



Resilience & Resistance Strategies

Facts on Intimate Partner Violence Among Latin@s

Resilience and Resistance Strategies

Although the literature in the field has begun to highlight how IPV affects Latina survivors and their children in negative ways, a few studies have focused on the strengths and resistance strategies used by the women.

- Latina survivors report multiple strategies to survive abuse. Among them²:
 - » Avoiding (placating batterer, walking away, talking batterer down, and encouraging counseling for the batterer)
 - » Defending (protecting one's body, fighting back, locking self in room, and teaching children to call the police)
 - » Spiritual or psychological (joining a support group and maintaining a relationship with God)
 - » Social or familial (maintaining relationships with supportive people, not involving family members to protect them, and support/advice from other battered women)
 - » Escaping (moving to an undisclosed location, disguising themselves, and saving personal money)
- Other strategies reported by Latina survivors who had used violence against their partners²⁴:
 - » Religion
 - » Dialoguing with partner
 - » Using threats
 - » Hobbies or studying
 - » Exercising
 - » Flight
 - » Calling police
 - » Divorce

Commentary

Regardless of their immigration status, Latina survivors of IPV demonstrate remarkable resilience and resourcefulness in addressing their plight. These strengths should be investigated further and used in programs and services that attempt to assist them.

*For cited works, please visit the References section of the Casa de Esperanza website