

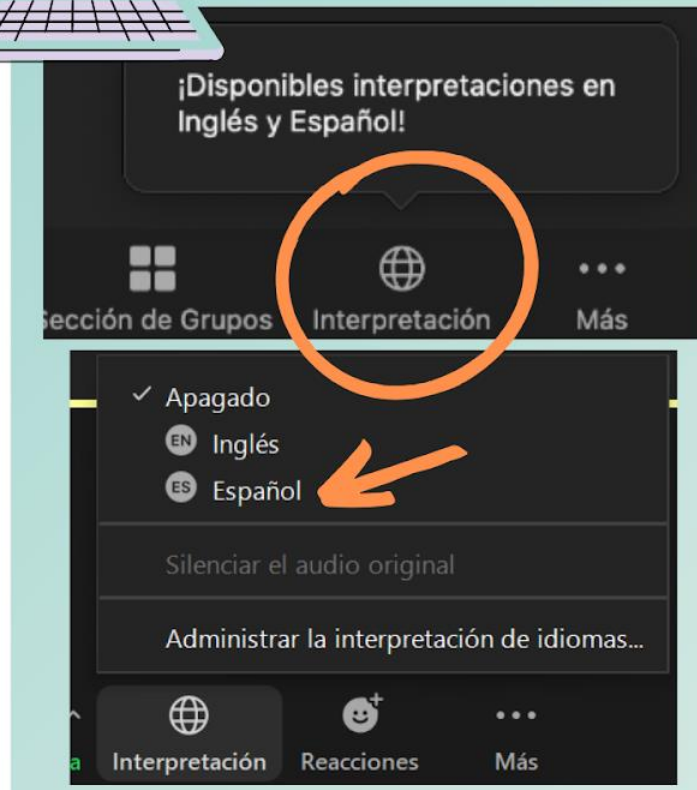


Domestic Violence 101: Understanding the Basics

PARA ACCEDER A LA INTERPRETACIÓN



Por computador



¡Disponibles interpretaciones en Inglés y Español!

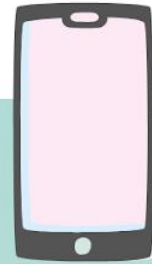
Sección de Grupos Interpretación Más

- ✓ Apagado
- EN Inglés
- ES Español

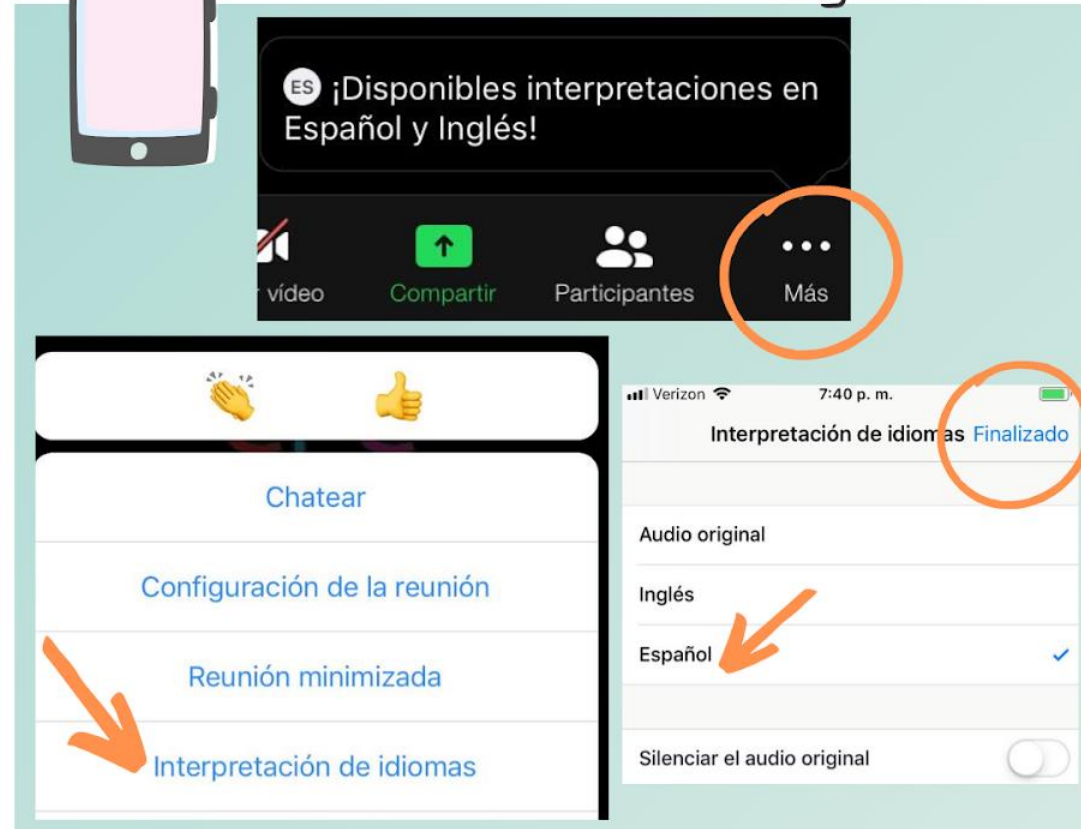
Silenciar el audio original

Administrar la interpretación de idiomas...

Interpretación Reacciones Más



Por teléfono inteligente



ES ¡Disponibles interpretaciones en Español y Inglés!

video Compartir Participantes Más

Interpretación de idiomas Finalizado

Chatear

Configuración de la reunión

Reunión minimizada

Interpretación de idiomas

Audio original

Inglés

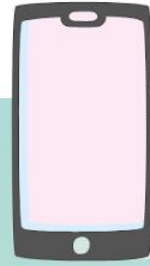
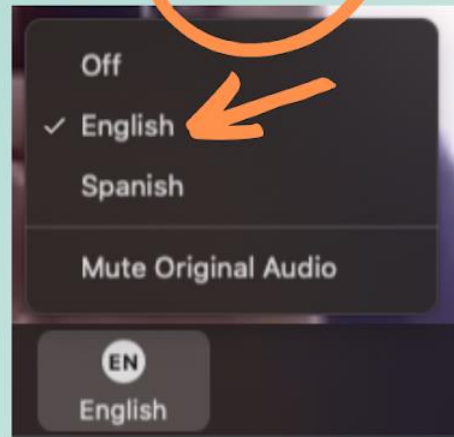
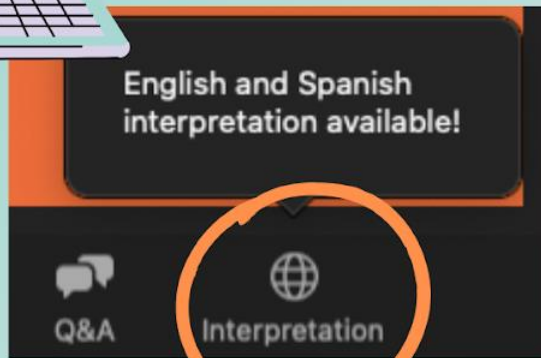
Español

Silenciar el audio original

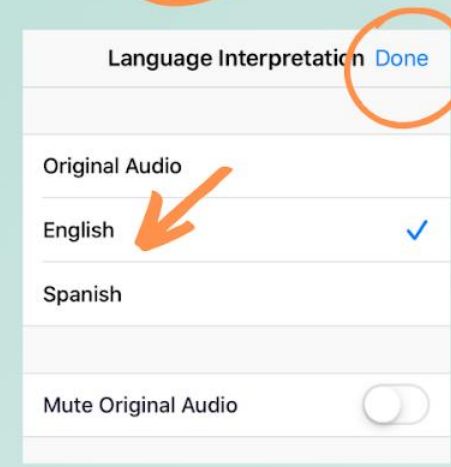
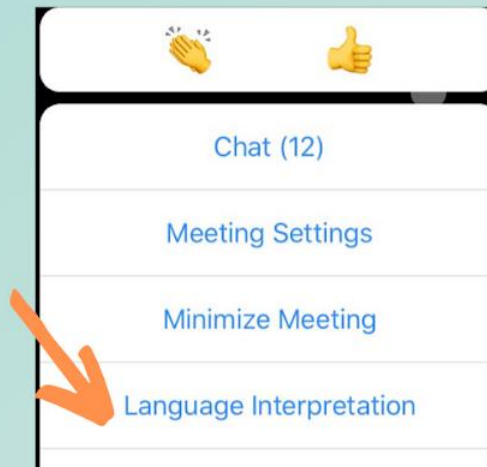
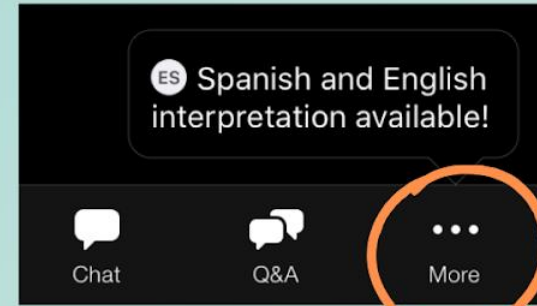
TO ACCESS INTERPRETATION



Via computer



Via smartphone



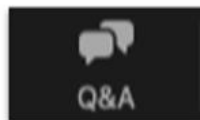
Webinar Housekeeping



This presentation is being recorded.
Esta presentación será grabada.



Live transcriptions/closed captions are available.
Ofrecemos transcripción en vivo/subtítulos.



Enter questions for the presenters in the Q & A.
Ingrese preguntas para los presentadores en el Q & A.



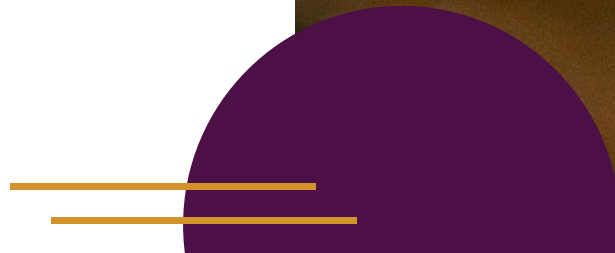
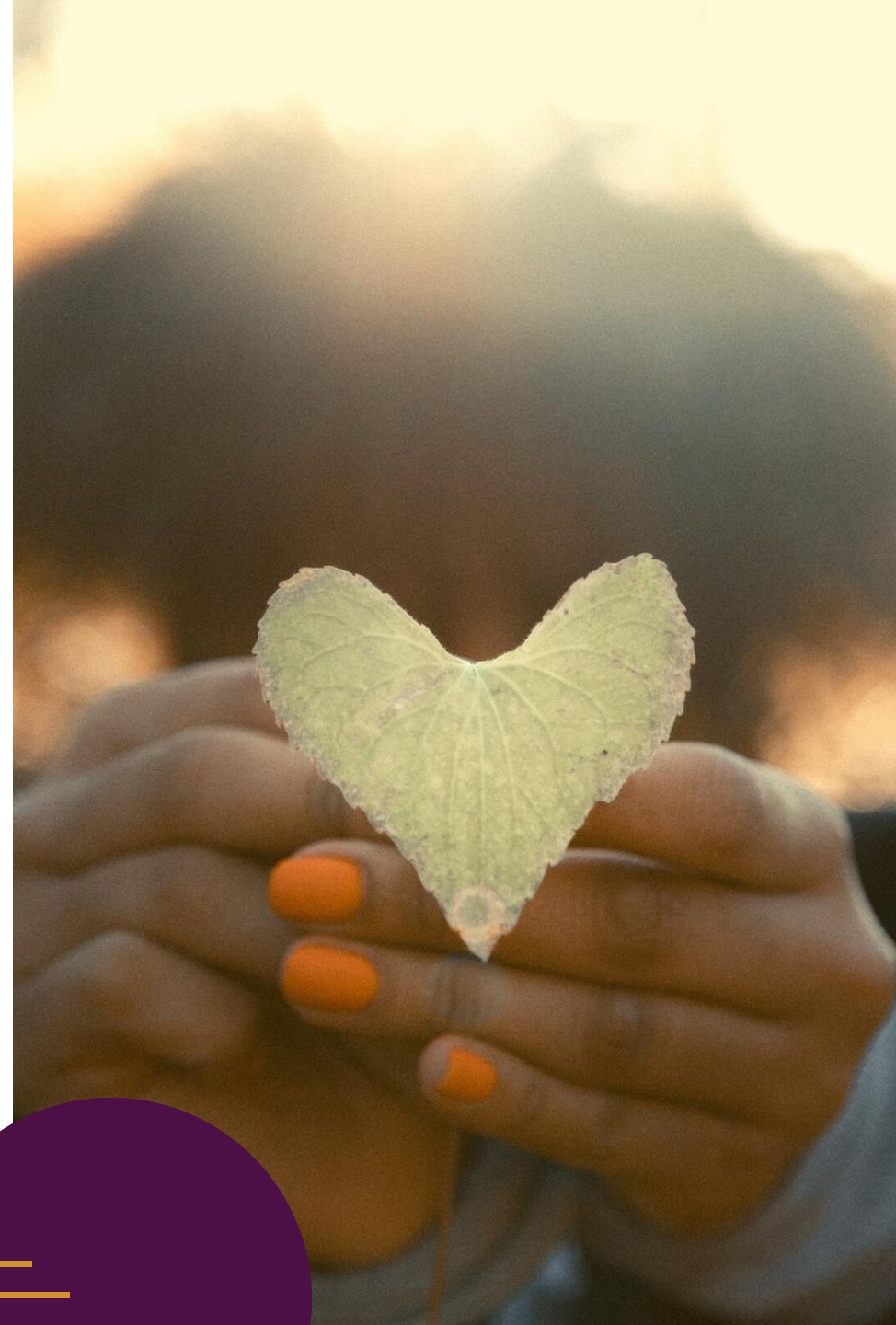
Everyone's mics are muted, and cameras are turned off.
Los micrófonos de todos están silenciados y las cámaras están apagadas.



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Comuníquese con nuestro personal si tiene problemas técnicos.

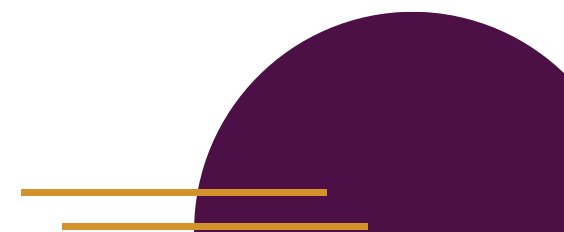
MISSION: TO STRENGTHEN AND TRANSFORM EFFORTS TO END DOMESTIC VIOLENCE.

The National Resource Center on Domestic Violence (www.nrcdv.org) provides a wide range of free, comprehensive, and individualized technical assistance, training, and specialized resource materials.



NRCDV KNOWS THAT DOMESTIC VIOLENCE IS PREVENTABLE AND ENDING DOMESTIC VIOLENCE TAKES VISION.

- **WE PROMISE** to lead boldly in centering and amplifying voices of survivors and traditionally marginalized communities.
- **WE PROMISE** to make you feel Valued, Inspired, Equipped, and Informed, in each and every interaction you have with NRCDV.
- **WE PROMISE** to provide opportunities to make you feel Invested and Connected in the movement to end domestic violence.





Presenter

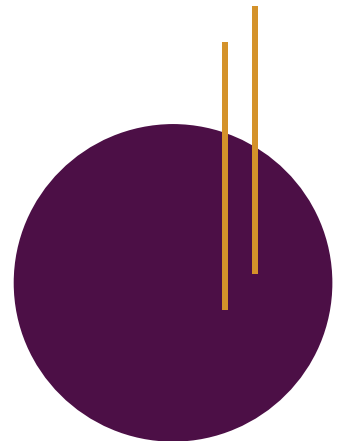
Fatima Jayoma

Training and Technical
Assistance Specialist



Today's Presentation

- Describe the dynamics and common tactics that characterize domestic violence.
- Provide an overview of the scope and impact on individuals and society.
- Explore how we can all be part of the solution.



Zoom Poll:

1. What brings you to today's webinar?
2. How familiar are you with today's topic?

Victim or Survivor?

Using Supportive Language

- “**Victim**” is a term used to refer to someone who has experienced domestic violence.
- Some individuals prefer the term “**survivor,**” reflecting resilience and overcoming abuse.

What is domestic violence and why does it exist?



National Resource Center
on Domestic Violence

What is domestic violence?

Domestic violence (also referred to as intimate partner violence (IPV), dating abuse, or relationship abuse) is a pattern of abusive behaviors - including physical, sexual, and psychological attacks as well as economic coercion - that adults and adolescents use against an intimate partner.

It is characterized by ***one partner's need to control the other*** by use of a range of tactics.

Examples of Abusive Behaviors

- Physical Abuse
 - Involves the use of physical violence or threats of it, to maintain power over an individual. (National Domestic Violence Hotline)
- Sexual Abuse
 - Any type of unwanted sexual contact. Includes words and actions of sexual nature against a person's will and without their consent. (NSVRC)

Examples of Abusive Behaviors

- Emotional Abuse
 - Non-physical behaviors that are meant to control, isolate, or frighten someone. (National Domestic Violence Hotline)
- Psychological Abuse
 - Use of verbal and non-verbal communication with the intent to harm a person mentally or emotionally or to exert control. (CDC)

Examples of Abusive Behaviors

- Financial/Economic Abuse
 - Controlling or restraining a person's ability to acquire, use, or maintain economic resources. (OVW)
- Digital/Technology Facilitated Abuse
 - Use of technology and the internet to bully, harass, stalk, intimidate, or control a partner. Abuse conducted online. (National Domestic Violence Hotline)

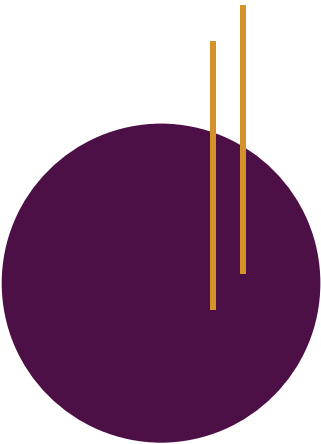


Defining Domestic Violence

Domestic violence includes behaviors that:

- frighten,
- terrorize,
- manipulate,
- hurt,
- humiliate,
- blame,
- often injure,
- and sometimes kill

a current or former intimate partner.



Power & Control Wheel

- Domestic violence is a pattern of behaviors used by one's partner to maintain **power and control** over another.
- Developed in the 1980s by staff at the Domestic Abuse Intervention Project (DAIP) in Duluth, Minnesota.
- Staff conducted focus groups with women who experienced violence and listened to their stories.



Using Intimidation

- Making someone afraid through looks, gestures, or actions
- Using looks, actions, gestures to reinforce control
- Destroying property
- Abusing pets
- Displaying weapons
- Blocking exits

Using Emotional Abuse

- Putting someone down or belittling them
- Making someone feel bad about themselves
- Calling someone names
- Playing mind games
- Humiliating someone
- Making someone feel guilty
- Questioning someone's identity
- Reinforcing internalized phobias and -isms

Using Isolation

- Controlling what someone does, who they see, or who they talk to
- Limiting someone's outside activities
- Using jealousy to justify actions
- Making someone account for their whereabouts
- Saying no one will believe them
- Not letting someone go anywhere alone

Minimizing, denying, and blaming

- Making light of abuse
- Denying the abuse happened
- Shifting responsibility for the abuse
- Saying it's the other person's fault or that they deserved it
- Dismissing it as “just fighting,” not abuse
- Accusing someone of “making” them act abusively

Using Children

- Making someone feel guilty about the children
- Using children to relay messages
- Threatening to take the children away
- Telling someone they have no parental rights
- Threatening to involve an ex or authorities to take the children

Using Privilege

- Treating someone like a servant
- Making all the “big” decisions
- Defining the roles of duties in the relationship
- Using privilege or ability to discredit someone, block access to resources, or use the system against them
- Claiming to know what’s best for someone

Using Economic Abuse

- Preventing someone from getting or keeping a job
- Making someone ask for money
- Interfering with someone's work or education
- Taking credit cards without permission
- Not working and requiring someone to provide support
- Keeping someone's name off joint assets

Using Coercion and Threats

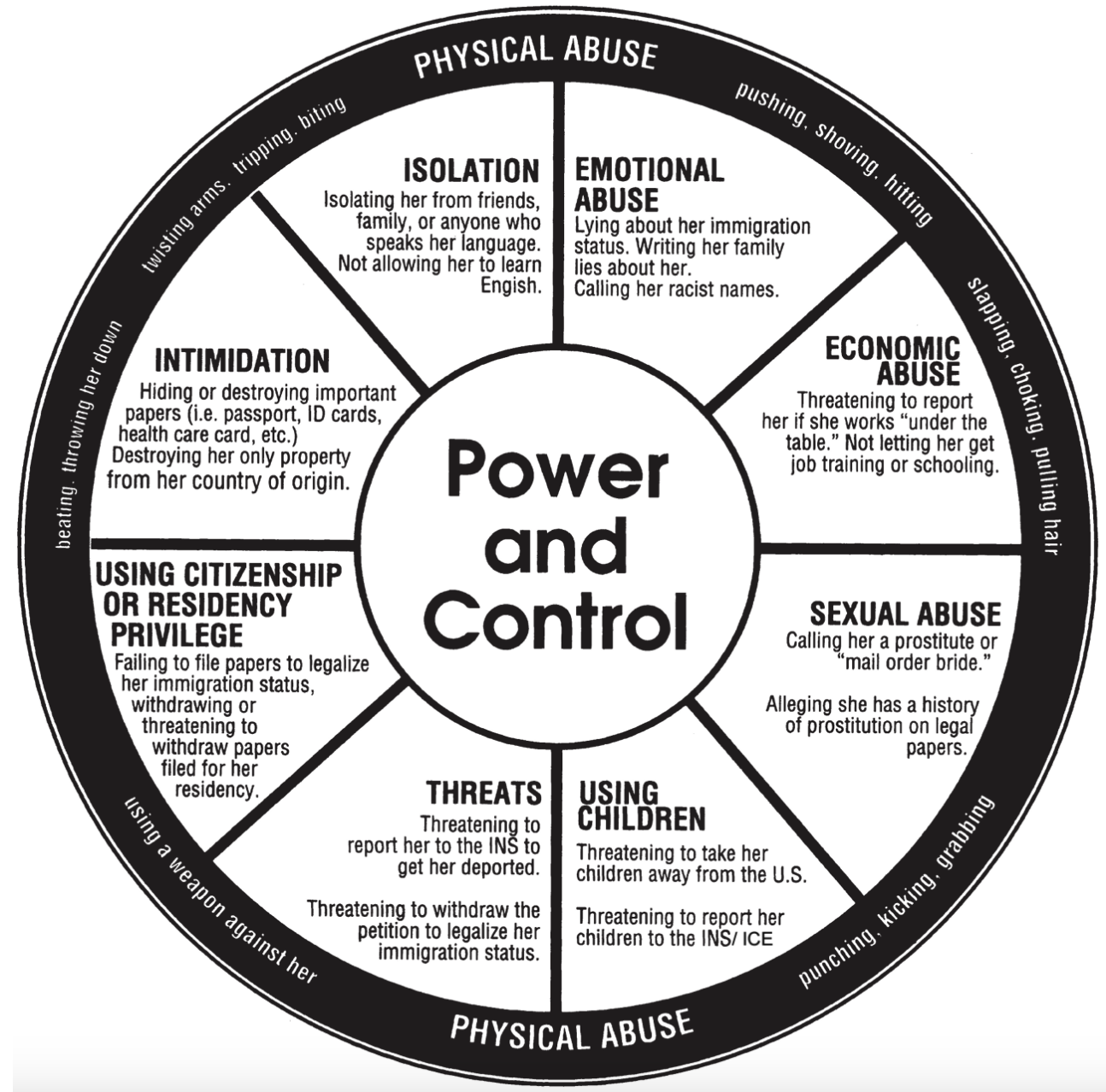
- Making and/or carrying out threats to harm someone
- Threatening to leave or commit suicide
- Driving recklessly to frighten someone
- Threatening others who are important to someone
- Stalking

Adapted Wheels

The Power and Control Wheel has been adapted into various forms to reflect the diverse experiences of individuals impacted by abuse.

These adaptations account for differences in identity, culture, relationships, and types of abuse.

Image on the right: Immigrant Power and Control Wheel



Why do people abuse?

Abuse is a learned behavior – from families of origin, friends, popular culture, or structural inequities throughout our society.

Being abusive is a decision – it's strategic and intentional.

People who abuse believe they have the right to control and restrict their partner's lives.

Who are the victims/survivors?

Anyone can be a victim of domestic violence.

However, some factors may increase or decrease the risk of victimization, for example:

- Gender
- Socioeconomic Status
- Immigration Status
- Race
- Ethnicity
- Ability/Disability

Prevalence

- Data from CDC's National Intimate Partner and Sexual Violence Survey (NISVS) in 2016/2017
 - 1 in 4 adult women (23%) and approximately 1 in 7 men (14%) in the U.S. report having experienced severe physical violence (e.g., being kicked, beaten, choked, or burned on purpose, having a weapon used against them, etc.) from an intimate partner in their lifetime.
 - More than 70% of female victims of intimate partner violence reported that they were first victimized before the age of 25. One in 4 were first victimized before the age of 18.
 - More than 60% of male victims of intimate partner violence reported that they were first victimized before the age of 25. One in 5 were first victimized before the age of 18.





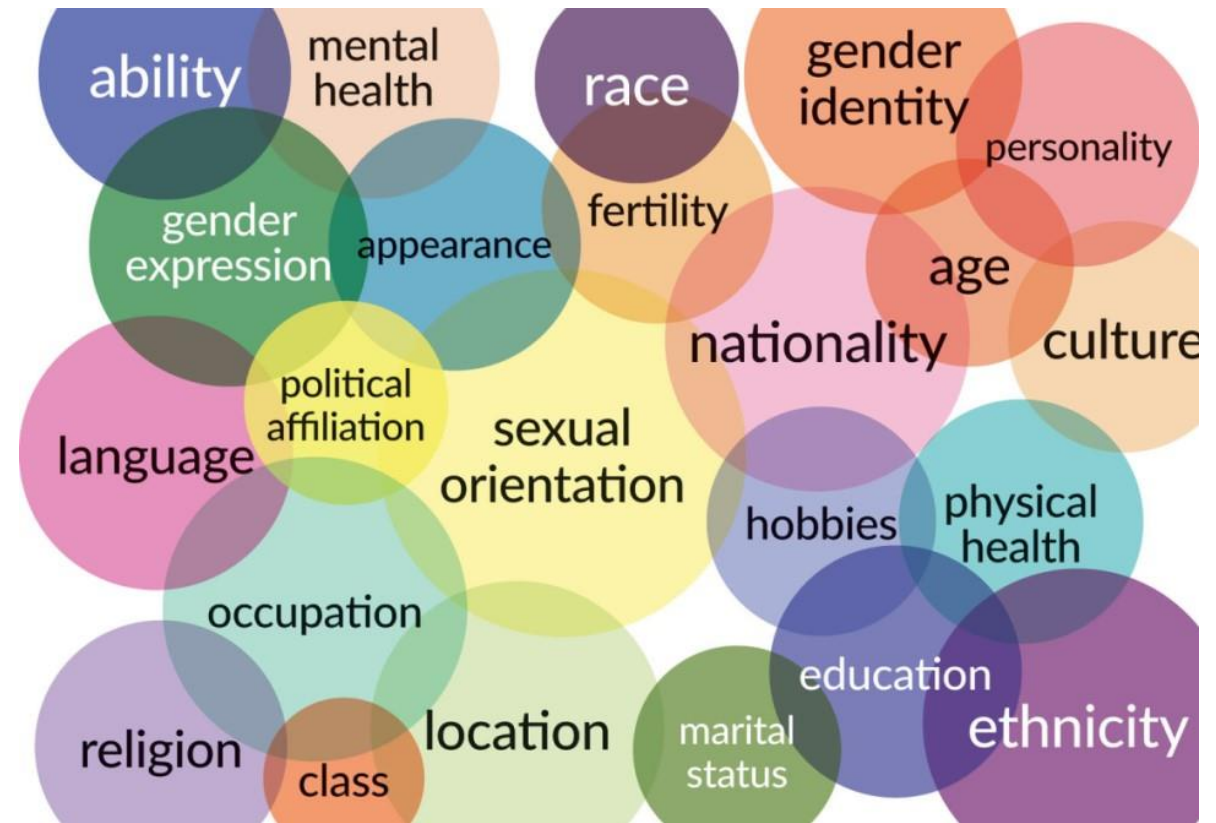
Prevalence

Data from CDC's National Intimate Partner and Sexual Violence Survey (NISVS) in 2016/2017

- Racial and ethnic minority groups are disproportionately affected by intimate partner violence.
- More than half of all non-Hispanic multiracial, non-Hispanic American Indian or Alaska Native, and non-Hispanic black women and men in the United States reported experiencing contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetimes.

Intersectionality

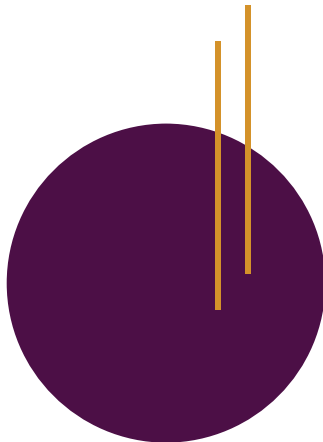
- Takes into account all aspects of an individual's identities and experiences.
- Additional layers of oppression create additional barriers to help seeking & safety.
- Domestic violence may not be the most pressing issue for survivors.





Impact on Survivors

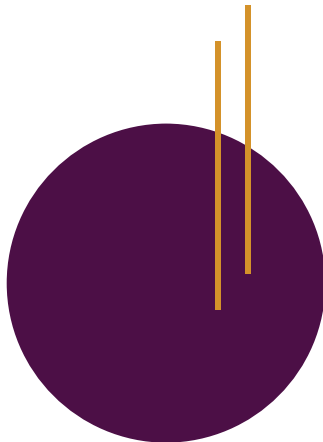
- Data from CDC's National Intimate Partner and Sexual Violence Survey (NISVS) in 2016/2017 – US Women
 - 1 in 4 were fearful
 - 1 in 3 were injured
 - 1 in 4 were concerned for their safety
 - 1 in 3 had PTSD symptoms
 - 1 in 8 needed medical care
 - 1 in 6 needed help from law enforcement





Impact on Survivors

- Data from CDC's National Intimate Partner and Sexual Violence Survey (NISVS) in 2016/2017 – US Men
 - 1 in 13 were fearful
 - 1 in 5 were injured
 - 1 in 14 were concerned for their safety
 - 1 in 7 had PTSD symptoms
 - 1 in 23 needed medical care
 - 1 in 18 needed help from law enforcement



Impact on Friends and Family

Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, and the broader community.

Some may experience similar reactions and feelings to those of the survivor.

Impact on Systems and Society

Domestic violence is a major social problem with serious consequences for victims, their families and communities, and systems or institutions.

- Nationally, estimates of the medical costs of domestic violence range from \$2.3 billion to \$7 billion dollars. (Brown, Finkelstein & Mercy, 2008)
- An estimated 8 million days of paid work are lost each year in the U.S. because of domestic violence, costing \$8.3 billion in expenses annually to employers. (Forbes, 2013; Center for Disease Control, 2003)

Why does domestic violence exist?

There are a variety of factors at all levels of the social environment that allow domestic violence to exist.



Why do people stay?

Leaving is often the most dangerous period of time for survivors of abuse.

- Fear
- Embarrassment
- Shame
- Intimidation
- Low self-esteem
- Normalized abuse
- Lack of resources
- Limited resources
- Lack of transportation
- Children
- Love

Social and Cultural Barriers

Cultural differences can create additional barriers to survivors attempting to end abusive relationships.

- Culture
- Language
- Access to culturally specific services
- Distrust of authorities and systems

Additional Barriers to Help Seeking

- Financial resources
- Affordable housing
- Employment experience
- Transportation
- Childcare
- Legal concerns
- Confidentiality issues



You can be part of the solution!

EVERYONE CAN PLAY A ROLE IN
PREVENTING DOMESTIC VIOLENCE

How can I help survivors?

- Listen
- Believe them
- Share your concern
- Acknowledge and validate their feelings
- Respect their choices
- Make your support unconditional
- Encourage them to talk to those who can offer help and guidance
- Connect them to resources and support

“Nobody deserves to be abused.”

“I’ll be here for you no matter what.”

“It is not your fault.”

Resources for Survivors

- **Domestic Violence Programs**
 - Local Programs
 - Emergency shelters, transitional housing, counseling services, safety planning, support groups, legal advocacy services, culturally specific resources, etc.
 - Statewide Coalitions
 - National Hotlines
 - 24/7 Hotlines

Resources for Survivors

- **Community Support/Resources**
 - Community Groups
 - Faith-based Organizations
 - Other Nonprofits
 - Food assistance programs, childcare, culturally specific resources, and other essential services.
- **Medical Providers**

Resources for Survivors

- **Legal Assistance (Criminal/Civil Advocacy)**
 - Legal Aid
 - Pro-Bono
 - Immigration Support

Take care of yourself.

Remember to take care of yourself while helping someone experiencing domestic violence.

- This may involve seeking support for yourself from a trusted professional or someone not personally connected to the individual involved.

You don't need to have all the answers to support someone experiencing domestic violence or abuse.

How can I help someone causing harm?

Change is possible.

- Draw attention to it
- Tell them what you think
- Describe alternative behaviors
- Encourage them to get help

“It makes me uncomfortable when you act that way. It’s not right.”

“Do you notice how your words make your partner feel?”

“There are ways to express your needs without violence.”

Preventing Domestic Violence

- Prevention efforts reduce the occurrence of intimate partner violence by promoting healthy, respectful relationships. (CDC)
- Requires understanding the factors that influence violence.
- **Domestic violence is preventable!**

We need to stop just pulling people out of the river. Some of us need to go upstream and find out why they are falling in.

(Desmond Tutu)



Preventing Domestic Violence



Connect with us!



717-461-3939



nrcdvTA@nrcdv.org



National Resource Center on Domestic Violence



[@NRCDV](https://www.instagram.com/NRCDV)

Thank you!

WE WOULD LOVE YOUR FEEDBACK

This presentation was made possible by Grant # 90EV0428-01 from the U.S. Department of Health and Human Services, Administration for Children and Families, The Office of Family Violence Prevention and Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.

