

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).

M	yt	hs

Directly related to alcoholism

Realities

A lower class problem

Battering is a serious social problem

regardless of class, race, culture, income or religion

partners when drinking.

Only 1/3 of batterers abuse their

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

Sheving Pushing

Slapping

Restraining

Pulling

Hair

Throwing Things

Punching

Strangling

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



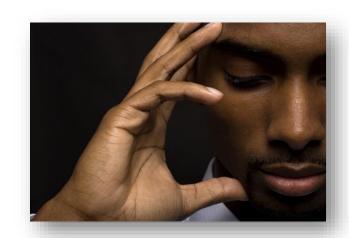
Emotional Abuse

 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



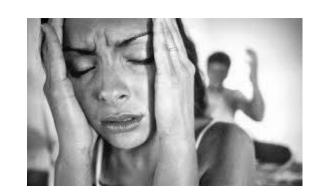
Isolation

- Starts fights when partner wants to visit friends
- □ Insults family or friends
- □ Needs to ask permission before going out
- Forced to miss or makeslate 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









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, presoured sex, unwanted touching, treate partner like a sexual object. Any type of unwanted sexual activity.

PHYSICAL ABUSE:

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

SPIRITUAL ABUSE:

Jose opiritual practices such as, secred texts/scriptures to control partner. Mocks partners beliefs and/ or restricts access to worship.

DENIES, BLAMES, AND

MINIMIZES:

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

USING CHILDREN:

Makee 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.

POWER \

ANID

CONTROL

TECHNOLOGY ABUSE:

The use of technology to get information, track, threaten and inflict harm. Harasose partner through phone calls, text messaging, chat rooms, email and social networking oites. Monitors partner with GPS and Spyware.

EMOTIONAL and VERBAL ABUSE:

Ignoree 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".

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.

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 once.

CONTROL AND ISOLATION:

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

The Cycle of Violence

Phase 1: Tension Building

Phase 3: Honeymoon

Phase 2: Violent Explosion

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

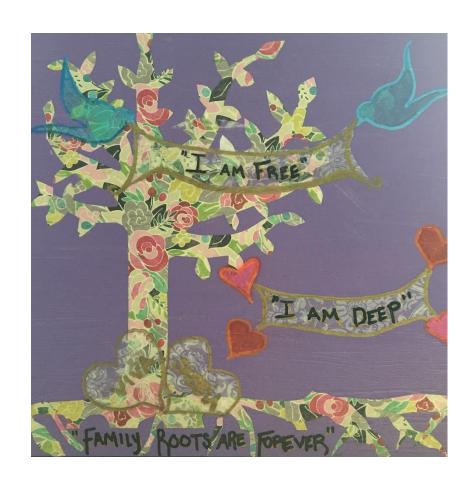
- □ Fear/ threats
- Isolation
- Childhood victimization
- □ Economic dependence
- Beliefs about marriage

- □ 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

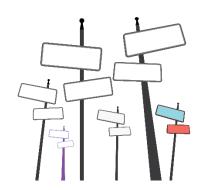
- □ Low self —esteem
- Jealous
- Dr.Jekyll/Mr. Hyde personality
- Isolate their partners
- May have a negative attitudes towards women
- Poor communication skills
- Blames others for their actions or feelings
- Takes things personally
- Manipulative
- Often was a victim on childhood violence



Signs that someone may be in an abusive relationship

Physical Signs:

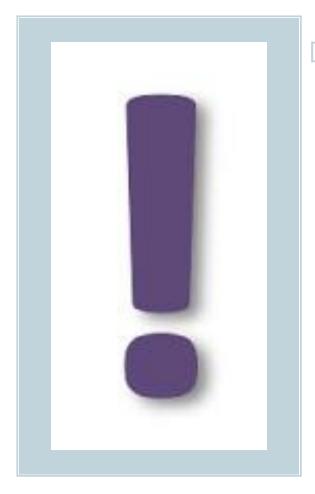
- Bruises or other injuries
- Inappropriate clothing for the season
- Unusually heavy makeup
- Poor body consciousness



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

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 ViolencePrevention
- DV and Healthcare
- Outreach & PublicAwareness
 - Paint it Purple
 - Hands Are Not for Hitting

