, Intimate Partner Violence does not take a break. Here are some possible reasons: there is increased stress at this time involved with money and planning. There is frequently more alcohol (and possibly other drugs) consumed. And there is more opportunity for the abuser and victim to be together.

Intimate Partner Violence (IPV) is a term describing physical violence, sexual violence, stalking, and psychological aggression by a current or former intimate partner (1). The CDC defines an intimate partner as a spouse (married, civil unions, domestic partners, common-law), boyfriends/girlfriends, dating partners, and ongoing sexual partners. The intimate partners may or may not be cohabiting and can be of the opposite or same sex (2).

Nearly one in four adult women and one in seven men report being a victim of IPV during their lifetime. In the US IPV is the leading cause of serious injury and death to women ages 18-24. IPV victims are at increased risk of developing major depression and PTSD, attempting suicide, and abusing drugs and alcohol. Women exposed to IPV have a fivefold increased risk of suicide.

40% of women who are homicide victims are killed by an intimate partner (1). 88 – 94% of the physical injuries from IPV to women involve the head and neck. 45% of these injuries involve the eyes, hence IPV is the third leading cause of orbital fracture. If the woman is pregnant her abdomen and breasts become the focus of injury.

Besides the devastating personal injury, the lifetime cost to our society is about \$3.6 trillion. For a given woman, the lifetime cost is about \$104K (5).

Because the victim of IPV may be financially dependent on the abuser and at times the victim may feel that they are a shield for their children it may take domestic violence survivors seven times to leave the relationship for good. Although you may want to step in and remove the victim who is sustaining IPV, it is important to remember that such an action, like the abuse, takes away the victim’s autonomy. They are the only one who can decide what is good for them, and they must make their own decision. You certainly can be supportive and help the victim develop a safety plan. Encourage the victim to talk to people who can provide help and guidance (3). In 2017 the CDC developed strategies to address the problem of IPV (6), and I encourage everyone to read it and think about how you can make a difference in your town, your school, your family.

The National Domestic Violence Hotline is open 24/7: 1-800-799-7233. There are several phone apps designed to help victims of IPV (4).

1. www.facs.org/for-medical-professionals/professional-growth-and-wellness/ipv/
2. www.cdc.gov/violenceprevention/pdf/intimatepartnerviolence.pdf
3. www.ccdv.org/helping-someone-you-know/
4. www.divorcestrategiesnw.com/2020/07/lifesaving-apps-for-survivors-of-domestic-violence/
5. www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html
6. www.cdc.gov/violenceprevention/pdf/ipv-technicalpackages.pdf

HIGH SCHOOL NEWS

BOW HIGH SCHOOL GIRLS SOCCER COACH HONORED

The New Hampshire Soccer Coaches Association released its All-State rosters and the typical end-of-season awards.

Bow High School girls' varsity soccer coach, Jay Vogt was recognized by his peers by being voted into the NSA Hall of Fame after leading the Falcons to the top seed in Division II for 2022.

Vogt, who has led Bow's program for the past 19 years, coached the Falcons to a 153 record and an appearance in the semifinals for the 13th straight year. In his 19 years as head coach, Bow has won six championships (most recently winning the D-II title in 2021 and 2017) and made 10 finals appearances between D-II and D-III.

Bow had the most All-State and Honorable Mention picks of all area programs, and had the most Twin State Lions Cup selections out of any team in the state. Falcon forward Lyndsey LaPerle, midfielder Bella LaPerle and defender Marissa Green were selected to the an all-star squad, comprised of the best seniors across all four NHIAA divisions. New Hampshire's senior all-stars will play in the annual Twin State Lions Cup against the top seniors from Vermont next summer.

HOPKINTON STARS PICKED FOR DIVISION III SOCCER

DIVISION III

First Team: Hopkinton’s Lexi Lawler (defense).

Second Team: Hopkinton’s Elise Miner (midfield) and Lizz Holmes (forward).

SECOND QUARTER HONORS

BISHOP BRADY

HIGH HONOR ROLL

Joseph Richardson	Grade 9	Hopkinton
Claire Chimienti	Grade 10	Hopkinton
Emma Richardson	Grade 10	Hopkinton
Caroline Michaud	Grade 11	Dunbarton
Nathan Steigmeyer	Grade 12	Bow
Nicholas Steigmeyer	Grade 12	Bow

HONOR ROLL

Gwyneth McLaughlin	Grade 9	Bow
Talon Perkins	Grade 10	Dunbarton
Ana Badau	Grade 11	Hopkinton
Evan Dow	Grade 11	Bow
Meghann Geiger	Grade 11	Hopkinton
Xander St. Pierre	Grade 12	Bow