



INTERFACE

CHILDREN FAMILY SERVICES

Mental Health
•
Youth and Family
Strengthening
•
Family Violence
Intervention
•
2-1-1 Information
& Referral
•
Justice Services



Strengthening children, families and communities
to be safe, healthy and thriving.

DOMESTIC VIOLENCE 101

What is Domestic Violence?

Abuse that occurs within the context of an intimate relationship

- ☐ Married couples
- ☐ Dating partners
- ☐ Ex-Intimate partners

You may have heard....

- ☐ Domestic Abuse
- ☐ Intimate Partner Violence/ Abuse
- ☐ Dating Violence / Abuse
- ☐ Relationship Violence/Abuse
- ☐ Family Violence



Characteristics of Domestic Violence

- A learned behavior
- A **kaleidoscope** of behaviors and tactics utilized to control a partner
- Often difficult to identify, for hidden messages are conveyed through “innocent” behaviors. (ex: sending flowers to work, buying cell phones)
- INTENTIONAL and a CONSCIOUS CHOICE



Domestic Violence Statistics

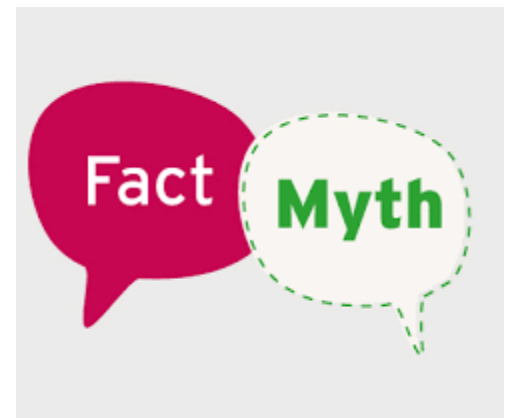
- **40%** of California women experience domestic violence in their life time (CPEDV).
- An estimated **835,000** men are physically assaulted by their partner every year (NIJ & CDC).
- Girls and young women between the ages of 16 and 24 experience the **highest rate** of intimate partner violence -- almost **triple the national average** (US DOJ).

Domestic Violence Statistics

Law enforcement in Ventura County respond to more than 7,000 domestic violence related calls for assistance each year.



What are some myths you have encountered regarding domestic violence?



Myths

Realities

A lower class problem

Battering is a serious social problem regardless of class, race, culture, income or religion

Directly related to alcoholism

Only 1 /3 of batterers abuse their partners when drinking.

The victims fault

Some batterers report what they see as “provocative” behavior, however, many report that the partner did nothing at all to provoke them.

Something that only happens when the batterer is out of control

Domestic violence is an act of controlling another. Most batterers are in control of their actions, and have deliberate intentions of dominating their partner.

Forms of Domestic Violence

- ❑ **Physical**
- ❑ **Sexual**
- ❑ **Psychological**
 - Verbal
 - Mental
 - Emotional
 - Isolation
- ❑ **Economic**
- ❑ **Spiritual**
- ❑ **Digital**

Abuse may occur frequently or infrequently, but in most cases it tends to escalate in severity and frequency over time.



Physical Abuse

A blurred background image showing a person being physically abused. The person is lying on the ground, and another person's hand is visible, possibly holding or restraining them. The image is out of focus, emphasizing the text labels for the types of abuse.

Pushing

Shoving

Pulling

Hair

Throwing
Things

Slapping

Punching

Strangling

Restraining

Tripping

Biting

Kicking

Spiritual Abuse

- ❑ Using spiritual practices to gain control over another (ex: using scripture)
- ❑ Mocking spiritual beliefs or practices
- ❑ Restricting access to worship



Emotional Abuse

- ❑ Ridiculing or insulting beliefs, religion, race, ethnic group, immigration status, likes, culture, and customs
- ❑ Withholding approval, appreciation, or affection as punishment
- ❑ Name calling, excessive criticism
- ❑ Humiliating in public or private



Emotional Abuse

- ❑ Ignoring a person's feelings
- ❑ Spying / Stalking
- ❑ Lying about a person and/or their family



Isolation

- ❑ Starts fights when partner wants to visit friends
- ❑ Insults family or friends
- ❑ Needs to ask permission before going out
- ❑ Forced to miss or makes late to work
- ❑ Controls use of vehicle



Mental Abuse

- ❑ Manipulative behavior
- ❑ Threats or intimidation
- ❑ Denying previous actions or events
- ❑ Projecting blame onto the other person
- ❑ Destroying possessions or treasured objects of the victim (including pets)



Sexual Abuse

- ❑ Controlling how and when sex will take place
- ❑ Punishing by abstaining from sex
- ❑ Disclosing sexual affairs in order to inflict emotional distress
- ❑ False accusations of sexual infidelity
- ❑ Harassment over a partner's previous sexual relationships
- ❑ Rape, forcing to have sex after having hit or mistreated
- ❑ Any unwanted touching
- ❑ Reproductive coercion



control

Financial Abuse

- ❑ Preventing from working or pursuing education
- ❑ Refusing to share money
- ❑ Taking money away or stealing from
- ❑ Threatening to withdraw financial support
- ❑ Keeping financial information secret



Digital Abuse

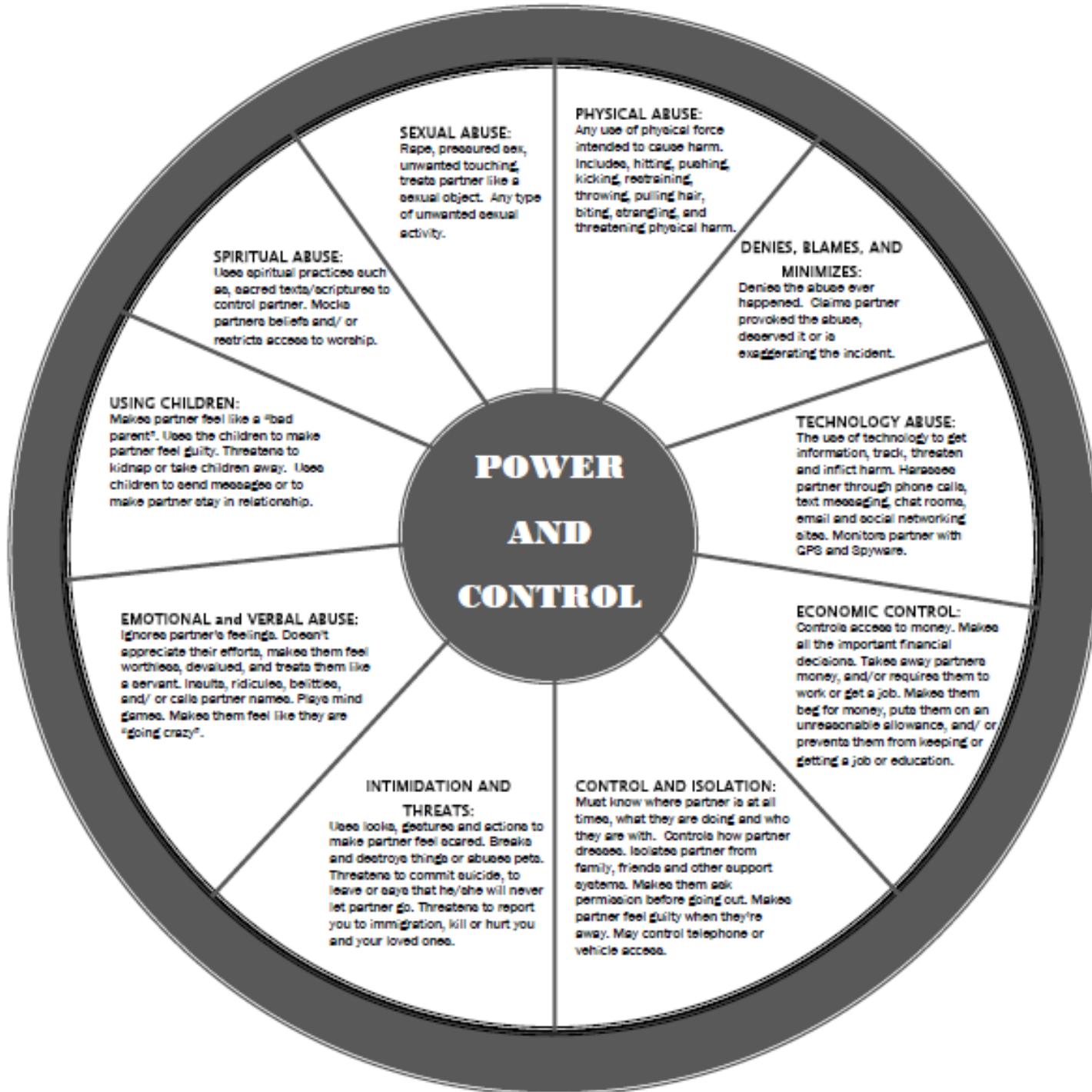
Sharing sexual or nude pictures of the person that were given in confidence

Excessive or unwanted text-messaging, instant messaging, phone calls or e-mails to check up on someone

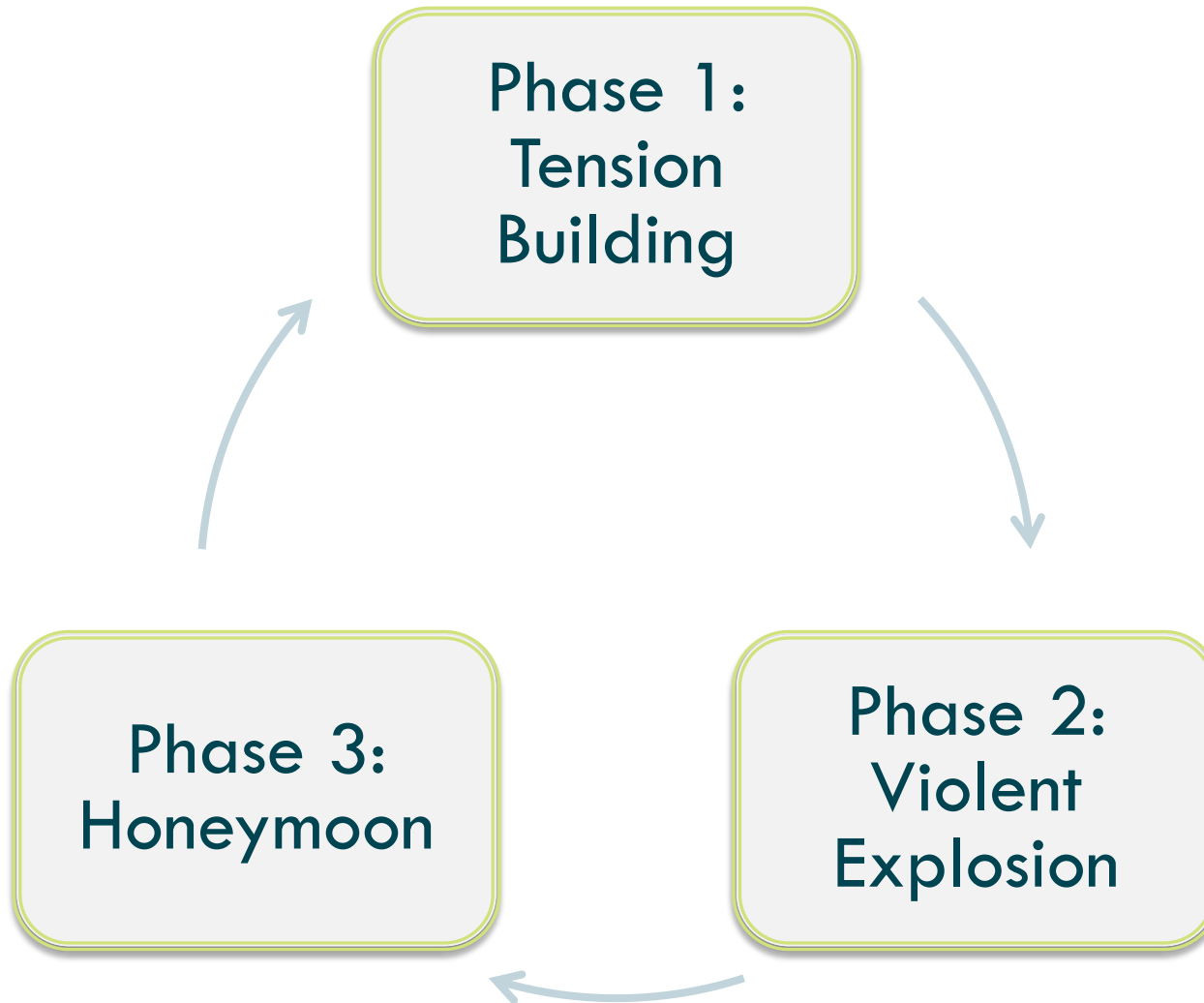
Accessing someone's accounts and changing passwords so he or she can no longer access them

Posing as a person and altering his or her accounts and profiles.





The Cycle of Violence



Phase 1: Tension Building

Abuser:

- Yells
- Criticizes
- Threatens
- Humiliates

Phase 2: Violent Explosion

Abuser:

- Abuses victim physically, emotionally and/or sexually

Phase 3: Honeymoon

Abuser:

- Acts like nothing ever happened
- Makes promises
- Pleads for forgiveness
- Cries
- Buys gifts

ACTIVITY

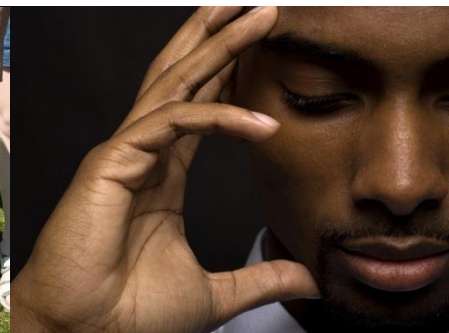
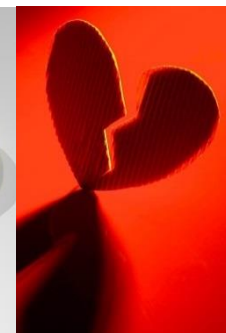
- List five things that you enjoy, value or find important in your life....

EXAMPLES:

- Your home or car
- Working
- Going to the gym
- Spending time with your children
- Pets
- Going out to eat

Barriers to Leaving

- Fear/ threats
- Isolation
- Childhood victimization
- Economic dependence
- Beliefs about marriage
- Children involved
- Immigration issues
- Shame
- Love
- Hope that things will get better



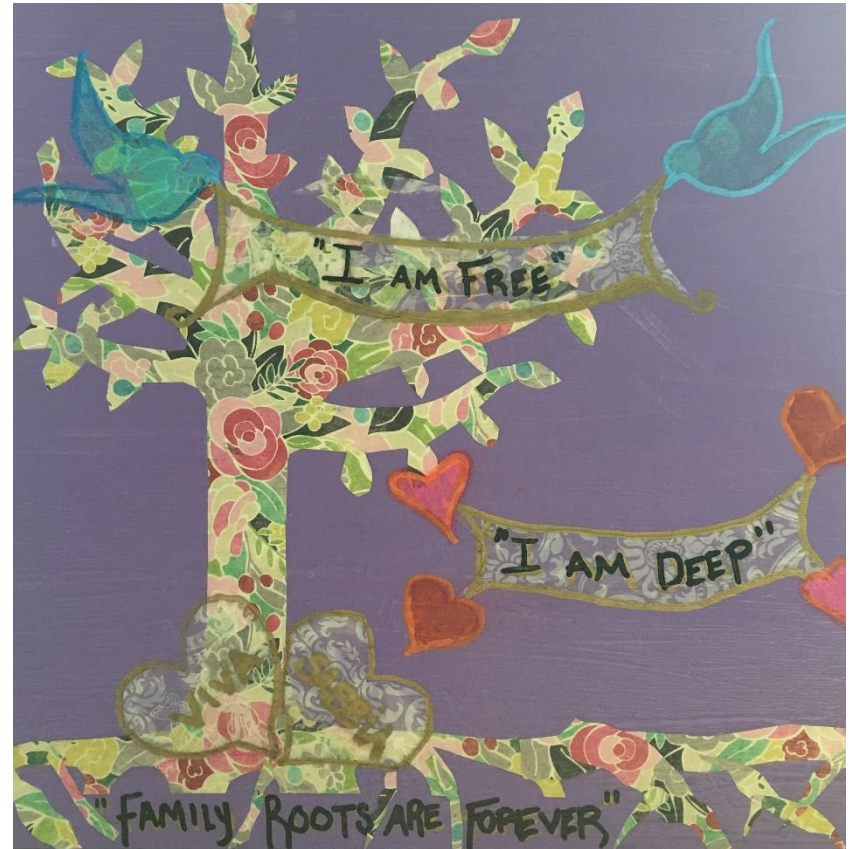
What Barriers Can You See?



Jenna and Mike have been married for 9 years and have two children together, both under the age of 6, and another one on the way. Mike is police officer for Ventura PD and Jenna stays home to take care of the children and their newly purchased home. The first 4 years of marriage were wonderful, yet after their second child, Mike started to put Jenna down a lot and criticized her appearance and weight. Shortly after that he began to hit her when she argued with him. When she went to her pastor, he reminded her of the marriage vows and encouraged her to pray for healing in their relationship. Jenna loves Mike dearly but is tired of feeling hurt.

Leaving

On average, it takes a victim seven times to leave before staying away for good.



Common Characteristics of Batterers

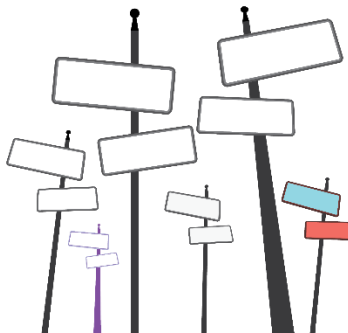
- ☐ Low self –esteem
- ☐ Jealous
- ☐ Dr.Jekyll/Mr. Hyde personality
- ☐ Isolate their partners
- ☐ May have a negative attitudes towards women
- ☐ Poor communication skills
- ☐ Blames others for their actions or feelings
- ☐ Takes things personally
- ☐ Manipulative
- ☐ Often was a victim on childhood violence



Warning Signs for Abuse

□ **Physical Signs:**

- ▣ Bruises or other injuries
- ▣ Inappropriate clothing for the season
- ▣ Unusually heavy make-up
- ▣ Poor body consciousness



□ **Emotional Signs:**

- ▣ Depressed
- ▣ Low self-esteem
- ▣ Mood swings
- ▣ Alcohol / drug use
- ▣ Anxious or fearful
- ▣ Hints of trouble at home
- ▣ Makes excuses or minimizes actions of partner

Domestic Violence

KEY POINT



- A victim is the best expert at determining their own level of safety, and therefore is the best expert at determining how to survive a violent relationship, even *if it means staying*.

How can I support survivors?

- Believe
- Try to understand their difficult situation
- Understand their emotional history and their feelings of not having strength to make a change
- Validate their feelings and LISTEN
- Let them know they are not alone
- Locate resources to help
- Acknowledge impact on self / Access local resources to process your own feelings
- If you see it happen, call the police



Questions??