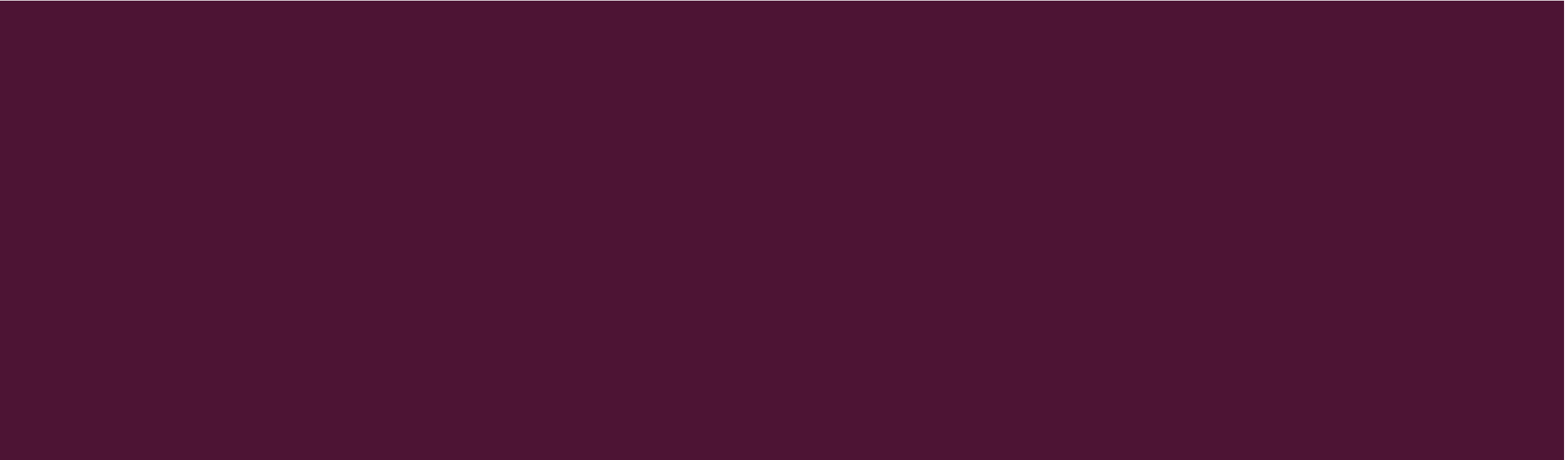




DOMESTIC VIOLENCE (DV)

TRAINING



WHAT IS DOMESTIC VIOLENCE?

- The Department of Justice defines **domestic violence** as a **pattern of abusive behavior** in any relationship that is used by one partner to **gain or maintain power** and **control** over another intimate partner.
- Women are up to 8x's more likely to be victims of DV than men. (Men can still be victims.)
- Almost a third of women who are murdered are killed by current or former husbands or boyfriends.
- Former and current husbands and boyfriends commit more than a million violent acts against women every year.



VIOLENT BEHAVIOR IS THE ABUSER'S CHOICE

- Abusers do not batter other people, only their partners. It is not due to loss of control while in a rage.
- Abusers can start and stop the violence whenever they choose. They control the setting and prevent witnesses.
- Marks and bruises are rarely seen because the abuser hits in places that will not show.



POWER & CONTROL: THE GOAL OF ABUSE



The goal of DV is always to achieve and maintain total control over the victim.

Common tactics include:

- Dominance
- Humiliation
- Isolation
- Threats
- Intimidation
- Denial and blame

CYCLICAL PATTERN

DV often occurs in a pattern called the cycle of violence:

- There is a Honeymoon Phase when the abuser may charm the victim, display guilt, ask for forgiveness, etc. The tension goes away, and everything returns to “normal.”
- Tension builds in the Tension Phase, as the abuser continues to threaten and intimidate the victim, who begins to walk on eggshells again.
- Finally, the Violent Phase occurs. The abuser will exert power and control over the victim by using verbal, emotional, physical, or sexual abuse.
- The couple typically returns to the Honeymoon Phase very quickly after an abusive event as the abuser denies or minimizes the event.



TYPES OF DV & ABUSE

- **Psychological/Emotional/Verbal Abuse:** fear by intimidation, threats of self harm/partner/children, destruction of property, social isolation, constant criticism, diminishing one's abilities name-calling, damaging one's relationship w/children, gas-lighting
- **Physical:** hitting, choking, throwing items, punching walls, involving weapons
- **Sexual:** a third to half of battered woman are also raped by their partners, can be forced or coerced
- **Economic/Financial Abuse:** making/attempting to make an individual financially dependent, withholding access to money, withholding basic needs, forbidding attendance to work/school, stealing, exploiting
- **Spiritual Abuse:** discouraging their partner from attending religious events or insulting their beliefs

WARNING SIGNS

- Frequently sustaining injuries or getting into accidents or falling
- Sudden absences
- Receiving harassing phone calls
- Intense fear of any conflict
- Isolating from family and friends
- Being depressed or having low self-esteem
- Lacking assertiveness and being overly submissive
- Referencing their partner's anger or showing fear of their partner
- Significant personality changes (ex: a social butterfly becoming a recluse)
- Having insufficient means to support oneself (ex: no job, car, or money)

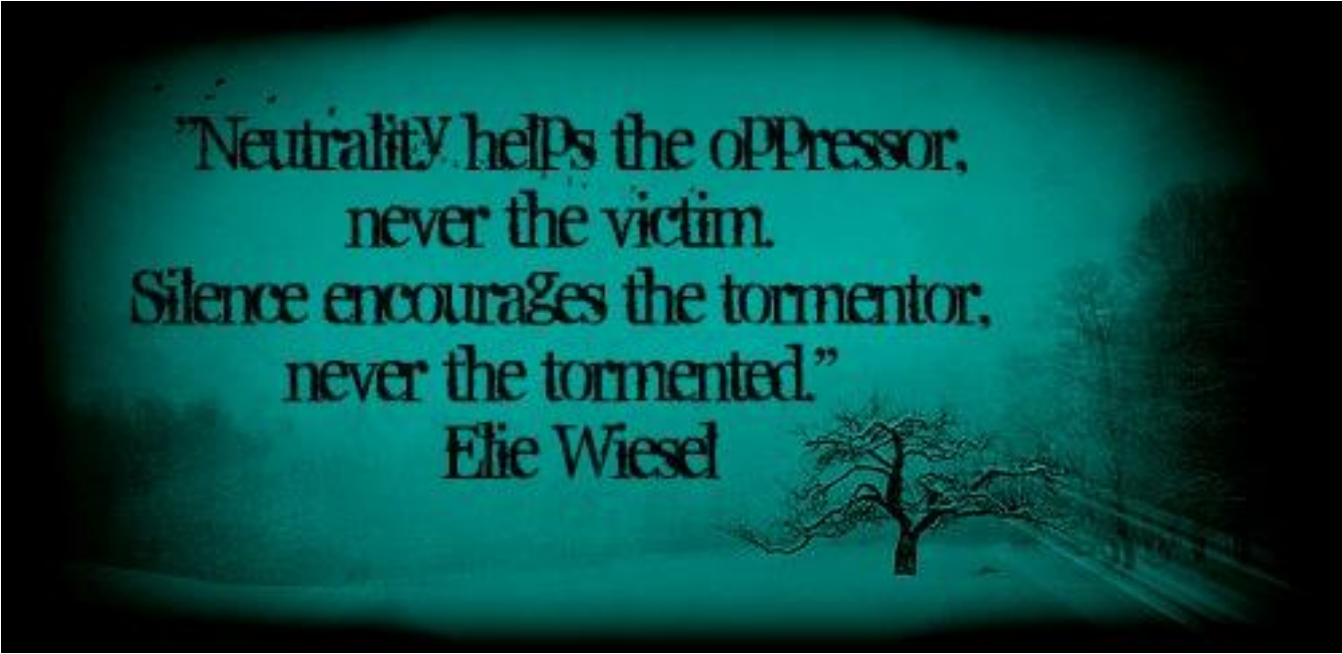


SAFETY PLANNING

Victims of abuse are at a much higher risk of being seriously hurt or killed when they attempt to leave the abuser. Preparing a safety plan is critical:

- Identify safe areas in your home where you seek refuge during an attack
- Be prepared to leave at any time
 - Keep cash on you
 - Keep your car's gas tank full
 - Have important documents at a safe location
- Practice the escape plan, especially if there are children involved
- Make and memorize a list of emergency contacts, such as a local DV shelter
- Being documenting the abuse (journal, photographs, etc)
- Filing a restraining order or order of protection will not guarantee your safety

BREAKING THE SILENCE



"Neutrality helps the oppressor,
never the victim.
Silence encourages the tormentor,
never the tormented."
Elie Wiesel

Factors that perpetuate DV:

- Social belief that it is a private matter
- Stigma and victim blaming
- Prosecution is difficult and with minimal consequences

WHAT YOU CAN DO TO HELP

- Express your concern for their safety
- Let them know you help when they are ready to leave
- Tell them it will only get worse and they deserve better. No one deserves to be abused!
- Assist them with their safety planning and know places to refer them to.
- Call the police if you see or hear evidence of DV
- Raise awareness in your community
- Support local DV shelters and counseling programs
- If a child or elderly person is being abused, it **MUST** be reported to DCF.