

Mental Health &
Trauma Treatment

Domestic Violence &
Child Abuse Prevention

Youth Crisis Intervention

Human Trafficking

Reentry Services

2-1-1 Information &
Referral



INTERFACE
CHILDREN & FAMILY SERVICES

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).

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



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

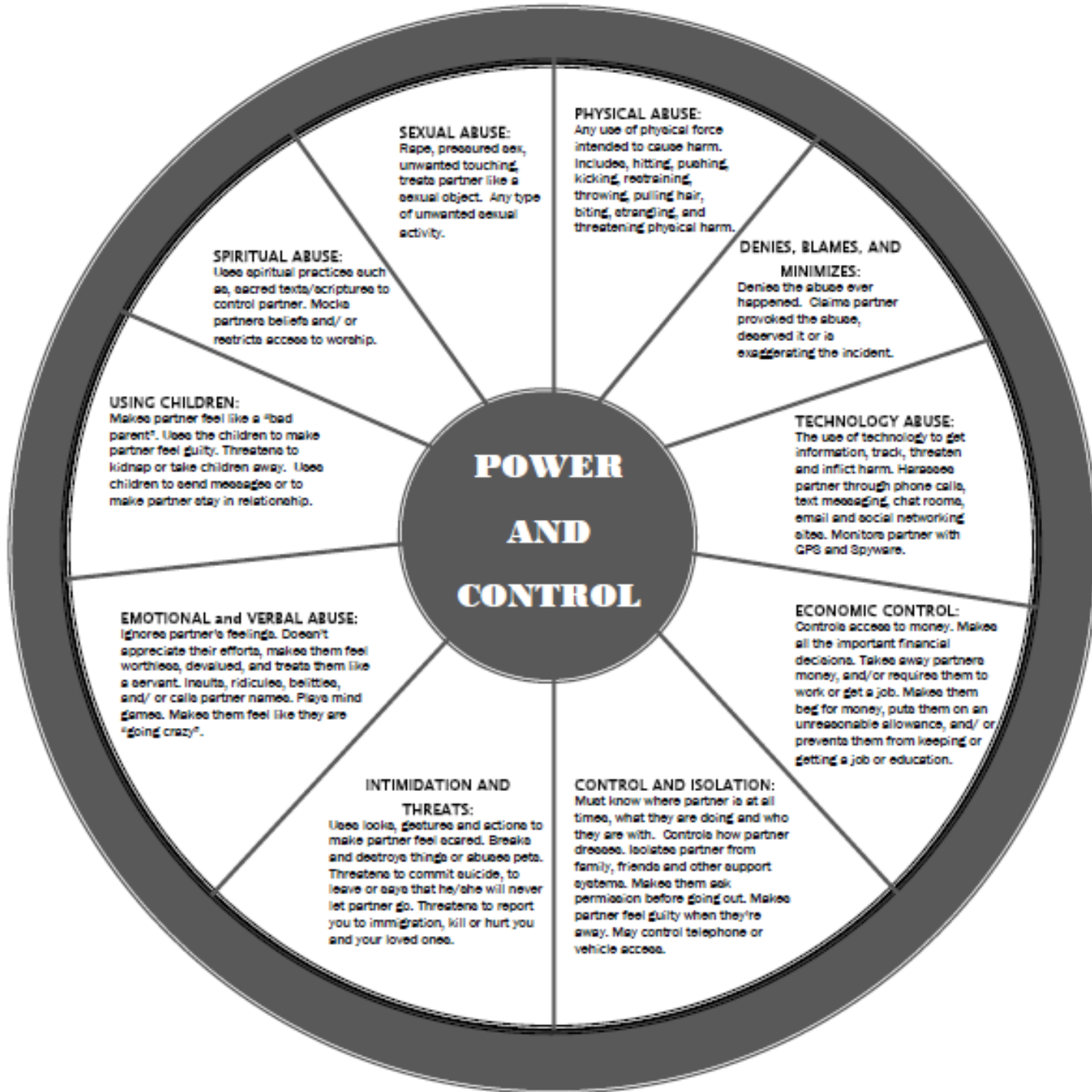
Accessing someone's accounts and changing passwords so he or she can no longer access them

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

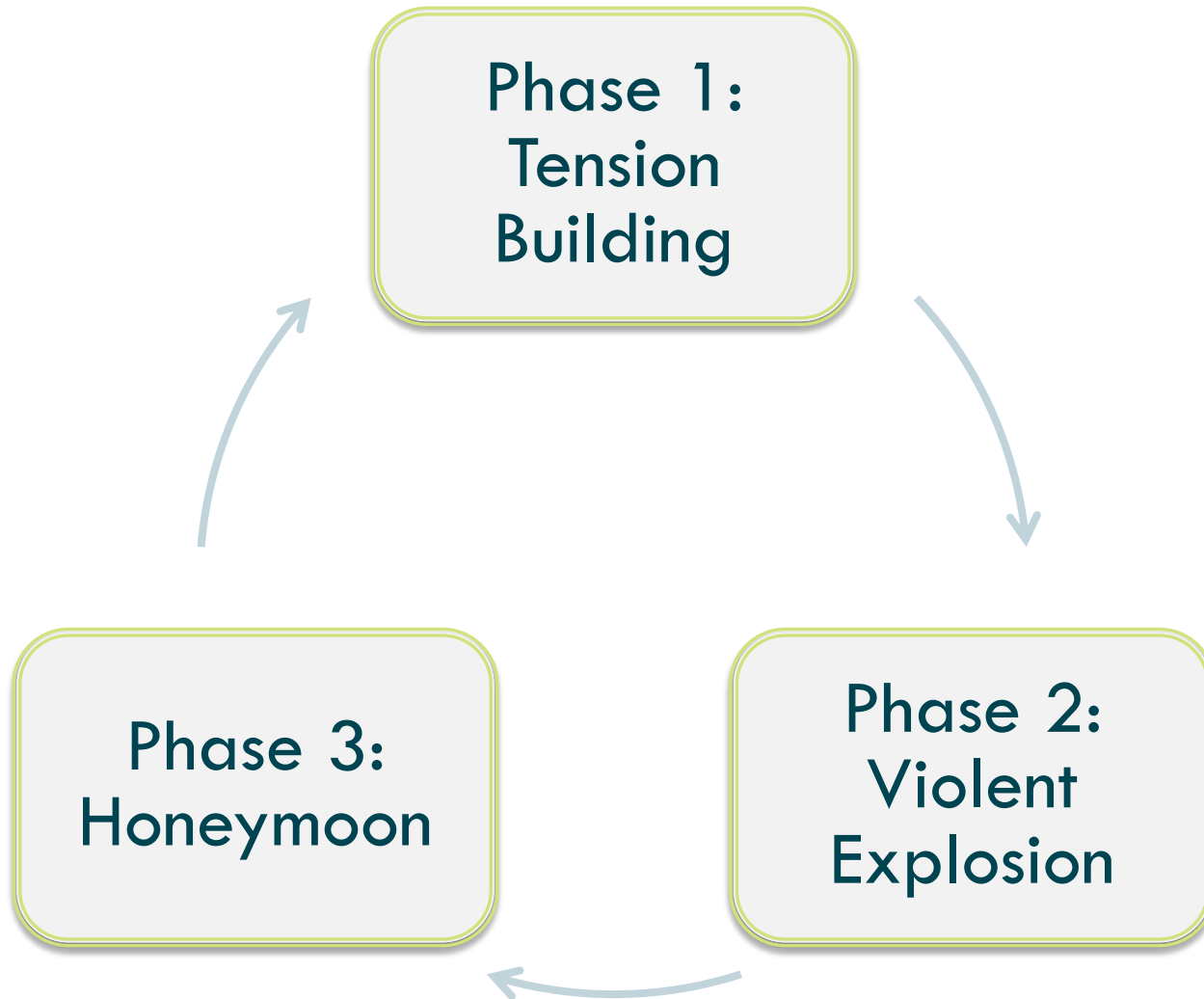
twitter



facebook



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

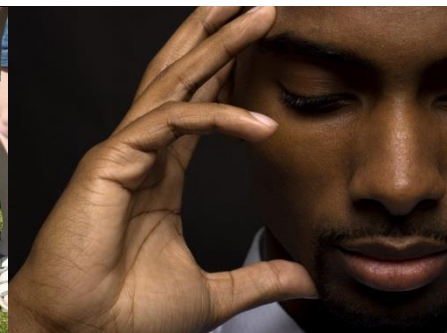
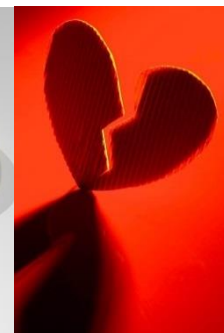
Phase 3: Honeymoon

Abuser:

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

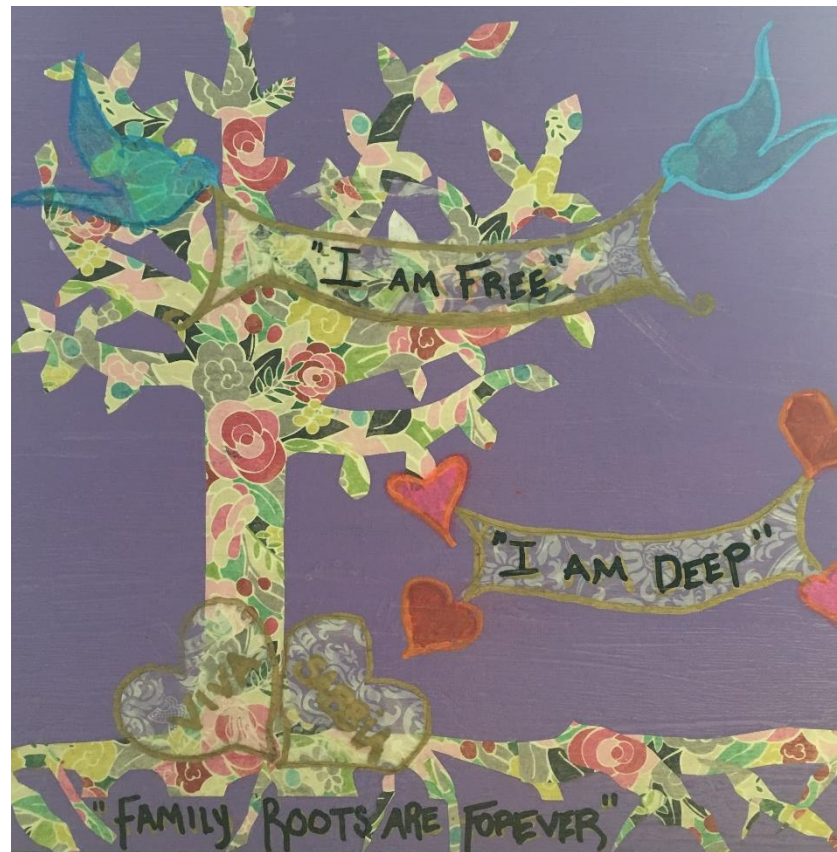
Barriers to Leaving

- 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

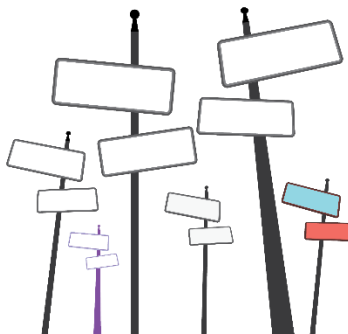
- Low self –esteem
- Jealous
- Dr.Jekyll/Mr. Hyde personality
- Isolate their partners
- May have a negative attitudes towards women
- Poor communication skills
- Blames others for their actions or feelings
- Takes things personally
- Manipulative
- Often was a victim on childhood violence



Signs that someone may be in an abusive relationship

□ **Physical Signs:**

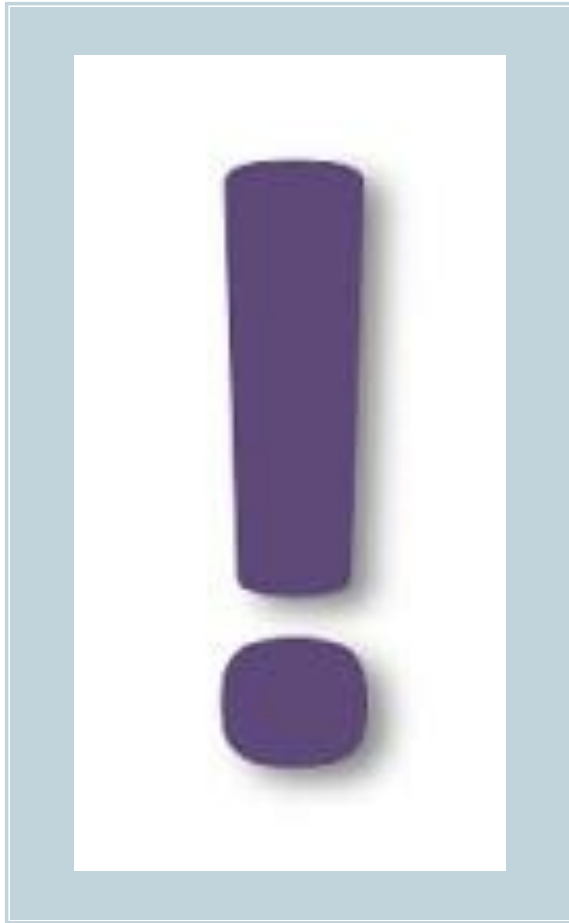
- Bruises or other injuries
- Inappropriate clothing for the season
- Unusually heavy make-up
- Poor body consciousness



□ **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

KEYPOINT



- 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 of Children Exposed to Family Violence

- Fear
- Anger
- Mixed love and anger
- Confusion
- Loss
- Guilt/Responsibility
- Confusion, life is unpredictable



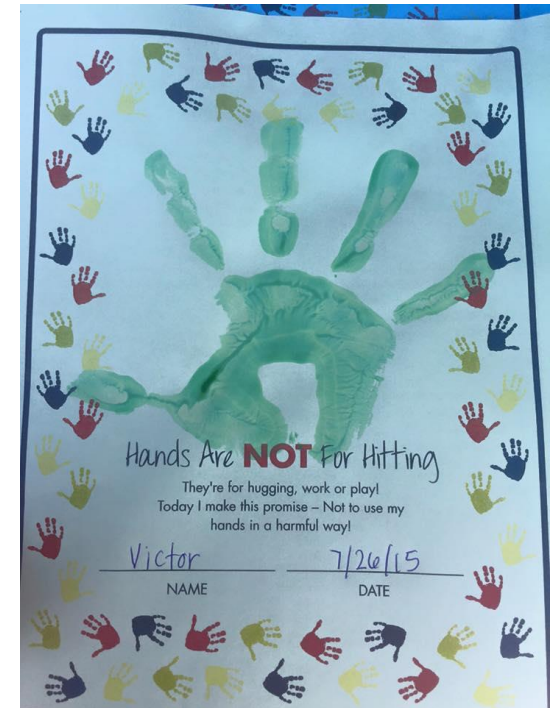
How Does Living In A Violent Home Impact Our Children?

- 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



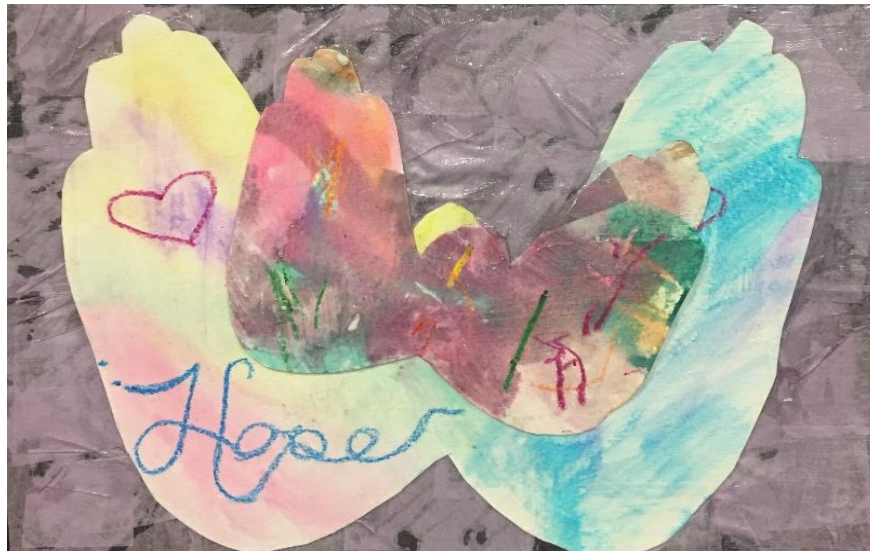
8 Ways Children and Teens Survive

- 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
- DV and Healthcare
- Outreach & Public Awareness
 - Paint it Purple
 - Hands Are Not for Hitting

