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.



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?



M	yt	hs	

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

Pushing

Slapping

Shoving

Pulling Hair Throwing Things 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





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





- 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

control

- 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

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 textmessaging, 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.



SEXUAL ABUSE:

Rape, pressured cex, unwanted touching, treats partner like a cexual object. Any type of unwanted cexual activity.

POWER

AND

CONTROL

SPIRITUAL ABUSE: Uses opiritual practices such se, secred texts/scriptures to control partner. Mocks partners beliefs and/ or

restricts access to worship.

USING CHILDREN:

Makes partner feel like a "bad parent". Uses the children to make partner feel guilty. Threatens to kidnap or take children away. Uses children to send messages or to make partner stay in relationship.

EMOTIONAL and VERBAL ABUSE:

Ignores partner's feelings. Doean't appreciate their efforts, makes them feel worthless, devalued, and treats them like a servant. Insuite, ridicules, belittles, and/ or calls partner names. Plays mind games. Makes them feel like they are "going crazy".

INTIMIDATION AND

THREATS: Uses looks, gestures and actions to make partner feel ocared. Breaks and destroys things or abuses pets. Threatens to commit suicide, to leave or says that he/ahe will never let partner go. Threatens to report you to immigration, kill or hurt you and your loved ones. PHYSICAL ABUSE: Any use of physical force intended to cause harm. Includes, hitting, pushing, kicking, restraining, throwing, pulling hair, biting, strangling, and threatening onyoical harm.

DENIES, BLAMES, AND

MINIMIZES: Denies the abuse ever happened. Claims partner provoked the abuse, deserved it or is exaggerating the incident.

> TECHNOLOGY ABUSE: The use of technology to get information, track, threaten and inflict harm. Hanassee partner through phone calls, text messaging, chat rooms, email and accial networking aites. Monitors partner with GPS and Spiware.

ECONOMIC CONTROL:

Controls access to money. Makes all the important financial decisions. Takes away partners money, and/or requires them to work or get a job. Makes them beg for money, puts them on an unreasonable allowance, and/or prevents them from keeping or getting a job or education.

CONTROL AND ISOLATION: Must know where partner is at all times, what they are doing and who they are with. Controls how partner dreases, loolates partner from family, friends and other support systems. Makes them ask permission before going out. Makes partner feel guilty when they're away. May control telephone or vehicle access.



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



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
- 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.



On average, it takes a victim <u>seven</u> 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 makeup
- 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??