Mental Health
- Youth and Family Strengthening
- Family Violence Intervention
- 2-1-1 Information & Referral
- Community Development
- Justice Involved Families

... a family strengthening organization
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
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).
<table>
<thead>
<tr>
<th>Myths</th>
<th>Realities</th>
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<tbody>
<tr>
<td>A lower class problem</td>
<td>Battering is a serious social problem regardless of class, race, culture, income or religion</td>
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<tr>
<td>Directly related to alcoholism</td>
<td>Only 1/3 of batterers abuse their partners when drinking.</td>
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<td>The victims fault</td>
<td>Some batterers report what they see as “provocative” behavior, however, many report that the partner did nothing at all to provoke them.</td>
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<td>Something that only happens when the batterer is out of control</td>
<td>Domestic violence is an act of controlling another. Most batterers are in control of their actions, and have deliberate intentions of dominating their partner.</td>
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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
- Shoving
- Throwing Things
- Pulling Hair
- Punching
- Pulling Things
- Slapping
- 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 cont...

- 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
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
- Sabotaging employment to maintain financial control
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.
POWER AND CONTROL

SEXUAL ABUSE: Rape, pressured sex, unwanted touching, treats partner like a sexual object. Any type of unwanted sexual activity.

SPIRITUAL ABUSE: Uses spiritual practices such as sacred texts/scriptures to control partner. Modifies partner's 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. Makes children send messages or to make partner stay in relationship.

EMOTIONAL AND VERBAL ABUSE: Ignores partner's feelings. Doesn't appreciate their efforts, makes them feel worthless, devalued, and treats them like a servant. Insults, 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 scared. Breaks and destroys things or abuses pets. Threatens to commit suicide, to leave or says that he/she will never let partner go. Threatens to report you to immigration, kill or hurt you and your loved one.

CONFLICT AND ISOLATION: Must know where partner is at all times, what they are doing and who they are with. Controls how partner dresses, isolates 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.

PHYSICAL ABUSE: Any use of physical force intended to cause harm. Includes hitting, pushing, kicking, restraining, throwing, pulling hair, biting, strangling, and threatening physical harm.

DENIES, BLAMES, AND MINIMIZES: Denies abuse has 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. Harasses partner through phone calls, text messaging, chat rooms, email and social networking sites. Monitors partner with GPS and Spyware.

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.
The Cycle of Violence

Phase 1: Tension Building
- Yells
- Criticizes
- Threatens
- Humiliates

Phase 2: Violent Explosion
- Abuses victim physically, emotionally and/or sexually

Phase 3: Honeymoon
- Acts like nothing ever happened
- Makes promises
- Pleads for forgiveness
- Cries
- Buys gifts
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
Leaving

On average, it takes a victim seven times to leave before staying away for good.
Common Characteristics and Behaviors 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
Signs that someone may be in an abusive relationship:

- **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
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.
Effects of DV on Children

- 3.3+ million children witness Domestic Violence each year.
- Studies have shown that even if a child is not physically abused, witnessing the violence not only scars the child emotionally, but leads to behavior that, as an adult, mimics what they learned from their parents.
Feelings Experienced by Children Exposed to Domestic Violence

- Fear
- Anger
- Mixed love and anger
- Confusion
- Loss
- Guilt/Responsibility
- Confusion, life is unpredictable
How Does Living In A Violent Home Impact Our Children?

- May become developmentally behind
- Living in a state of fear of uncertainty
- Develop low self esteem or become withdrawn
- Develop a lack of trust with others
- Suffer from depression
Children exposed to violence may…

- Be violent themselves after seeing it in the home
- Become overly compliant
- Experience problems in school
- Run away from home
- Begin sexually acting out
- Be at high risk of teen pregnancy
8 Ways Children and Teens Survive

- Mental blocking or disconnecting emotionally
- Make it better through fantasy
- Physical avoidance
- Looking for love and acceptance (in wrong places)
- Take charge through caretaking
- Reaching out for help
- Crying out for help
- Redirecting emotions into positive activities
“A child who lives with violence is forever changed, but not forever ‘damaged’. There’s a lot we can do to make tomorrow better.”

Cunningham & Baker, 2007
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
Where can I find support?
Crisis Intervention

- 24/7 DV Hotline: 1-800-636-6738 or 211
  - Crisis counseling
  - Emergency shelter
  - Restraining order assistance
  - Safety planning
  - Court accompaniment
  - Support groups
  - Information and referral
Prevention and Education

- My Body Belongs to Me
- Teen Dating Violence Prevention
- Outreach & Public Awareness
- Batterers’ Intervention Program
- Anger Management
- Co-Custody Parenting
- Parenting Education