introduction
Intimate partner violence (IPV) is a chronic problem in the United States (U.S.) that disproportionately affects women; nearly 5 in 10 women have experienced rape, physical violence, and/or stalking by an intimate partner, and IPV has variable prevalence rates across Latinas, however, research suggests this population is at an increased risk for IPV.

Familial and Cultural Influences on Help-seeking
Participants were first asked to seek help from family for fear of embarrassment, judgment, and shame. They felt being so open up the appearance of a perfect family, hence the protective nature of the participants.

Women are more likely to report violence to family and friends than to authorities, which often results in the violation of cultural values, such as the importance of family and respect for elders. Participants also turned to religious sources; religion was an important aspect of their lives. Religion helped them to develop a sense of community, which was crucial for their help-seeking behavior.

Resources
Participants used resources available to them in the form of informal help-seeking behaviors, such as talking to family and friends, religious leaders, and community members. They also utilized formal resources, such as domestic violence services, hotlines, and legal aid.

Discussion and Implications
This study indicated that Latinas sought help from religious leaders, family, and friends. Biculturalism among first generation Latinas is an initial barrier to seeking help from family and friends, and there is a need to educate the community about the importance of seeking help from these sources.

Limitations
Some participants were reluctant to disclose their experiences to researchers, and the sample size may not be representative of the overall Latinas population.

Conclusion
Using Photovoice to Motivate Help-Seeking Behaviors among Latinas Experiencing Intimate Partner Violence

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Discussion and Implications
Participants felt that the benefits of using Photovoice were greater than the potential disadvantages. They believed that Photovoice was a powerful tool for helping them understand their experiences and for motivating them to seek help.

Conclusion
The use of Photovoice can be a powerful tool for helping survivors of intimate partner violence to overcome their shame, develop a sense of self-worth, and seek the help they need. It can be used as a part of outreach programs to sensitize the community about the issue of domestic violence and to encourage help-seeking behaviors among survivors.