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Compiled by Vicki Nanos, Student Success Services/Altamonte, Seminole Community College

DEFINITION:

Domestic violence and emotional abuse are behaviors used by one person in a relationship to control the other. Partners may be married or not married, heterosexual, gay or lesbian, living together, separated, or dating.

Abusive behaviors include:

- Name-calling or putdowns
- Keeping a partner from contacting family or friends
- Withholding money
- Stopping a partner from getting or keeping a job
- Actual or threatened physical harm
- Sexual assault
- Stalking
- Intimidation

Violence can be criminal and includes physical assault (hitting, pushing, shoving, etc), sexual abuse (unwanted or forced sexual activity), and stalking. Although emotional, psychological and financial abuse are not criminal behaviors, they are forms of abuse and can lead to criminal violence.

The violence takes many forms and can happen once in a while or all the time. An important step to help yourself or someone you know in preventing or stopping violence is recognizing the warning signs listed on the “**VIOLENCE WHEEL**”.

ANYONE CAN BE A VICTIM!!!! Victims can be of any age, sex, race, culture, religion, education, employment, or marital status. Although both men and women can be abused, most victims are women. Children in homes where there is domestic violence are more likely to be abused and/or neglected. Most children in these homes know about violence. Even if a child is not physically harmed, they may have emotional or behavior problems.

If you are being abused, REMEMBER:

- You are not alone.
- It is not your fault.
- Help is available.

VIOLENCE WHEEL

The chart below delineates the behaviors abusers use to get and keep control in their relationships. Battering is a choice. It is used to gain power and control over another person. Physical abuse is only one part of a system of abusive behaviors.

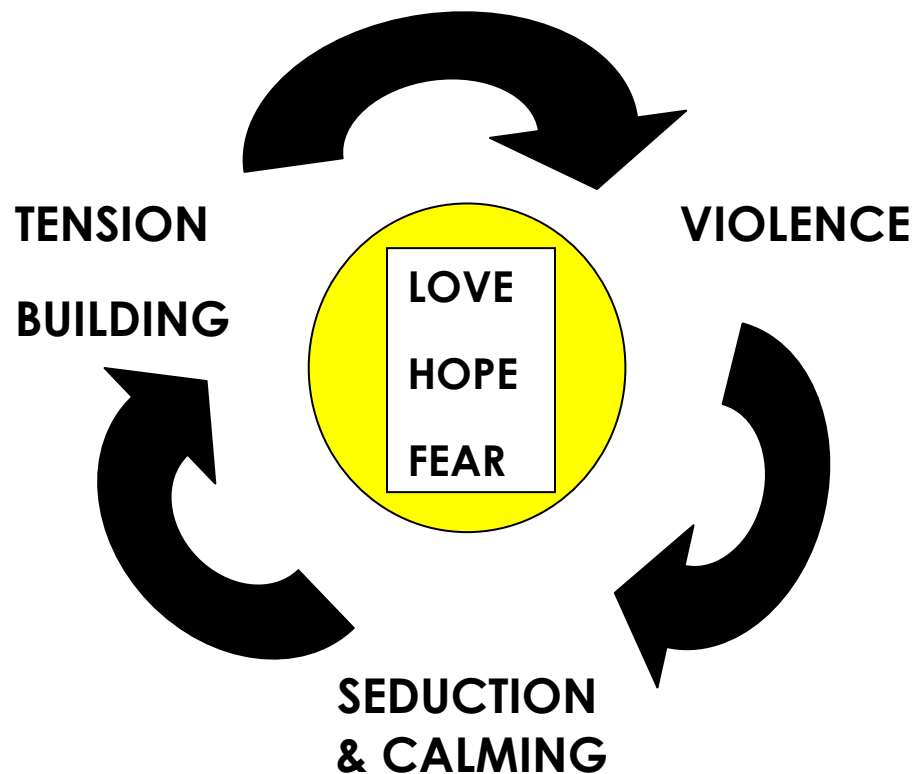
This chart uses the wheel to show the relationship of physical abuse to other forms of abuse. Each part shows a way to control or gain power.



DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

CYCLE OF VIOLENCE



The above components of the cycle of violence may be experienced by someone in an abusive relationship.

- | |
|--|
| ■ Tension-building phase: criticism, yelling, swearing, using angry gestures, coercion, threats |
| ■ Violence phase: physical and sexual attacks and threats |
| ■ Seduction/Calming phase: apologies, blaming, promises to change, gifts |

LOVE/HOPE/FEAR

These three dynamics keep the cycle in motion and make it hard to end a violent relationship.

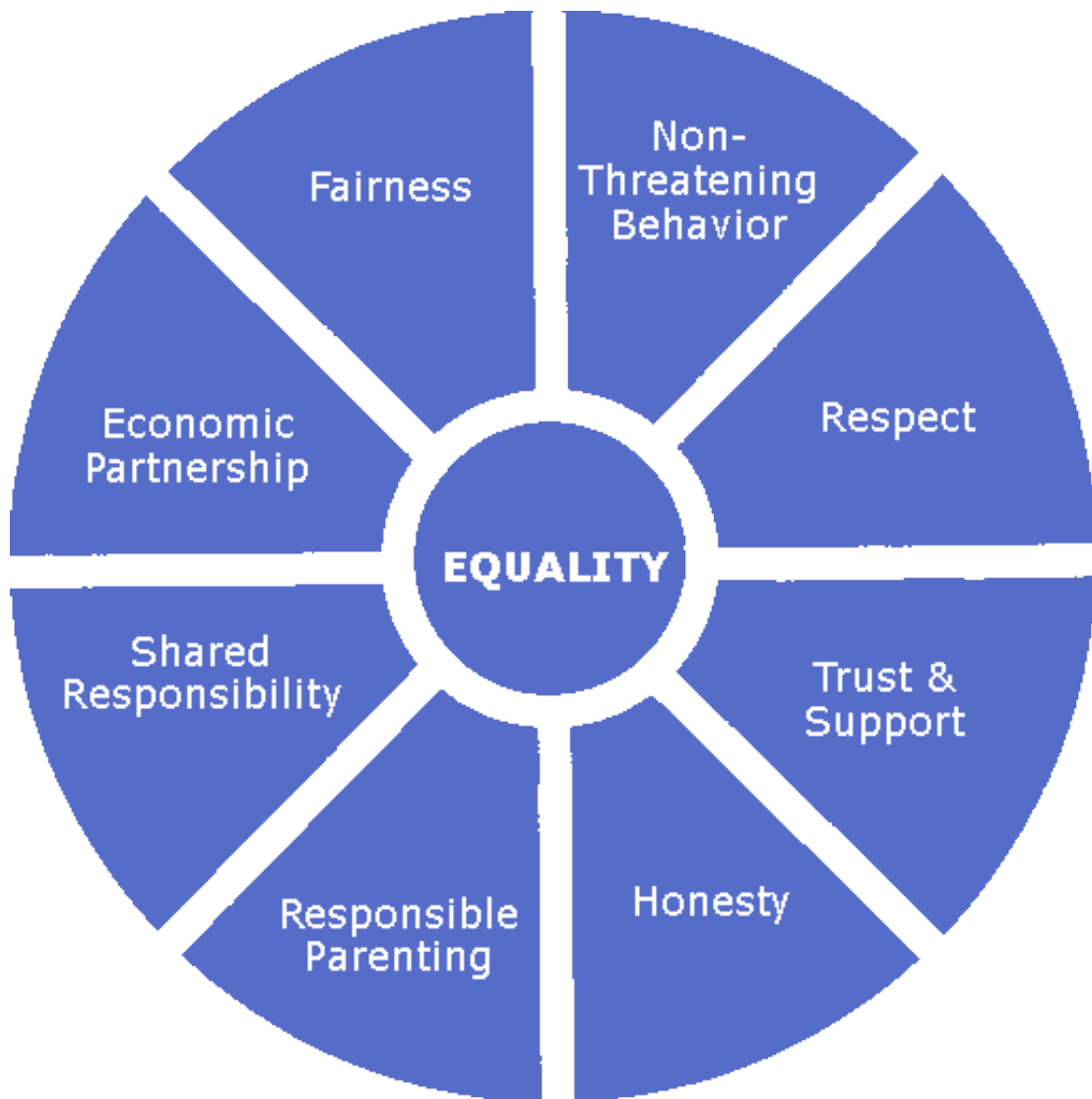
- **LOVE** for your partner, the relationship has its good points, it's not all bad.
- **HOPE** that it will change, the relationship didn't begin like this.
- **FEAR** that the threats to kill you and your family will become a reality.

The cycle can happen hundreds of times in an abusive relationship. Each stage lasts a different amount of time in a relationship. The total cycle can take anywhere from a few hours to a year or more to complete. The longer the abuse goes on the shorter the time between incidents

THE HEALTHY RELATIONSHIP

NON VIOLENCE WHEEL

The Non-Violence Wheel offers a view of a relationship that is based on equality and non-violence. Use this chart to compare the characteristics of a non-violent relationship to those of an abusive relationship (see Violence Wheel). The Non-Violence Wheel is also helpful in setting goals and boundaries within personal relationships.



DO YOU KNOW SOMEONE IN A VIOLENT RELATIONSHIP?

SUGGESTIONS FOR HELPING:

- ▶ **Approach** your friend in an understanding non-blaming way. Tell her/him:
 - s/he is not alone
 - there are people like her/him in the same kind of situation
 - it takes strength to survive and trust someone enough to talk about the abuse

- ▶ **Acknowledge** that it is frightening and difficult to talk about domestic violence. Tell this person that:
 - s/he doesn't deserve to be threatened, hit, or beaten
 - Nothing a person can say or do makes the abuser's violence OK

- ▶ **Share** information
 - Show your friend the Violence and Non Violence Wheels
 - Discuss the dynamics of violence and how abuse is based on power and control

- ▶ **Support** this person as a friend.
 - Be a good listener
 - Encourage the person to express her/his anger and hurt
 - Allow the person to make her/his own decision, even if it means not being ready to leave an abusive relationship

- ▶ **Ask:**
 - If your friend has suffered physical harm
 - Go with her/him to the hospital to check for injuries
 - Help report the assault to the police, if s/he chooses to do so

- ▶ **Provide** information on available help to battered women, men, children, including:
 - Social services agencies
 - emergency shelter
 - counseling services,
 - legal advice

- ▶ **Inform** your friend about legal protection that is available in most states under abuse prevention laws.
 - Go with her/him to district, probate, or superior court to get a protective order to prevent further harassment by the abuser

- ▶ **Plan** safe strategies for leaving an abusive relationship. These are often called "Safety Plans".
 - Never encourage someone to follow a safety plan that the person believes will put her/him at further risk
 - Remember that your friend may not feel comfortable taking these materials with her/him

HAVE A PERSONALIZED SAFETY PLAN

- Move to a room with easy access to an exit.
- Know the quickest route out of your home. Practice using it.
- Know the quickest way out of your workplace. Practice using it.
- Pack a bag and have it ready. Keep it hidden.
- Tell your neighbors about your abuse and ask them to call police if they hear a disturbance.
- Have a code word to use with your kids, family, and friends. They will know to call the police and get you help.
- Know where you are going to go, if you have to leave.
- Use your instincts.
- You have the right to protect yourself and your kids.
- Be careful about revealing your plans to female friends who are married to friends of the abuser or to female relatives of the abuser. Often, your information is passed on to the abuser.

ITEMS TO TAKE WHEN YOU LEAVE CHECKLIST:

- ▶ Identification
- ▶ birth certificates for me and my children
- ▶ Social Security cards
- ▶ school and medical records
- ▶ Money, bankbooks, credit cards
- ▶ keys – house/office/car
- ▶ driver's license/registration
- ▶ medications
- ▶ Change of clothes
- ▶ welfare identification
- ▶ passport(s), Green card(s), work permits
- ▶ divorce papers
- ▶ Lease/rental agreement/house deed
- ▶ mortgage payment book, current unpaid bills

MYTHS, FACTS, & STATISTICS

MYTH 1: Domestic violence only affects certain kinds of people.

FACT :

- Around the world, at least one in every three women has been physically or sexually abused during her lifetime.
- Domestic violence is primarily a crime against women; however, men can be abused as well. In 2001, women accounted for 85% of the victims of intimate partner violence and men accounted for approximately 15%. Gay men, lesbians, bisexual and transgender persons are just as likely as heterosexual women to be abused by their partner.
- Intimate partner violence affects people of all ages. Women age 16 to 24 experience the highest rate of intimate partner violence; approximately one in five female high school students reports being physically and/or sexually abused by a dating partner. Nearly 6% of couples 60 and older experienced physical violence in their relationship within the past year, and of these, 40% reported the first violent incident occurred at least 25 years ago.
- Intimate partner violence affects people of all races, from all cultures, countries, and religions.

MYTH 2: Domestic violence is just a push, slap, or punch-it does not produce serious injuries.

FACT

- On average, more than three women are murdered by their husbands or boyfriends in this country every day. In 2000, 1,247 women were killed by an intimate partner. The same year, 440 men were killed by an intimate partner.
- 37% of women who sought treatment in emergency rooms for violence related injuries in 1994 were injured by a current or former spouse, boyfriend, or girlfriend.
- Firearms were the major weapon type used in intimate partner homicides from 1981 to 1998.
- Physical and sexual dating violence against adolescent girls is associated with increased risk of substance use, unhealthy weight control behaviors, sexual risk behaviors, pregnancy, and suicidal ideation.

MYTH 3: Battering is a momentary loss of temper.

FACT :

- Domestic violence is defined as a pattern of assaultive and coercive behaviors,

including physical, sexual, and psychological attacks, as well as economic coercion.

- 65% of women physically assaulted by an intimate partner report having been assaulted multiple times by the same partner.
- 75% of intimate partner femicides(females) reviewed in a recent study were preceded by one or more incidents of stalking within a year of the crime.

MYTH 4: Domestic violence is a private family matter, it does not have anything to do with work.

FACT:

- Severe intimate partner violence may result in the need for medical attention, taking time off from work, and suffering from stress and depression.
- Unemployment and drug or alcohol use by the abuser is associated with increased risk for physical, sexual, and/or emotional abuse for the victim.
- The costs of domestic violence to society are high: intimate partner rape, physical assault, and stalking include \$9 billion in lost productivity from paid work and household chores for victims of nonfatal intimate partner violence.

MYTH 5: It is easy for victims of domestic violence to leave their abusers.

FACT

- One third of homeless families seeking emergency shelter are turned away and in one recent survey of US cities, domestic violence was found to be the primary cause of homelessness more than half the time.

MYTH 6: Children are not affected when one parent abuses another.

FACT

- Each year, thousands of American children witness violence in their homes. Witnessing violence is a risk factor for long-term physical and mental health problems, substance abuse, and the possibility of becoming a victim or perpetrator of violence. Witnessing family violence can be more traumatic than witnessing street violence, because those involved are people the child loves and depends on.
- 40% to 60% of men who abuse women also abuse their children, and fathers who batter are twice as likely as non-abusive fathers to seek sole custody of their children.
- Children who see patterns of abuse while growing up often repeat those patterns as adults in their own relationships.

Excerpted from I the Women's Center or Rhode Island. www.womenscenterri.org

RESOURCES

Safe House of Seminole County
407-302-5220 x222
24 Hour Hotline: 407-330-3933

Wild Heart Association
www.wildheartassociation.com

Harbor House of Central Florida
24 Hour Hotline: 407-886-2856
www.harborhousefl.com

National Domestic Violence Hotline
Hotline: 1-800-799-SAFE
www.ndvh.org/

**National Coalition Against
Domestic Violence**
www.ncadv.org

Family Crisis Services
407-800-6500

Florida Domestic Violence Hotline:
800-500-1119

HELP NOW
407-847-3260

Shelter Services
O.U.R (women & children only)
407-423-2131

INTERNET SOURCES USED TO COMPILE THIS DOCUMENT

Safe House of Seminole County
www.safehouseofseminole.org

Women's Center of Rhode Island
www.womenscenterri.com

Domestic Abuse Internet Project
Duluth, MN
www.duluth-model.org

www.domesticviolence.org

Wildheart Association
www.wildheartassociation.com