

Domestic Violence Awareness

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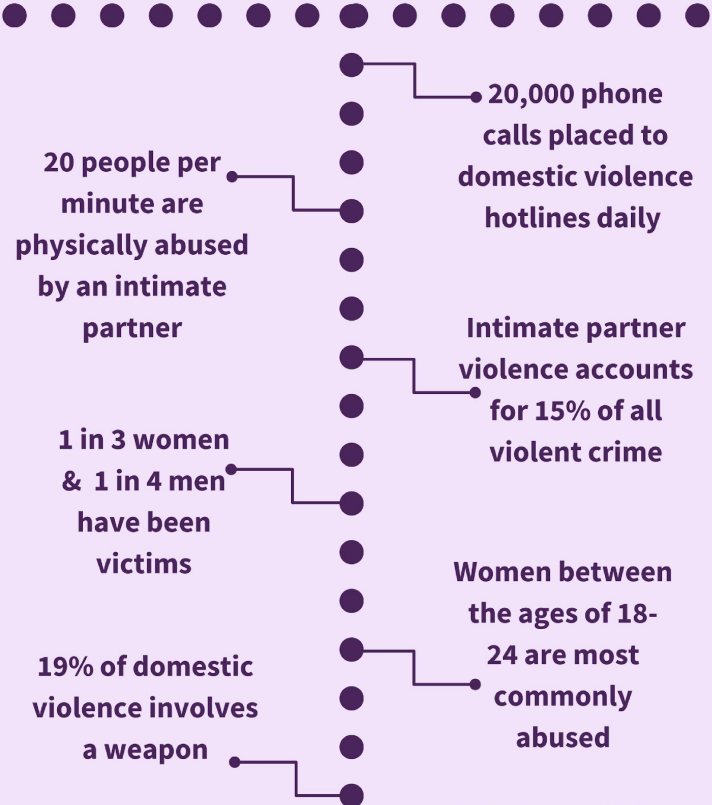


What is Domestic Violence?

Physical, emotional, mental, verbal, or sexual abuse by a current or former intimate partner or household family member (parents, children, etc).



Domestic Violence Statistics



Types of violence

- Physical
- Emotional / Mental / Verbal
- Sexual
- Financial
- Digital



Physical violence

Physical violence is the use of force with the potential for injury, harm, or death.

Examples include:

- Hitting
- Slapping
- Pushing
- Kicking
- Punching
- Use of weapons or other sharp objects
- Strangulation/Choking

Emotional / Mental / Verbal Abuse

Emotional and mental abuse is the use of power and control tactics to manipulate a survivor's feelings and lower their self-esteem. Verbal abuse includes hurtful words and name calling to also lower self-esteem.

Examples include:

- Gaslighting
- Harassment
- Humiliation
- Isolation
- Threats of violence
- Control over daily activities
- Belittling
- Harm to pets
- Damage personal belongings

Sexual violence

Sexual violence includes the use of force (physical or coercive) for the purpose of engaging in non-consensual sexual activity

Examples include:

- Rape
- Pressuring into having sexual activity
- Unwanted sexual touching
- Intentionally give sexually transmitted infection

Financial abuse

Financial abuse is the control over money of everyday expenses and personal finances.

Examples include:

- Preventing the survivor from getting a job or getting to work
- Accruing debt in the survivors name
- Controlling access to bank accounts
- Giving the survivor an “allowance” with their own money
- Refusing to contribute to shared expenses

Digital abuse

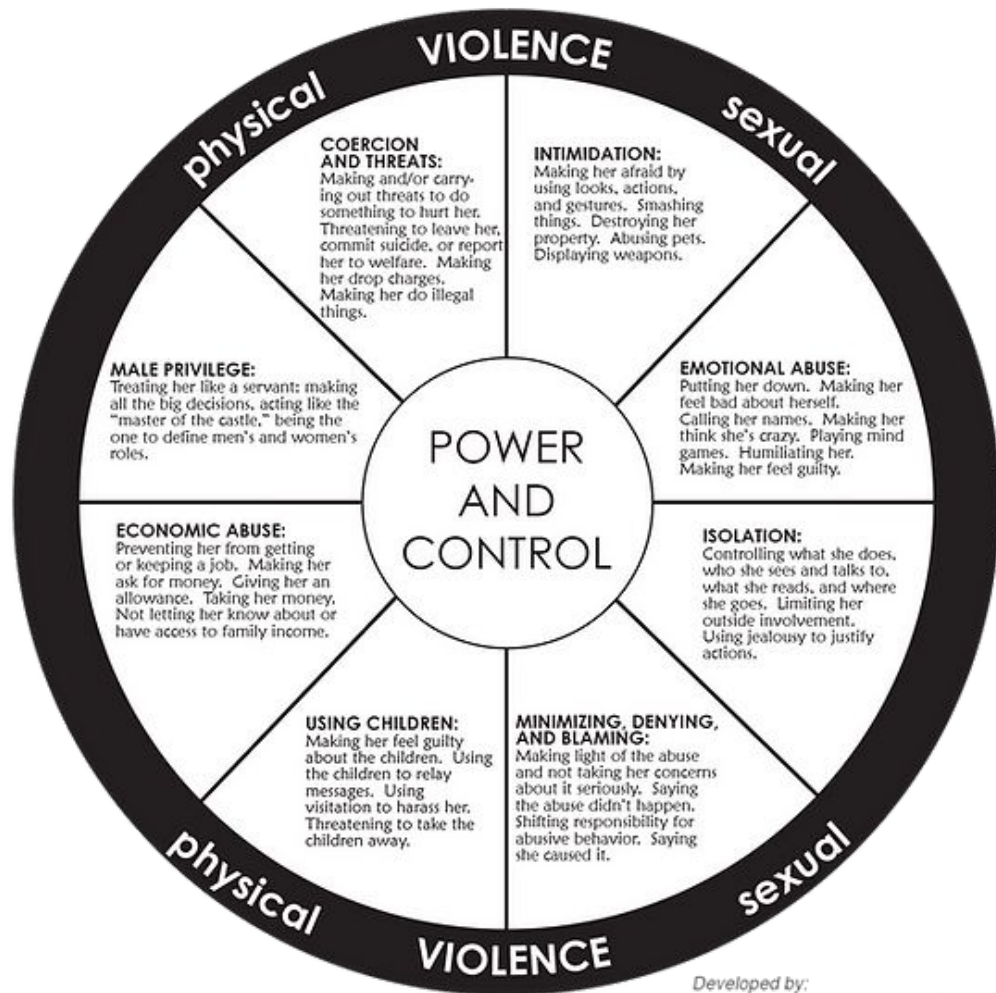
Digital abuse is the use of technology to control, monitor, or harass an individual, whether it's on social media, telephone, email, or other device.

Examples include:

- Demanding access to account passwords
- Monitoring location services for the purpose of stalking
- Looking through partners phone or social media without permission
- Controlling who to follow or not follow, or be friends with on social media

Why do abusers abuse?

Power and Control



Developed by:
Domestic Abuse Intervention Project
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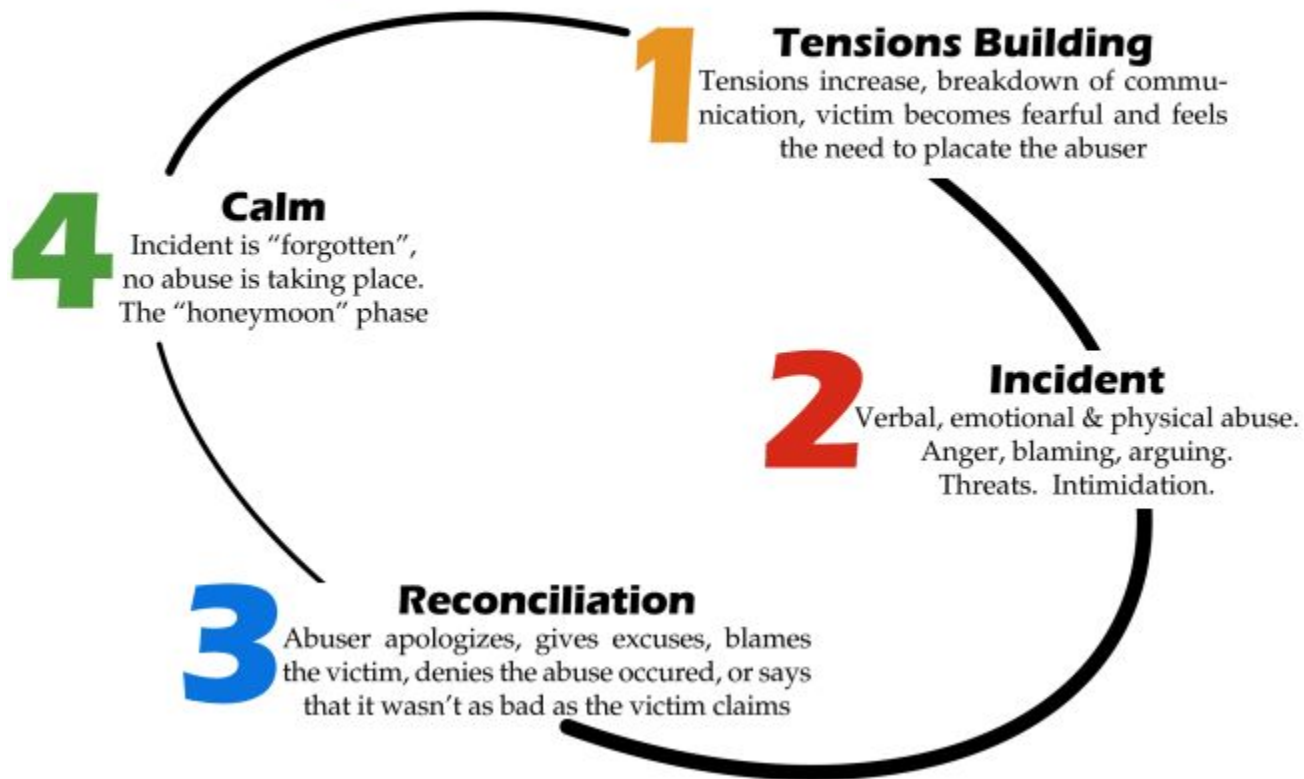
Why do survivors stay?

On average it takes 7 attempts to leave an abusive relationship for good

Barriers to leaving an abusive relationship

- Childhood victimization and belief that abuse is normal in relationships
- Feelings of love for the abuser
- Lack of positive support system
- Lack of financial support including transportation and childcare
- Fear of becoming homeless or coming to a shelter
- Belief or hope that the abuser will change
- Fear of future harm if abuser finds them
- Belief that the abuse is their fault
- Lack of available resources to get help
- Fear of not being believed

Cycle of Abuse



How to support survivors

Listen, believe, and know the available resources

Project Woman Services:


















- **Advocacy**
 - Crisis intervention, protection order assistance, legal advocacy, housing advocacy, hospital response, linking to resources, & information and referral
- **Emergency Shelter**
 - Shelters in Clark and Champaign County
- **Transitional and Supportive Housing**
 - 9-unit transitional housing apartments for survivors leaving shelter for 12-18 months
 - Rapid rehousing program to assist with rent for survivors relocating out of shelter into their own apartment
- **Behavioral Health**
 - Referral to counseling services thru Wellsprings
 - Crisis assessments for additional services related to mental health and managing symptoms
- **24/7 Crisis Line**
 - Hotline available for survivors in need of services
- **Prevention and Education**
 - K-12 prevention education
 - College campus prevention and awareness programming

Questions?

Upcoming events for Domestic Violence Awareness Month:

October 6th at 7PM-
Candlelight Vigil

October 27th at
5:30PM- DIVA Night
Out

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>OCTOBER DOMESTIC VIOLENCE AWARENESS ACTIVITIES</h1>						Sharing Saturday 1  Share the DV Hotline on SM 1-800-799-723
Social Sunday 2  Check in on a friend; invite them for coffee	Make A Difference Monday 3  Shelter Donation Drive Begins	Table Tuesday 4  Stop outside Post for goodies, activities and information	Warning Sign Wednesday 5  Lunch & Learn: Intensity and Possessiveness	Thoughtful Thursday 6 Take Back the Night Downtown Springfield Light up Witt starts	Fact Friday 7 Domestic Violence and Immigration 	Sharing Saturday 8  How to help family or a friend
Social Sunday 9 Join others in a Self-Defense Workshop 1:00pm 1929 Gym Free! 	Make A Difference Monday 10 Spread Awareness with Purple Ribbon Day Clothesline Project Display Begins	Table Tuesday 11  Come "Put a Nail in It" by painting your ring finger purple	Warning Sign Wednesday 12  Lunch & Learn: Manipulation and Guilt	Thoughtful Thursday 13 Poetic Epiphany 	Fact Friday 14 Barriers to Leaving Abusers 	Sharing Saturday 15  There were 131 intimate partner fatalities in Ohio from July 2020-June 2021
Social Sunday 16  Sibling Date! Catch up and check in	Make A Difference Monday 17 Visit our library book display and read a book about domestic violence - then share your thoughts online	Talking Tuesday 18 Talk to friends or family about the things you've learned about DV	Warning Sign Wednesday 19  Lunch & Learn: Betrayal and Isolation	Thoughtful Thursday 20 National Purple Shirt Day! Wear your purple to spread awareness about DV.	Fact Friday 21 Violence Against Women - It's a Men's Issue 	Sharing Saturday 22  Myths and Realities of DV
Social Sunday 23 Go on a listening walk with family.	Make A Difference Monday 24 Get Green Dot trained	Table Tuesday 25  Purple Party 5p-7p Student Center	Warning Sign Wednesday 26  Legal Clinic Lunch & Learn: Sabotage and Volatility	Thoughtful Thursday 27 What song makes you feel powerful? Add to our Power Playlist Divas Night Out	Fact Friday 28  A Call to Men	Sharing Saturday 29  The Bystander Effect; The Science of Empathy

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