



Domestic Violence: Unpacking the Box

WOMEN'S RESOURCES OF MONROE COUNTY, INC.

24/7 HELPLINE: (570) 421-4200

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Our Services

(Always FREE & CONFIDENTIAL)

24/7 Hotline: (570) 421-4200

Adult, teen, child counseling

Legal Advocacy

Emergency, Temporary DV Shelter

Medical Accompaniment



What Is
domestic
abuse?

LET'S
DEFINE:

What Is domestic abuse?

A pattern of coercive control that includes the use of:

- ▶ Physical abuse
- ▶ Emotional/psychological abuse
- ▶ Sexual abuse
- ▶ Economic abuse



What Is domestic abuse?

- ▶ Pattern of behaviors, not usually a single incident
- ▶ Takes place in the context of an intimate, on-going relationship
- ▶ Abusers use strategies necessary to maintain control.



What Is domestic abuse?

- ▶ It's important to keep in mind that there's a difference between domestic violence and disagreements, discord, or disputes in a relationship.
- ▶ Most people do not resort to violence against their partners, regardless of the intensity of the conflict.
- ▶ Disagreements are a normal part of healthy relationships based on respect and equality.
- ▶ Violence and abuse including threats of harm in a relationship is something else entirely, impacting every aspect of a victim's life, and creating a significant imbalance of power in the relationship.

What Is domestic abuse?

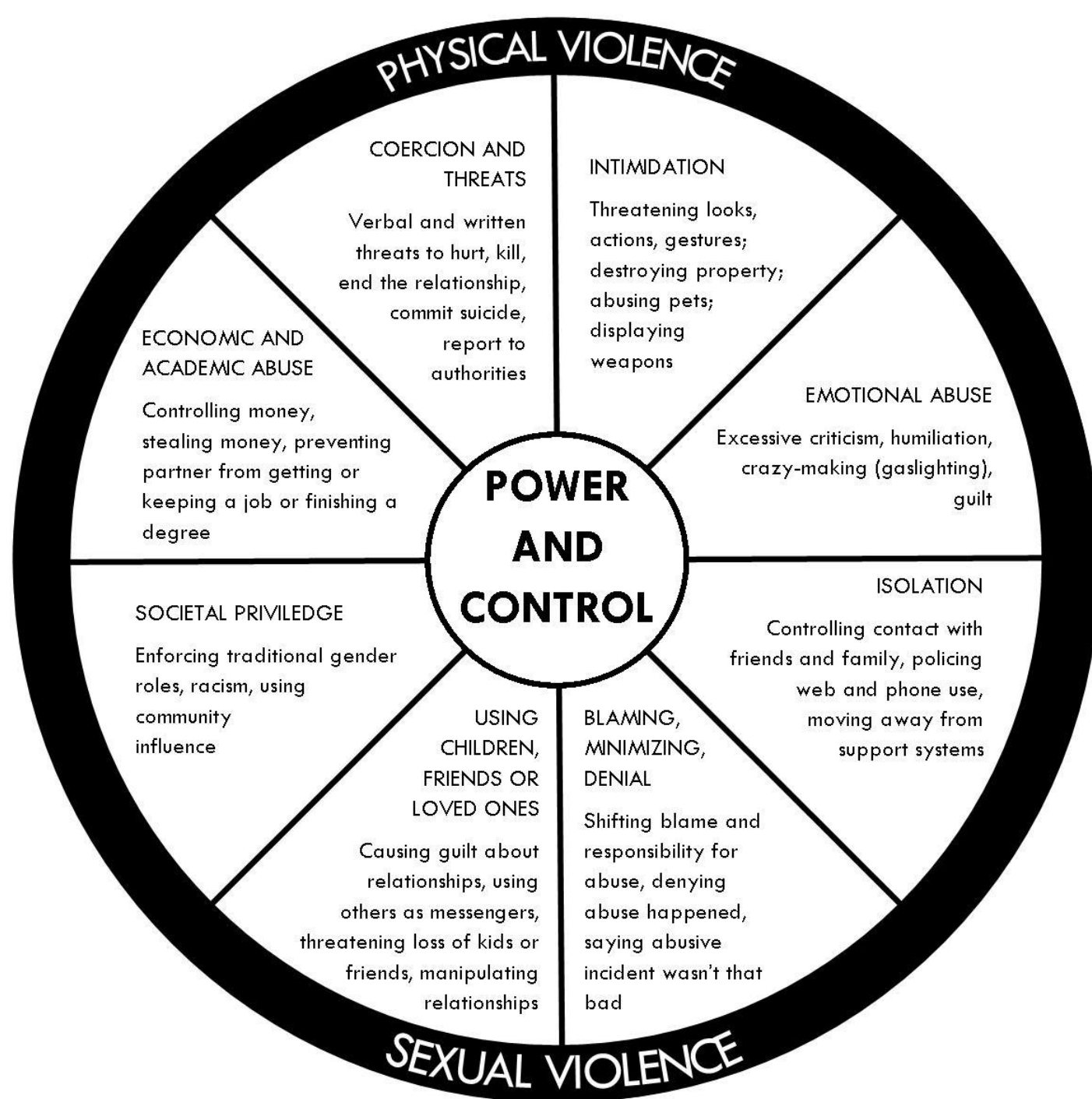
- ▶ When people use terms like “dispute” to describe domestic violence, we shift responsibility away from the perpetrator and allow people to have an inaccurate idea about the seriousness of domestic violence.

What Is domestic abuse?

- ▶ Domestic violence is learned behavior
 - ▶ through observation, experience, reinforcement, culture, family, and community

What Is domestic abuse?

- ▶ Domestic Violence is not caused by:
 - ▶ Substance abuse
 - ▶ Genetics
 - ▶ Stress
 - ▶ Anger
 - ▶ Illness
 - ▶ Unemployment
 - ▶ Problems in the relationship



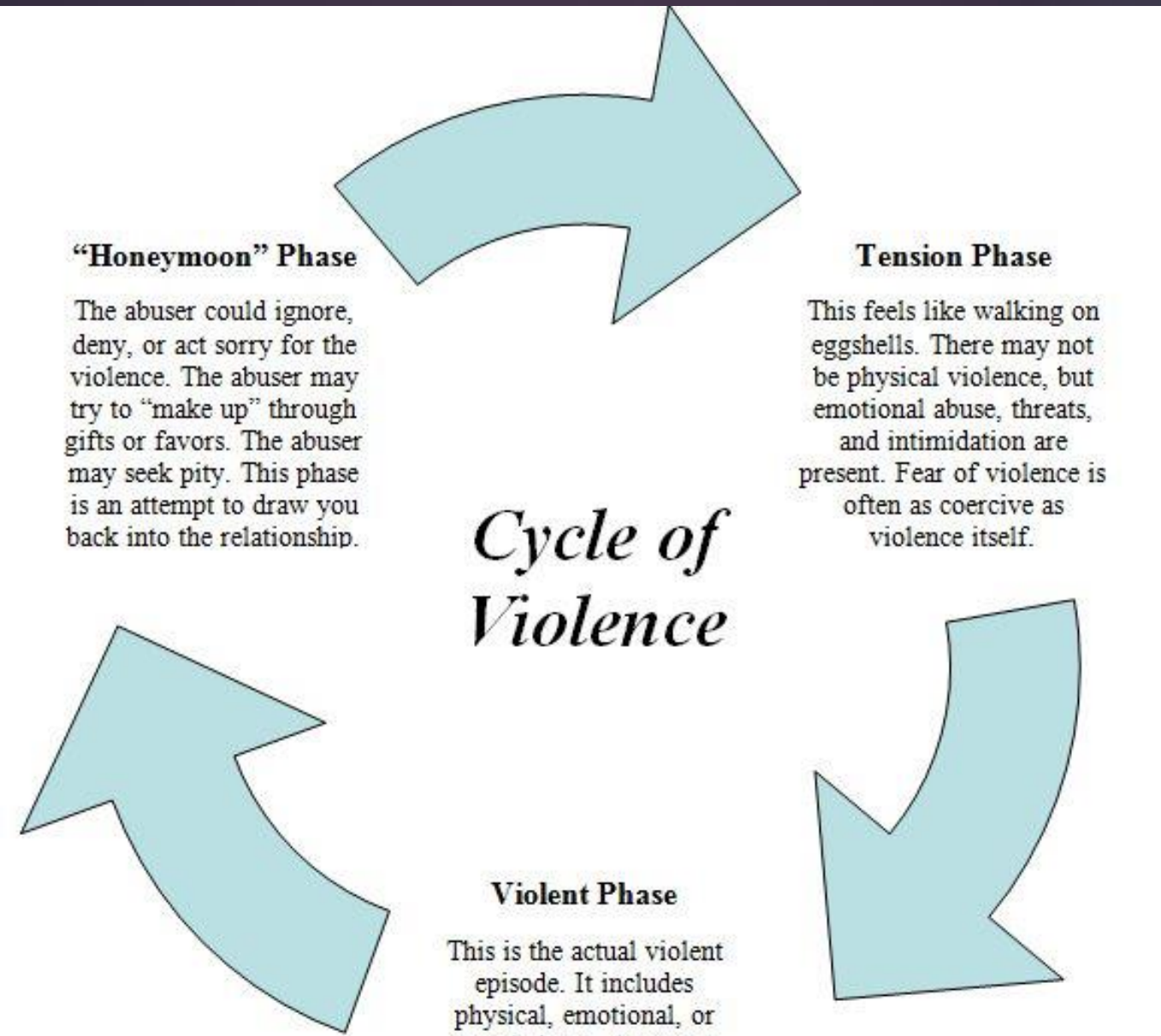


Establishing power and control

- ▶ Telling the victim that they can never do anything right, embarrassing them
- ▶ Showing jealousy of the victim's family and friends and time spent away
- ▶ Keeping or discouraging the victim from seeing friends or family members
- ▶ Controlling every penny spent in the household
- ▶ Taking the victim's money or refusing to give them money for expenses
- ▶ Intimidation tactics – with or without weapons
- ▶ Controlling who the victim sees, where they go, or what they do
- ▶ Dictating how the victim dresses, wears their hair, etc.
- ▶ Stalking the victim or monitoring their victim's every move (in person or also via the internet and/or other devices such as GPS tracking or the victim's phone)

Establishing power and control

- ▶ Preventing the victim from making their own decisions
- ▶ Telling the victim that they are a bad parent or threatening to hurt, kill, or take away their children
- ▶ Threatening to hurt or kill the victim's friends, loved ones, or pets
- ▶ Pressuring the victim to have sex when they don't want to or to do things sexually they are not comfortable with. Or Refusing to use protection when having sex or sabotaging birth control
 - ▶ Reproductive Coercion
- ▶ Crazy-making or gas-lighting
- ▶ Refusing to use protection when having sex or sabotaging birth control
 - ▶ Reproductive Coercion
- ▶ Pressuring or forcing the victim to use drugs or alcohol
- ▶ Preventing the victim from working or attending school, harassing the victim at either, keeping their victim up all night so they perform badly at their job or in school
- ▶ Destroying the victim's property



“Honeymoon” Phase

The abuser could ignore, deny, or act sorry for the violence. The abuser may try to “make up” through gifts or favors. The abuser may seek pity. This phase is an attempt to draw you back into the relationship.

Tension Phase

This feels like walking on eggshells. There may not be physical violence, but emotional abuse, threats, and intimidation are present. Fear of violence is often as coercive as violence itself.

Cycle of Violence

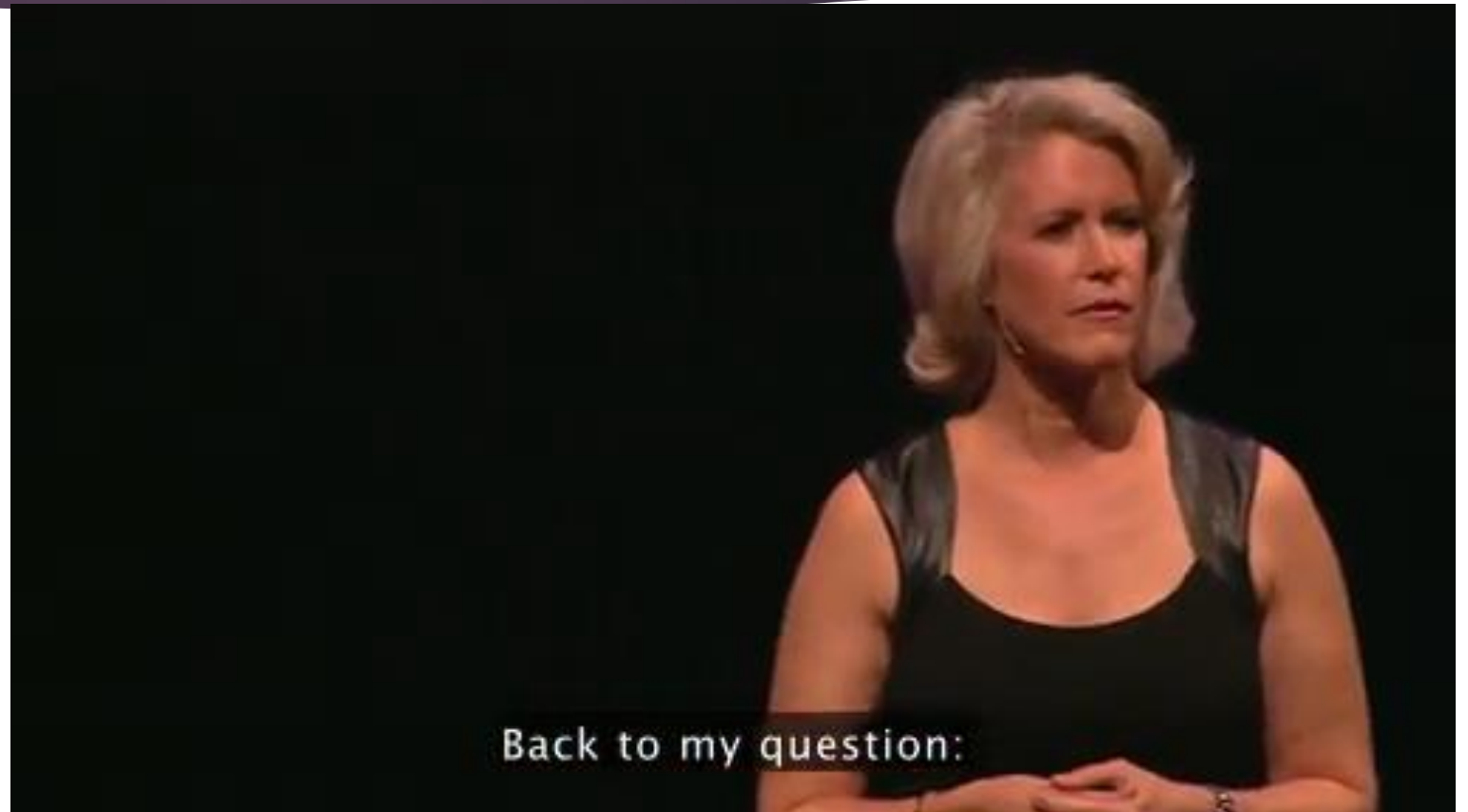
Violent Phase

This is the actual violent episode. It includes physical, emotional, or sexual abuse. *A crime is committed.*



WHAT ARE
BARRIERS TO
LEAVING?

- ▶ Fear of what the abuser will do if she/he leaves
- ▶ Logistics
- ▶ Victim feelings and beliefs:



Victim feelings and beliefs:

- ▶ Feel responsible for the abusive partner's feelings, expectations, image, etc.
- ▶ Feel love for the abuser
- ▶ Religious or social beliefs
 - ▶ that divorce is wrong.
 - ▶ children should have two parents.
 - ▶ women must obey and support men.
- ▶ Blaming themselves for the problems.
- ▶ Ashamed or embarrassed to turn to friends or family for help.
- ▶ Afraid of being alone and without a partner.
- ▶ Fear that no one will believe him/her.

Why do victims stay in abusive relationships?

- ▶ The victim may have:
 - ▶ No money on hand for rent or deposits for a new home.
 - ▶ No income.
 - ▶ No safe place to go.
 - ▶ Few people to lend solid emotional support.
 - ▶ No transportation.
 - ▶ Few or unsafe housing choices.
 - ▶ Physical inability to leave.

Are we asking the wrong questions?

- ▶ We routinely scrutinize and evaluate the Victim.
 - ▶ What is she doing wrong?
 - ▶ How can she change?
 - ▶ What should she be doing?
 - ▶ Why doesn't she leave?

By doing so, we avoid looking at the behavior and intentions of the perpetrator of the violence. This error rests on the assumption that if we could change the survivor or force her to leave, the battering would end.

This allows the assailant to continue his terrorism unchallenged, since the focus is not on what he is doing but what his partner is or isn't doing.

Victimization Warning Signs



Warning Signs

Even one or two of these behaviors in a relationship is a red flag that abuse may be present.

- ▶ Telling you that you never do anything right.
- ▶ Showing extreme jealousy of your friends or time spent away from them.
- ▶ Preventing or discouraging you from spending time with friends, family members, or peers.
- ▶ Insulting, demeaning, or shaming you, especially in front of other people.
- ▶ Preventing you from making your own decisions, including about working or attending school.
- ▶ Controlling finances in the household without discussion, including taking your money or refusing to provide money for necessary expenses.

Warning Signs (cont.)

- ▶ Pressuring you to have sex or perform sexual acts you're not comfortable with.
- ▶ Pressuring you to use drugs or alcohol.
- ▶ Intimidating you through threatening looks or actions.
- ▶ Insulting your parenting or threatening to harm or take away your children or pets.
- ▶ Intimidating you with weapons like guns, knives, bats, or mace.
- ▶ Destroying your belongings or your home.

Profile of Abusers

- ▶ come from all backgrounds, races, religions, economic status, educational levels, and occupations.
- ▶ Different terms are used to name the person who commits domestic violence:
 - ▶ perpetrators
 - ▶ offenders
 - ▶ batterers
 - ▶ abusers
- ▶ While the term used may vary, the behaviors remain the same.



Profile of Abusers



How can you help?

DO:

ASK IF SOMETHING IS WRONG

EXPRESS CONCERN

LISTEN AND VALIDATE

OFFER HELP

SUPPORT THEIR DECISIONS

INTERRUPT TOXIC MALE CULTURE

HAVE CONVERSATIONS WITH YOUR CHILDREN ABOUT HEALTHY RELATIONSHIPS

DON'T:

WAIT FOR THEM TO COME TO YOU

JUDGE OR BLAME

PRESSURE THEM

GIVE ADVICE

PLACE CONDITIONS ON YOUR SUPPORT

Reporting

- ▶ Follow your company policy
- ▶ Mandated report if applicable
- ▶ Refer to Women's Resources Hotline (570) 421-4200
 - ▶ Counseling & Safety Planning
 - ▶ Emergency shelter
 - ▶ PFA
- ▶ Encourage to seek medical attention if necessary
- ▶ Encourage to report to police
- ▶ Respect victim/survivor privacy and autonomy as much as possible
 - ▶ Allow them to lead the process at their own pace
 - ▶ Reporting may not be the safest option

Resources

- ▶ National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- ▶ Pennsylvania Coalition Against Domestic Violence: PCADV.ORG
- ▶ National Coalition Against Domestic Violence: NCADV.ORG
- ▶ Women's Resources of Monroe County: 570-421-4200, wrmonroe.org

Any
Questions?

