



Domestic Violence

Another Woman



**Today Another Woman Died
and not on a foreign field
and not with a rifle strapped to her back
and not with a large defense of tanks
rumbling and rolling behind her.**

**She died without CNN covering her war.
She died without talk of intelligence bombs and strategic targets.
The target was simply her face, her back, her pregnant belly.**

**The target was her precious flesh
that was once composed like music
in her mother's body and sung
in the anthem of birth.**

Another Woman (continued)



**The target was this life
that had lived its own dear wildness,
had been loved and not loved,
and had danced and not danced.**

**A life like yours or mine
that had stumbled up
from a beginning and had learned to walk,
and had learned to read
and had learned to sing.**

**Another woman died today.
Not far from where you live;
Just there, where the tall light
falls across the pavement.**

Another Woman (continued)



**Just there, a few steps away
where you've often heard shouting
Another woman died today.**

**She was the same girl
her mother used to kiss;
the same child you dreamed beside in school.
The same baby her parents
walked in the night with
and listened and listened
for her cries even while they slept.**

And someone has confused his rage with this woman's only life.

Carol Geneya Kaplan
June 22, 2002

Shelley's Domestic Violence Story



“I used to tell him that arguments don’t have to turn violent, and that it isn’t normal, and he would always say that I was doing it again – wanting everything done my way, and get angry again. He always said I was twisting things and a manipulative girl, but I never realized he was the one manipulating me...”

May's Emotional Abuse Story



“I thought that because he never actually hit me (he just threatened to if I didn't shut up), that it wasn't classed as abuse. I've always been afraid of him, so I've worked myself and our 4 children around pleasing him in order to maintain the peace... I just put up with the bad because I thought it would get better... in his better moments he admitted his faults and agreed he was the problem in the relationship. I now realize that he had no intention to change. ”

Mandy's Teen Domestic Violence Story



“I found out I was 4 ½ months pregnant but told him ‘I thought I was pregnant’ in case of a bad reaction. He was happy. That got me scared and I thought of the things I wouldn’t be able to do and how we would have a bigger hold on my life. I got worried and spoke to him about it. A termination wasn’t an option but I just wanted him to change. He went ballistic and threw his Xbox at me. I was screaming and kept saying okay but he was in a zone... he dragged me by my hair off the bed and hit my head against the door. He punched me in my stomach and kept knocking my head. I kept trying to push him away but he wouldn’t stop. This is how I had my first miscarriage.”



History of Domestic Violence

History of Domestic Violence



- ❖ 700s BC: The first recorded incidents of domestic violence date back to Ancient Rome where wife-beating is permissible
- ❖ 1400s: The Christian Church condones wife-beating but encourages husbands to use moderation and compassion.
- ❖ 1500s American Settlers bring the tradition of wife-beating to the New World, and make it a part of their law.
- ❖ Late 1500s: The Golden Age of the Rod in England, where a rod is used against women and children who do not obey the family patriarch.
- ❖ 1829: A husband's right to beat his wife is abolished in England.
- ❖ 1871: Alabama is the first US State to revoke a man's right to beat his wife.
- ❖ 1945: California State Law makes wife-beating a felony.

History of Domestic Violence (continued)



- ❖ 1967: Maine opens the first US shelter for abused women.
- ❖ 1975: Most US states allow wives to bring criminal action against a husband who inflicts injury upon her.
- ❖ 1977: First “Take Back the Night” walk against rape in Philadelphia
- ❖ 1978: Formation of the National Coalition Against Domestic Violence
- ❖ 1981: The National Coalition has its first Day of Unity on behalf of battered women / First Domestic Violence Awareness Week is celebrated.
- ❖ 1992: The US Surgeon General ranks Domestic Violence the #1 killer of women ages 15-41
- ❖ 1996: Over 1,200 shelters and 1,800 Domestic Abuse prevention agencies exist in the U.S.

History of Domestic Violence (continued)



- ❖ 2006: 25-31% of US women report being physically or sexually abused by their partner.
- ❖ 2006: Center for Disease Control launches the first national communication initiative designed to prevent unhealthy relationship behaviors and dating abuse.
- ❖ 2007: **Red Flag Campaign** launches on 18 campuses in Virginia to address dating violence on college campuses
- ❖ 2009: The Virginia Sexual & Domestic Violence Action Alliance publishes **Guidelines for the Primary Prevention of Sexual Violence and Intimate Partner Violence**

History of Domestic Violence (continued)



- ❖ 2010: CDC launches **Veto Violence** to provide its grantees and partners with access to training and tools that focus on primary prevention of violence.
- ❖ 2012: The Oregon End Violence Against Women Political Action Committee is the first political action committee in the nation to focus on DV, SA, and ST.
- ❖ 2012: World Health Organization released a Plan of Action for the Global Campaign for Violence Prevention
- ❖ 2012: National leaders in the movement to end violence against women unite to promote the **No More** initiative, designed to enact change and radically increase awareness of domestic violence and sexual assault in our communities
- ❖ 2013: Violence Against Women Reauthorization Act is renewed for another 5 years- includes new and vital protections for college students, immigration women, tribal women, and members of the LGBT community

Timeline Information from the Minnesota Center Against Violence and Abuse / Violence Against Women National Online Resource Center



STATISTICS



Statistics



- ❖ **One in every three women** have experienced domestic violence in her lifetime.
- ❖ **One in every five women** have experience severe physical violence by an intimate partner
- ❖ On average, **nearly 20 people per minute** are victims of physical violence by an intimate partner in the United States. During one year, this equates to **10 million women and men**
- ❖ On a typical day, there are more than **20,000 phone calls** placed to domestic violence hotlines nationwide.
- ❖ Females who are **20-24 years of age** are at the greatest risk of nonfatal intimate partner violence.
- ❖ **One in every five women** has experienced rape in her lifetime
- ❖ About **9 out of 10 rapes** go unreported

Statistics (cont)



- ❖ The **cost of domestic violence** exceeds **\$8.3 billion annually**, including \$5.8 billion in direct health care expenses, \$2.5 billion in lost productivity.
- ❖ Victims of intimate partner violence lose a total of **8 million days of paid work** each year.
- ❖ Between 2003-2008, **142 women were murdered in their workplace** as a result of intimate partner violence.
- ❖ 85% of domestic violence victims are women.
- ❖ Most cases of domestic violence are never reported to the police.
- ❖ Almost **one-third of female homicide victims** that are reported in police records are killed by an intimate partner.
- ❖ About **1/3 of female murder victims** aged 12 or older are **killed by an intimate partner**

Domestic and Sexual Violence in Adolescents

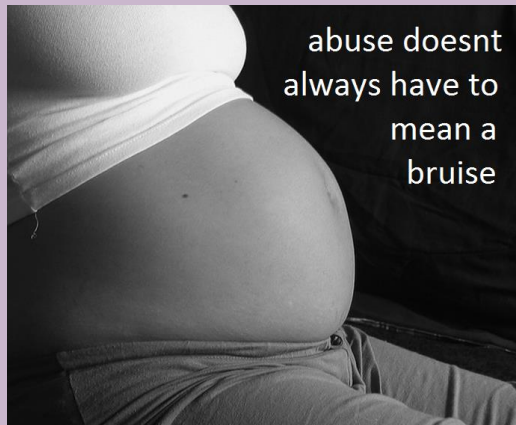


- ❖ About **15% of rape victims** are under age 12
- ❖ **40% of girls age 14-17** report knowing someone their age who has been **hit or beaten** by a boyfriend.
- ❖ **93% of juvenile sexual assault victims** knew their attacker
- ❖ Nearly **1 in 10** high school aged girls answered “yes” when asked if they had ever been forced to have sex against their will by a boyfriend or date.
- ❖ More than **10 million children** are exposed to domestic violence each year.
- ❖ **Child abuse** occurs in **70% of households** that experience domestic violence
- ❖ Males who witnessed domestic abuse as a child are 2 times as likely to become abusers than those who did not.

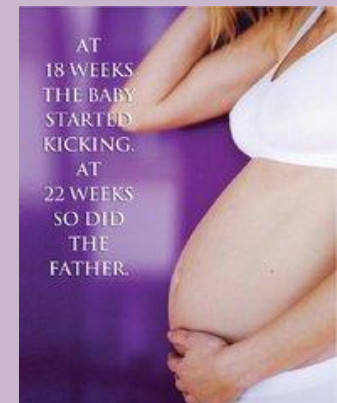
Domestic Violence and Pregnant Women



- ❖ 50-70% of women abused before pregnancy will be abused during pregnancy
- ❖ Abused women are more likely to delay prenatal care than other mothers
- ❖ Babies of women who were abused during their pregnancy are more likely to suffer from complications such as anemia and low birth weight.
- ❖ Pregnant women who are victims of domestic violence are more likely to suffer from depression and suicide, and are more likely to engage in alcohol, tobacco and drug use during the pregnancy.



Statistics are courtesy of the National Coalition Against Domestic Violence





Domestic/Intimate Partner Violence Definitions and Dynamics

Domestic/Intimate Partner Violence is...



A PATTERN

of abusive behaviors used by a person to exert

POWER & CONTROL

over another person in the context of an intimate or family relationship.

ABUSIVE PARTNERS



Abusive partners may be married or not married; heterosexual, gay, or lesbian; living together, separated, or dating.

(Oakland County Domestic Violence Handbook)

SPEAK



out!

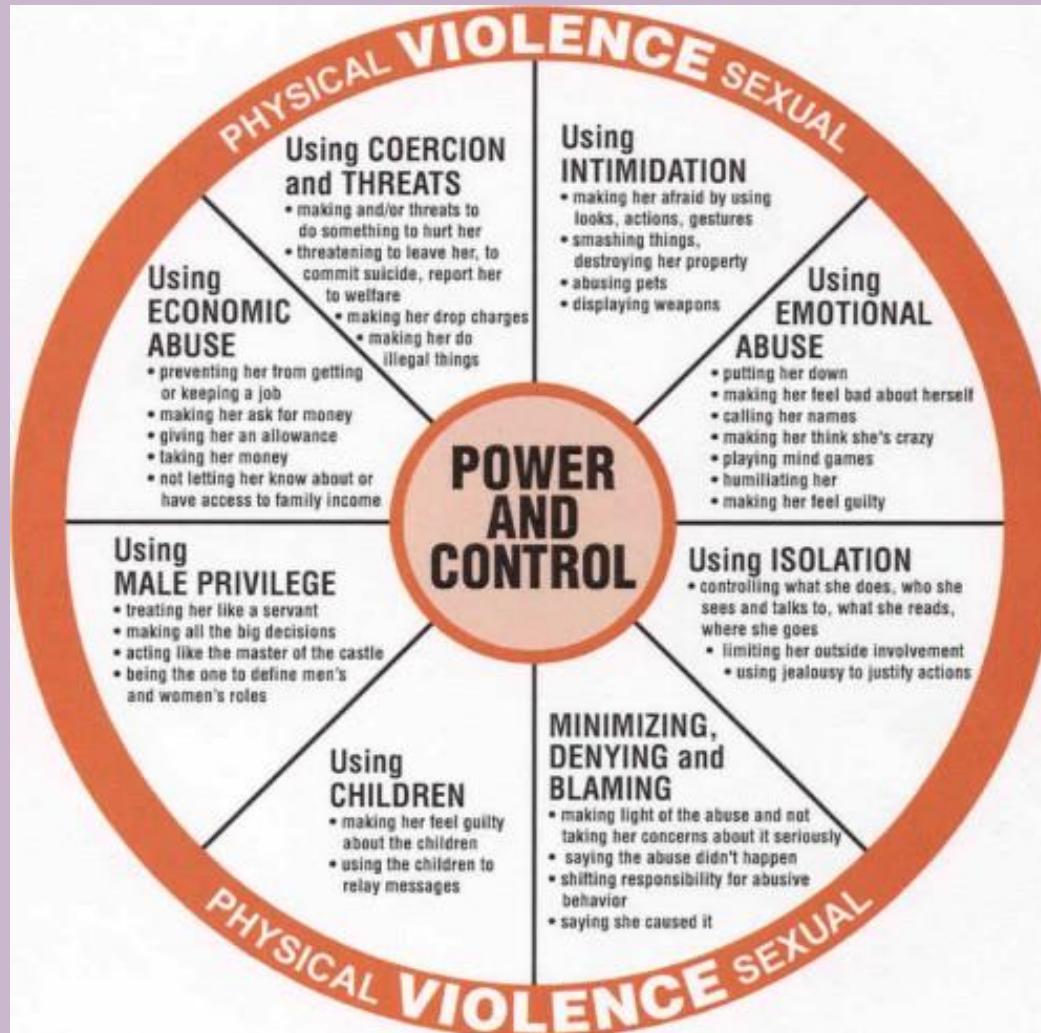
ABUSIVE PARTNERS (continued)



Abusive partners can gain power and control in various different ways

- ❖ Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of a person's life and circumstances.
- ❖ The Power & Control diagram on the next slide is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

POWER AND CONTROL WHEEL



Center for Children and Families in the Justice System

Segments of the Power & Control Wheel



- ❖ **ISOLATION:** Controlling what she does, who she sees and talks to, what she reads, and where she goes. Limiting her outside involvement. Using jealousy to justify actions.
- ❖ **EMOTIONAL ABUSE:** Putting her down. Making her feel bad about herself. Calling her names. Making her think she's crazy. Playing mind games. Humiliating her. Making her feel guilty.
- ❖ **ECONOMIC ABUSE:** Preventing her from getting or keeping a job. Making her ask for money. Giving her an allowance. Taking her money. Not letting her know about or have access to family income.
- ❖ **SEXUAL ABUSE:** Manipulating partner into sex., including using guilt trips or threats. Unwanted touching. Pressuring partner for sex. 'Playful' use of force during sex. Treating partner like a sex object. Drug facilitated sex.

Segments of the Power & Control Wheel (continued)



- ❖ **USING CHILDREN:** Making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Threatening to take the children away.
- ❖ **COERCION AND THREATS:** Making and/or carrying out threats to do something to hurt her. Threatening to leave her, commit suicide, or report her to welfare. Making her drop charges. Making her do illegal things.
- ❖ **INTIMIDATION:** Making her afraid by using looks, actions, and gestures. Smashing things. Destroying her property. Abusing pets. Displaying weapons.
- ❖ **MALE PRIVILEGE:** Treating her like a servant: making all the big decisions, acting like the “master of the castle,” being the one to define men’s and women’s roles.
- ❖ **MINIMIZING, DENYING, AND BLAMING:** Making light of the abuse and not taking her concerns about it seriously. Saying the abuse didn’t happen. Shifting responsibility for abusive behavior. Saying she caused it.

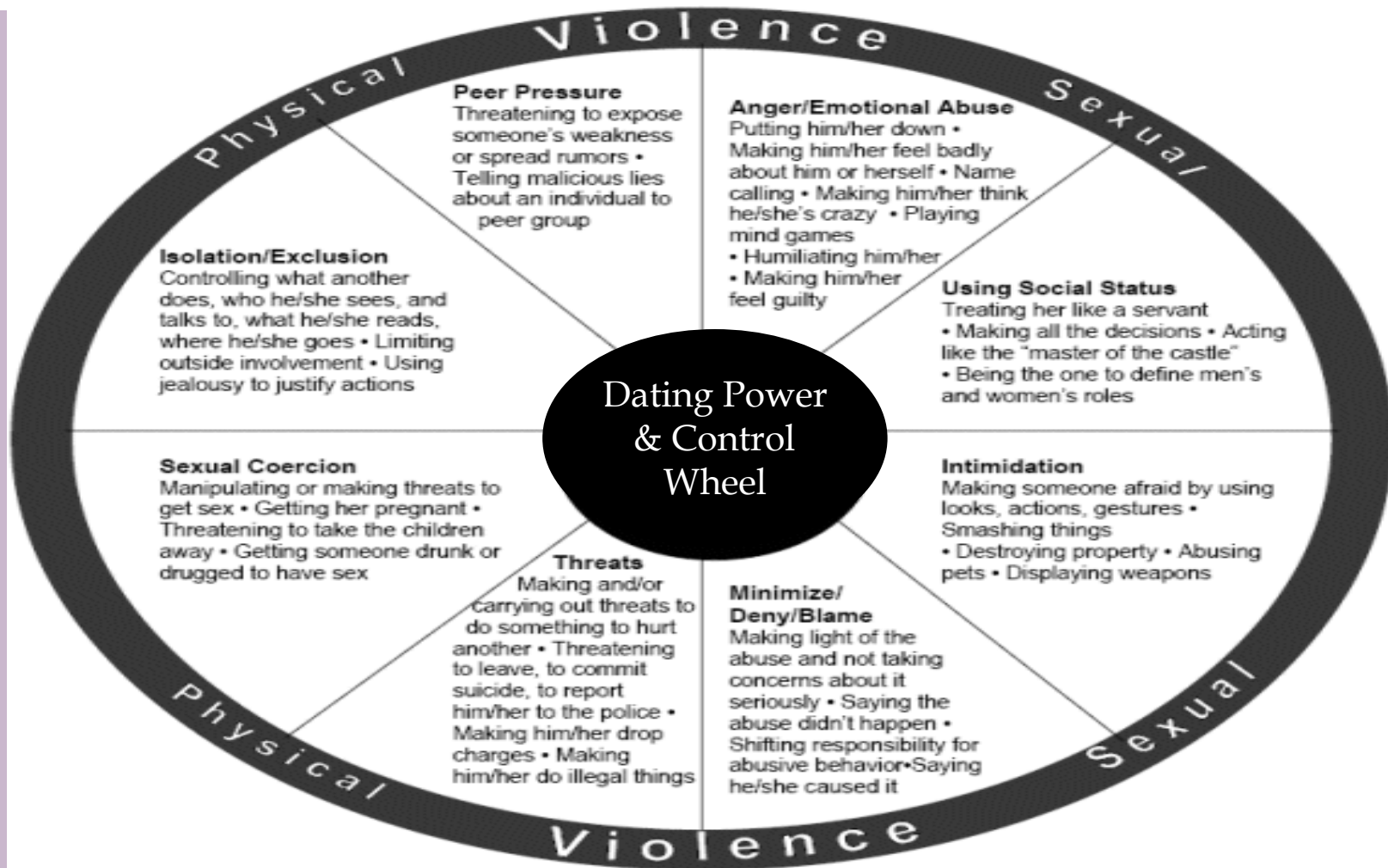
Other Power and Control Wheels



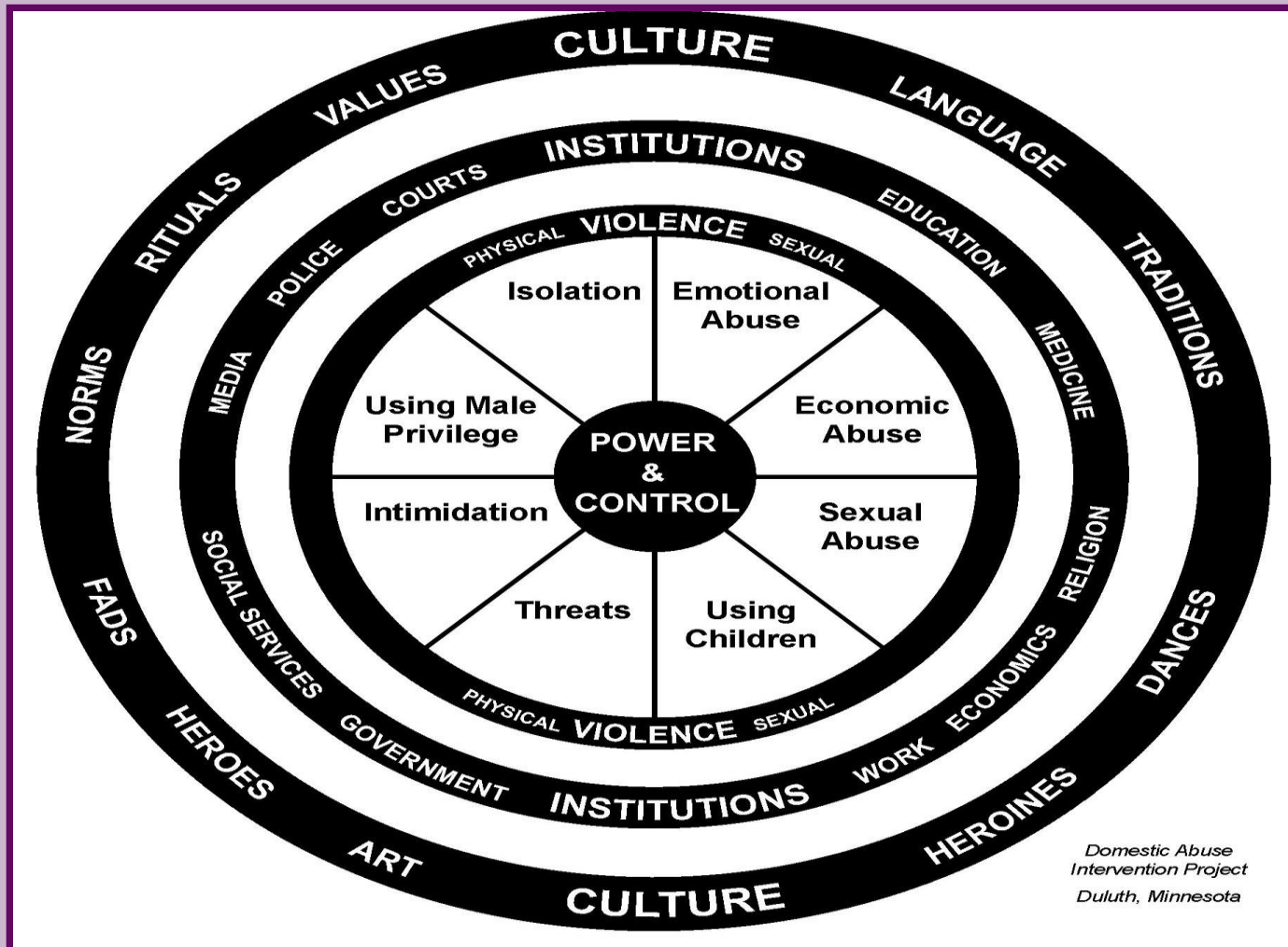
There are also Power and Control Wheels that represent the abuse that is exhibited in dating relationships, relationships that involve members of the military, relationships that involve immigrants, and relationships that involve the LGBT community (Lesbian, Gay, Bi-sexual and Transgender)

See some samples on the following slides.

Dating Power and Control Wheel



Cultural Power and Control Wheel



Domestic Abuse
Intervention Project
Duluth, Minnesota

Domestic/IPV can happen to anyone...



Males and Females

People of any age

People of any socioeconomic status

People of any ethnic group

People of any education level

People of any religion/faith

People of any sexual orientation

ANYONE

Domestic/IPV affects everyone...



Survivors

Abusers

Children

Other Family Members

Friends

Teachers

Employers

Medical/Mental Health Professionals

Social Service Workers

Judges

Pastors...and others

The Cycle of Violence



Tension Building
Things start to get tense

Tension Building

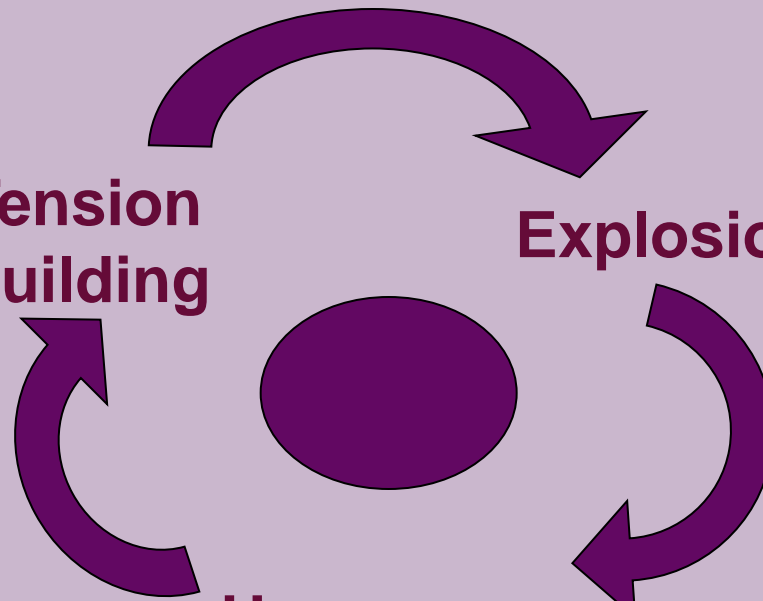


Explosion

Explosion
Things get volatile (verbally, physically, emotionally, etc.)

Honeymoon

Honeymoon
Things are going well
Apologies/promises are made for past abusive behaviors



Cycle Of Violence



The term **cycle of violence** refers to repeated acts of violence as a cyclical pattern. The cycle can happen hundreds of times in an abusive relationship. Each stage lasts a different amount of time in a relationship. The total cycle can take anywhere from a few hours to a year or more to complete.

It is important to remember that not all domestic violence relationships fit the cycle, although most do. It is also important to note that as time goes on, the Honeymoon Stage may significantly decrease and the other stages may become more volatile.

Adapted from the original concept of: Walker, Lenore. The Battered Woman. New York: Harper and Row, 1979.



Signs and Symptoms of Domestic Violence

People Who Are Abused May:



- ❖ Have injuries and give explanations that don't make sense
- ❖ Wear inappropriate clothing to hide bruises or scars (ex: long sleeves in the summer)
- ❖ Not be allowed to visit with friends or family
- ❖ Rarely be seen in public without their partner
- ❖ Often be absent from work, school, or social events
- ❖ "Check In" often with their partner
- ❖ Go along with anything their partner says or does
- ❖ Be afraid of making their partner jealous
- ❖ Abuse alcohol or drugs
- ❖ Have low self-esteem, even if they were once very confident people

People Who Are Abused May...



- ❖ Emotionally withdraw
- ❖ Deny or minimize the abuse
- ❖ Exhibit Impulsivity or aggressiveness
- ❖ Experience apprehension or fear
- ❖ Experience Helplessness
- ❖ Exhibit Anger
- ❖ Become anxious
- ❖ Develop disturbance of eating or sleeping patterns
- ❖ Experience Post-traumatic stress disorder
- ❖ Be depressed or even suicidal



Why People Stay in Abusive Relationships

Why People Stay



The reasons people stay in abusive relationships are very complicated. There are a wide range of emotional feelings that allow the abuse to continue and prevent people from leaving. Here are a few reasons that people stay in an abusive relationship:

- ❖ **Fear** - Survivors fear the physical harm that might come if they attempt to leave
- ❖ **Love** - Survivors may truly have deep feelings for the abusive partner
- ❖ **Promises** - Promises that the abuse will never happen again
- ❖ **Abuse = Love** - Confusion between being loved and being controlled by their partner
- ❖ **Guilt** - Being made to think that the abuse is their fault, that they have the problem

Why People Stay (continued)



- ❖ **Not Being Believed** - A strong fear that nobody will believe them if they speak out against the abuse
- ❖ **Thinking They Can Change Them** - The belief that over time the survivor can change the abusive partner
- ❖ **Low Self-Esteem** - After being in an abusive relationship there is a feeling that they can do no better than their current relationship
- ❖ **Don't Want to be Alone** - To end the relationship could mean a loss of mutual friends, relatives and other people they associate with
- ❖ **Financial problems**- No money, children and no place to go also hold survivors in these relationships

Some Simply Stay Because



...leaving is complicated.





SAFETY PLANNING



Warning Signs of Abusive Personality



One of the best starts to safety planning is to recognize warning signs before the relationship gets too far.

- ❖ **A push for a quick involvement:** Comes on very strong, claiming, "I've never felt loved like this by anyone." Presses for an exclusive commitment almost immediately.
- ❖ **Jealousy:** Excessively possessive; calls constantly or visits unexpectedly; prevents you from going to work because "you might meet someone;" etc.
- ❖ **Controlling:** Interrogates you intensely (especially if you're late) about whom you talked to, and where you were; keeps all the money.
- ❖ **Unrealistic expectations:** Expects you to be perfect and meet every need.
- ❖ **Isolation:** Tries to cut you off from family and friends; accuses people who are your supporters of "causing trouble."
- ❖ **Blames others for problems and mistakes:** It's always someone else's fault if anything goes wrong.
- ❖ **Makes everyone else responsible for their feelings:** The abuser says, "You make me angry instead of, "I am angry."

Warning Signs of an Abusive Personality (continued)



- ❖ **Hypersensitivity**: Is easily insulted, rants about the injustice of things that are just part of life.
- ❖ **Cruelty to animals and to children**: Kills or punishes animals brutally. Also may expect children to do things that are far beyond their ability
- ❖ **Verbal abuse**: Constantly criticizes you, or says blatantly cruel, hurtful things; degrades, curses, calls you ugly names.
- ❖ **Rigid gender roles**: Expects you to serve, obey and remain at home
- ❖ **Sudden mood swings**: Switches from sweetly loving to explosively violent in a matter of minutes.
- ❖ **Past battering**: Admits to hitting partners in the past, but says they made them do it or the situation brought it on.
- ❖ **Threats of violence**: Makes statements like, "I'll break your neck," or "I'll kill you" and then dismisses them with, "Everybody talks that way"

Stay Safe in the House



- ❖ **Stay away from the kitchen** (too many objects can become weapons, i.e. knives)
- ❖ **Try to avoid going upstairs**, it makes exiting more difficult
- ❖ **Stay away from bathrooms**, closets or small spaces where the abuser can trap you
- ❖ **Get to a room with a door** or window to escape
- ❖ **Get to a room with a phone** to call for help; lock the abuser outside if you can (Keep cell phone on you and charged.
- ❖ **Call 911** (or your local emergency number) **right away for help**; get the dispatcher's name
- ❖ **Think about** a neighbor or friend you can run to for help
- ❖ If a police officer comes, tell him/her what happened; **get his/her name & badge number**
- ❖ **Get medical help** if you are hurt
- ❖ **Take pictures** of bruises or injuries
- ❖ **Call a domestic violence program or shelter**

If Preparing to Leave



- ❖ Determine who will let you stay with them or lend you some money.
- ❖ Always try to take your children with you or make arrangements to leave them with someone safe.
- ❖ Leave money, extra keys, and copies of important documents and clothes with someone you trust.
- ❖ Open a savings account in your own name to establish and increase your financial independence.
- ❖ Keep phone numbers for shelters close by and cell phone charged at all times.
- ❖ Review your safety plan with a domestic violence advocate to plan the safest way to leave your abuser

What to Take When Leaving



Here is a checklist of things a survivor needs to consider taking with them if they are leaving their abuser

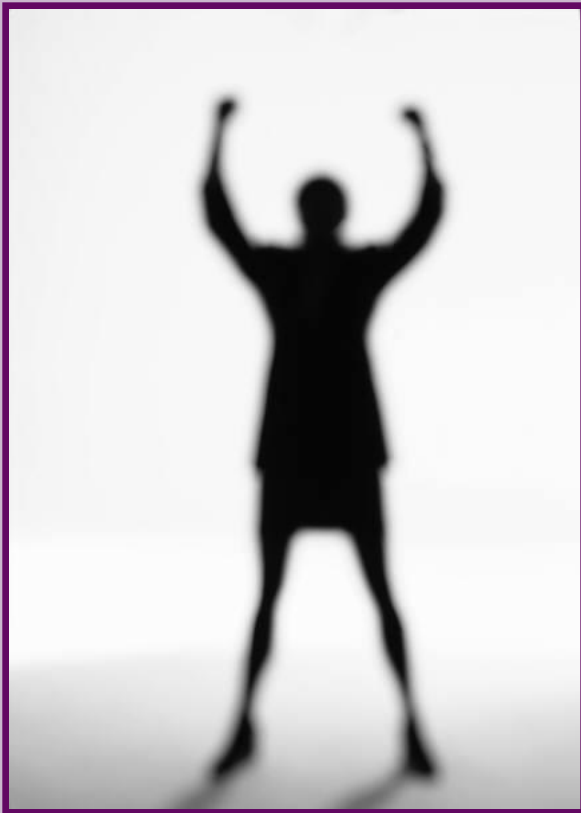
- ❖ Identification
- ❖ Driver's license, car title, and registration
- ❖ Birth and marriage certificates and passports (theirs and children's)
- ❖ Social security card for self and children
- ❖ Money, credit cards, ATM card, telephone card
- ❖ Protective order
- ❖ Lease, rental agreement, house deed
- ❖ Checkbooks, bank books, and withdrawal slips
- ❖ Health insurance or medical card
- ❖ House and car keys
- ❖ Medications or prescriptions
- ❖ Address book
- ❖ Pictures
- ❖ Medical records for all family members
- ❖ School records
- ❖ Work permits
- ❖ Green card/immigration papers
- ❖ Divorce papers, including custody order
- ❖ Jewelry
- ❖ Pets, if you can.
- ❖ Children's small toys



HOW CAN YOU HELP?



What You Can Do If You Know Someone Is Being Abused



- ❖ Reassure that violence is not deserved and is not their fault
- ❖ Help find a safe place for them to go
- ❖ Help them develop a safety plan
- ❖ Educate yourself and others about domestic violence and available resources
- ❖ Get help for the abuser
- ❖ Contact Avalon

Other Ways to Help a Domestic Violence Survivor



- ❖ Believe them
- ❖ Don't blame the survivor
- ❖ Listen (Don't push too hard)
- ❖ Empower
- ❖ Confidentiality
- ❖ Support
- ❖ Be patient
- ❖ Be a positive influence

No matter where you are in life, inspire and empower the women around you. Success is never reached alone. And, wisdom and wealth are sweeter shared.

-Mizzfit





The Effects of Family Violence on Children



Children Statistics



- ❖ **Studies suggest that between 3.3 and 10 million children are exposed to domestic violence annually. www.endabuse.org**
- ❖ **In a national survey of more than 6,000 American Families, 50 percent of the men who frequently assaulted their wives also frequently abused their children. www.endabuse.org**
- ❖ **An alarming fact is that domestic violence has been found to be the single most common precursor to child death in the United States. (Mills et al., 2000)**
- ❖ **Boys who witness domestic violence are more likely to batter their partners as adults.**
- ❖ **Children who witness domestic violence are more likely to attempt suicide, abuse drugs and alcohol, and engage in teenage prostitution. www.endabuse.org**
- ❖ **Children fail to report domestic violence or sexual abuse because of shame, fear of retaliation, or fear of not being believed. www.endabuse.org**

When Children Witness Violence



Some of the Potential Effects Are...

❖ Emotional

❖ Behavioral

❖ Social

❖ Physical

Although parents want to believe that kids don't understand, children always know more than we want them to.



Potential Effects On Children



- ❖ Anxiety or Nervousness
- ❖ They feel Responsible
- ❖ Guilt
- ❖ Grief
- ❖ Confusion
- ❖ Fear of Abandonment
- ❖ Lying to cover up
- ❖ Self abuse
- ❖ Excessive involvement in activities to avoid going home
- ❖ Lack of Trust
- ❖ Aggressive/Passive
- ❖ Depression
- ❖ Regression to behaviors they have outgrown
- ❖ Low self-esteem
- ❖ Poor coping skills
- ❖ Need for Adult Attention
- ❖ Embarrassment
- ❖ Isolation
- ❖ Care-taking



Safety & Support for Children Who Witness Violence



Positive Influences Can Help Make A Difference



Positive influences can help children overcome the negative effects of living with domestic violence.

Here are some ideas for concerned adults:

- ❖ Allow children to talk about the violence. Listen to their feelings without judging.
- ❖ Make sure children understand that the fighting is not their fault.
- ❖ Be a role model. Show by your example that there is a better way to solve problems than by violence.
- ❖ Hold violent adults accountable for their violence and its impact on their children.
- ❖ Encourage cooperation and respect in children's relationships with other children. Discourage fighting and teasing.
- ❖ Do what you can to establish a predictable daily routine.
- ❖ Create opportunities for age-appropriate fun.
- ❖ Watch and listen closely for signs that a child is being directly abused. Be prepared to respond.
- ❖ Devise a code word so that children can let trusted adults know when they need help, without alerting the abuser.
- ❖ Find additional support for children. Many domestic violence programs offer counseling or support groups for children who have witnessed or experienced violence. Teachers, clergy, relatives, and others can also be helpful.

Teach Children How To Be S.A.F.E.



Stay out of the fight

Avoid getting trapped

Find a phone

Escape to a safe place

My Safety Plan



When I get scared, I can think about...

When I get scared, I can go to...

When I am feeling down or afraid, I can talk to...

These are safe exits from my house:

In an emergency, I can:

My Important Numbers

My phone number: _____

The police: _____

A neighbor, friend or relative's number: _____