



- Overall, children and youth exposed to DV are more likely to have poor social relationships ^[15], and they are at higher risk for experiencing post-traumatic stress, depression, poor emotional regulation, and negative impacts on brain development ^[4, 22, 27].

Increased Risk of DV in Adulthood

- Children and youth living in homes affected by DV are also at high risk for both future perpetration and victimization—that is, they are more likely to commit acts of DV or experience maltreatment in adulthood.
- A review of academic research found 16 distinct research studies that identified a link between childhood exposure to DV and perpetration of DV in adulthood ^[18].
- Research is unclear on exactly how childhood exposure to DV is related to outcomes such as experiencing DV in adulthood. However, some studies have shown that children and youth who grow up in homes characterized by IPV are more likely to develop accepting attitudes towards violence (e.g. viewing violence as a normal way a life and as a viable means of conflict resolution), which in turn increases risk for later dating violence perpetration ^[15, 23, 38].
- Additionally, research supports a mechanism of learned helplessness, whereby individuals who experience IPV during childhood develop a sense of powerlessness, passivity, and negative beliefs about their abilities to control or change a situation even when opportunities to do so become available to them. These learned behaviors and beliefs may in turn lead to an increased risk of experiencing IPV victimization in adulthood ^[33].

Impact of DV Exposure on Parent-Child Relationships

Researchers have found some evidence of the impact of DV on parent-child relationships:

- Caregivers directly receiving violence are likely to experience higher levels of stress and poorer mental health outcomes ^[16] which in turn has been found to impact caregiver's full potential to engage in effective parenting practices ^[22].
- DV exposure is also associated with diminished quality of caregiver-child relationships ^[9]. In addition, DV exposure in childhood predicted poor parent-child attachment with both mothers and fathers in adolescence ^[36].