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

- 20 people per minute are physically abused by an intimate partner
- 1 in 3 women & 1 in 4 men have been victims
- 19% of domestic violence involves a weapon
- Women between the ages of 18-24 are most commonly abused
- Intimate partner violence accounts for 15% of all violent crime
- 20,000 phone calls placed to domestic violence hotlines daily

Statistics from NCADV.org
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 giving 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
POWER AND CONTROL

COERCION AND THREATS:
- Making and/or carrying out threats to do something to hurt her.
- Threatening to leave her, commit suicide, or report her to welfare.
- Making her drop charges.
- Making her do illegal things.

MALE PRIVILEGE:
- Treating her like a servant: making all the big decisions, acting like the "master of the castle," being the one to define men's and women's roles.

ECONOMIC ABUSE:
- Preventing her from getting or keeping a job. Making her ask for money. Giving her an allowance. Taking her money. Not letting her know about or have access to family income.

USING CHILDREN:
- Making her feel guilty about the children. Using the children to relay messages. Using the children to harass her. Threatening to take the children away.

MINIMIZING, DENYING, AND BLAMING:
- Making light of the abuse and not taking her concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behavior. Saying she caused it.

INTIMIDATION:

EMOTIONAL ABUSE:

ISOLATION:
- Controlling what she does, who she sees, and talks to. What she reads, and where she goes. Limiting her outside involvement. Using jealousy to justify actions.

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

1. Tensions Building
   - Tensions increase, breakdown of communication, victim becomes fearful and feels the need to placate the abuser

2. Incident

3. Reconciliation
   - Abuser apologizes, gives excuses, blames the victim, denies the abuse occurred, or says that it wasn’t as bad as the victim claims

4. Calm
   - Incident is “forgotten”, no abuse is taking place. The “honeymoon” phase
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
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