



FOR IMMEDIATE RELEASE

CONTACTS:

Heather Emerson: hemerson@tillerllc.com

Rob Densen: rdensen@tillerllc.com

Domestic Violence Month Survey Finds:

**STRESSED RELATIONSHIPS AND GROWING ANGER, ISOLATION DURING COVID-19
POINT TO INCREASED RATES OF DOMESTIC VIOLENCE**

34% of Adults Report Ever Having Experienced Domestic Violence, But 26% — and 36% of Gen Z and Millennials — Say They Have Experienced It Over The Last 18 Months Alone

Prelude to Domestic Violence?
Pandemic Challenges Tempers, Personal Relationships

COVID-19 Hard on the Mental State of All Americans But Younger Generation Hit Hardest:

- 67% of Gen Z and Millennials — Compared to 42% of Gen X and Baby Boomers — Say Their State of Mind/Mental Health Has Gotten Worse During COVID-19
 - 65% of Gen Z and Millennials — Compared to 52% of Gen X and Baby Boomers — Say They Feel Much More Isolated and Alone Since the Pandemic
 - 55% of Gen Z and Millennials — Compared to 36% of Gen X and Baby Boomers — Say They Don't Know What To Do About Their Anger/Frustration Over COVID-19
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**65% of Adults Say Too Much Attention Given to COVID-19's Physical Effects...
And Not Enough to Its Impact on Mental Health**

Parents with Kids Under Age 18 Need Help:

- 59% of Parents with Kids at Home (vs. 39% w/o Kids at Home) Say Temper Has Gotten Worse During COVID
 - 31% (vs. 17% w/o Kids at Home) Have Started or Increased Use of Alcohol or Drugs
 - 35% (vs. 22% w/o Kids at Home) Say Increased Stress Makes Them More Fearful of Domestic Violence
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Domestic Violence Expert: "Social Distancing May Help Contain COVID-19's Spread, But It's Had The Opposite Effect on Domestic Abuse. Time for A National Conversation on Domestic Violence"

WASHINGTON, DC., October 5, 2021 – America is stressed — and lashing out.

Increased feelings of isolation, anger and stressed personal relationships as a result of COVID-19 have contributed to a broad range of abusive and frequently violent domestic behaviors including physical, emotional and verbal abuse, according to the results of a nationwide survey released here today by Saving Promise, one of the nation's leading non-profits focused on domestic violence prevention. October is National Domestic Violence Awareness Month.

Visit <http://www.savingpromise.org/media/pressrelease> to view the full press release.