

DOMESTIC VIOLENCE 101



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Some normal reactions to sensitive material:

24-HR SUPPORT HOTLINE 562-437-4663

- Headaches
- Backaches
- Stomach aches
- Fear/anxiety
- Grief
- Irritability
- Restlessness

Terminology: victim/survivor, abuser



What comes to mind
when you hear
**Domestic
Violence?**





High-profile cases

- Rihanna
- Lorena Bobbit
- Nicole Simpson
- Gabby Petito



**Domestic Violence/
Intimate Partner Violence**



How would you define DV/IPV

1 Domestic violence is a range of behaviors used to establish **power and exert control** by one intimate partner over the other.

2 Penal Code section 13700(b) defines “domestic violence” as abuse committed against an **adult** or a **minor** who is a **spouse, former spouse, cohabitant, former cohabitant**, or person with whom the suspect has **had a child** or is having or has had a **dating or engagement** relationship.

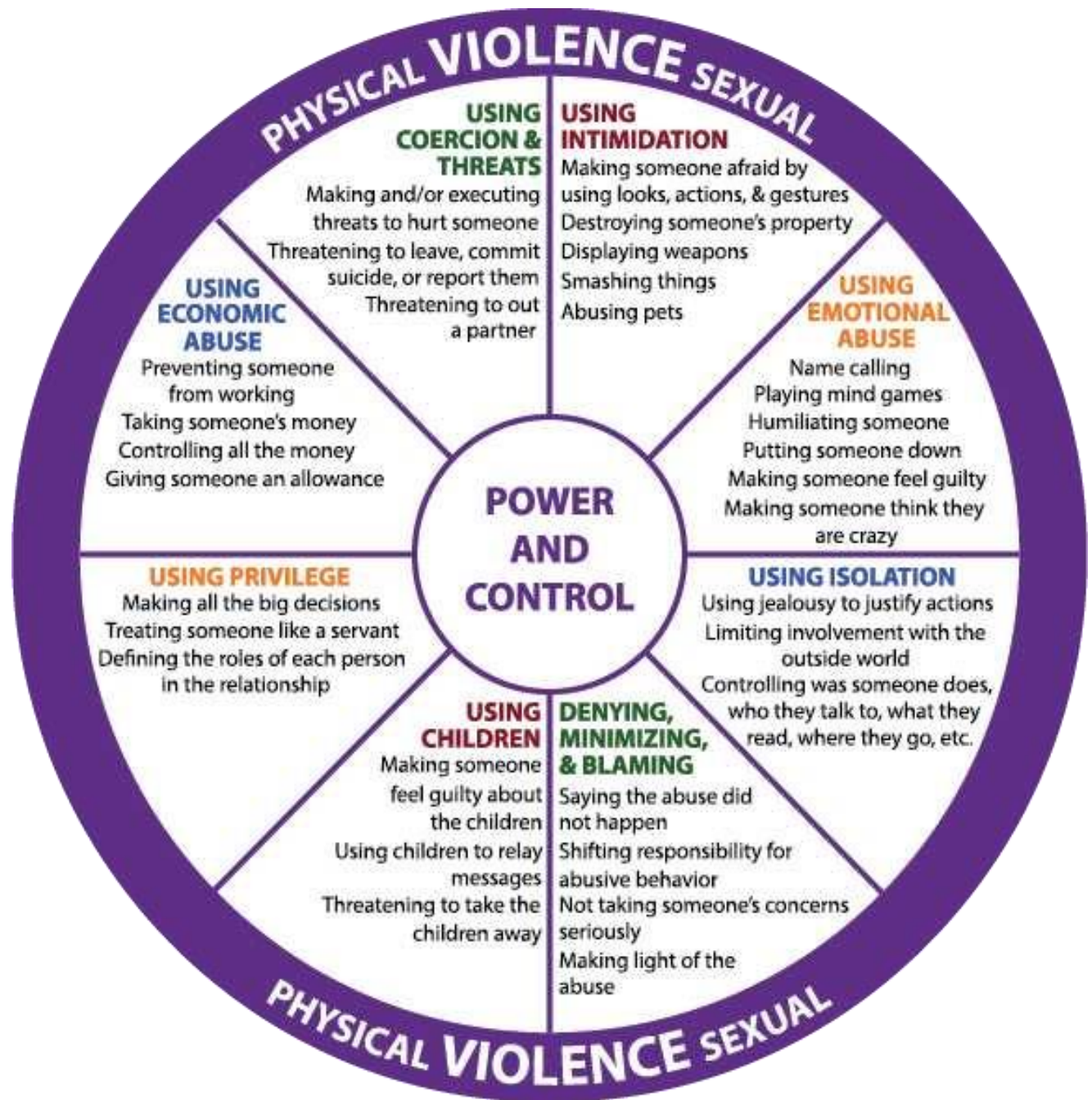
3 Penal Code 13700(a) defines “Abuse” as **intentionally or recklessly causing** or attempting to cause **bodily injury** or placing another person in reasonable apprehension of **imminent serious bodily** injury to himself, herself or another.



DOMESTIC VIOLENCE 101 - THE BASICS



Helps explain the different ways a partner causing harm can use power and control to manipulate a relationship In their favor



PHYSICAL ABUSE

FINANCIAL ABUSE

SPIRITUAL ABUSE

VERBAL ABUSE

PSYCHOLOGICAL ABUSE

SEXUAL ABUSE

EMOTIONAL ABUSE

EDUCATIONAL ABUSE

LEGAL ABUSE

MEDICAL ABUSE

DIGITAL ABUSE



**TENSION
BUILDING**

EXPLOSION



**THE CYCLE
OF VIOLENCE**

HONEYMOON





STATISTICS

Domestic Violence/Intimate Partner Violence affects **women and men**

1 IN **3**
WOMEN



AGE: 25 to 34
generally experience
the highest rates of DV

1 IN **4**
MEN



**All statistics gathered from thehotline.org and NCADV.org*

LGBTQ Community

→ **23%**
LGBTQ MEN

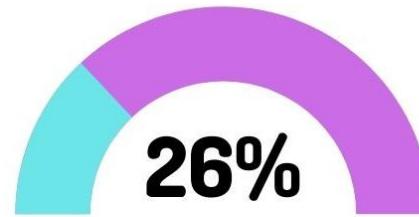


→ **50%**
LGBTQ WOMEN

ABUSIVE
RELATIONSHIP

YOUTH

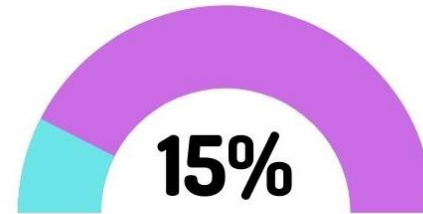
1 IN **3** TEENS
ARE ABUSED IN A RELATIONSHIP



26%

WOMEN

BEFORE
AGE 18!



15%

MEN

EFFECT ON CHILDREN

1 in 15 CHILDREN

Exposed to domestic violence
each year

30%-60%

of perpetrators also, abuse
children in the household

MENTAL HEALTH

- ▶ 40% suffer anxiety
- ▶ 48% suffer depression
- ▶ 53% act out w/parents
- ▶ 60% act out w/siblings

PATTERNS

BOYS
10X

GIRLS
6X



Childhood

Domestic
Violence

is when a person

grows **UP**

living in a home

with **domestic
violence**



The impact can be profound
and last throughout



ADULTHOOD

“Why don’t they leave?”

- FEAR: HARM OTHERS/SELF
- LOVE/TRAUMA BOND
- CHILDREN
- VICTIM-BLAMING
- LACK OF RESOURCES
- SOCIAL NORMS/ RELIGION
- IMMIGRATION STATUS

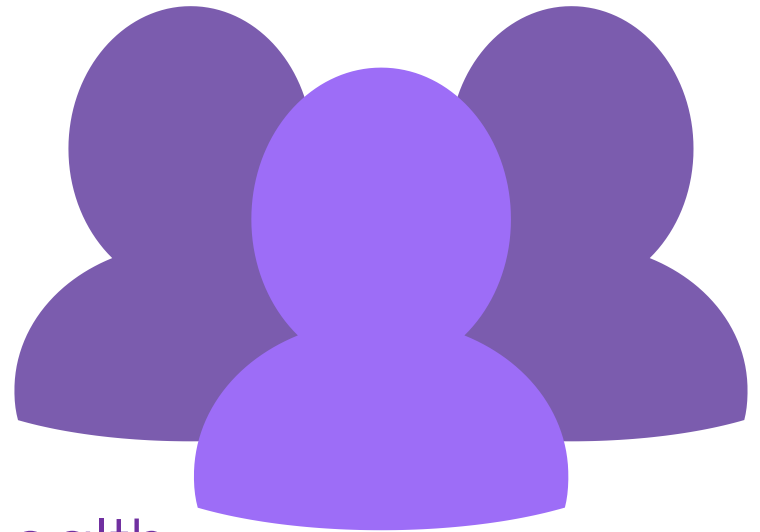
7-9

AVERAGE # OF ATTEMPTS
TO LEAVE A VIOLENT
RELATIONSHIP BEFORE
SUCCESS

National Domestic Violence Hotline

Some victims and survivors may be more vulnerable than others

- Immigrants
 - Youth living in homes where violence is present
 - Older adults
- Individuals with pre-existing health conditions and those that are pregnant



OTHER PARTS OF SOCIETY

PETS



HOMELESSNESS

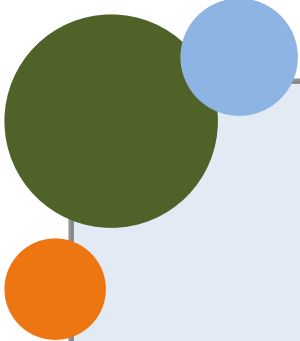


FINANCIAL COST



MYTH BUSTING





**TRUE
OR
FALSE**

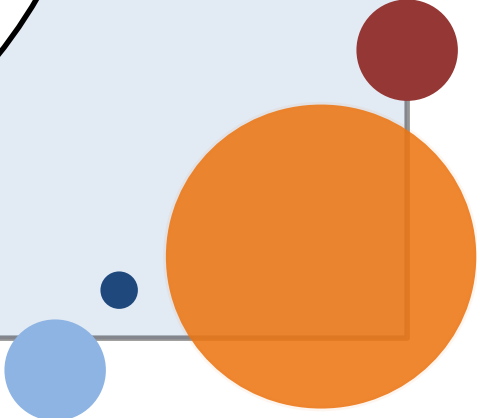
Domestic violence is a *one time, isolated* incident.

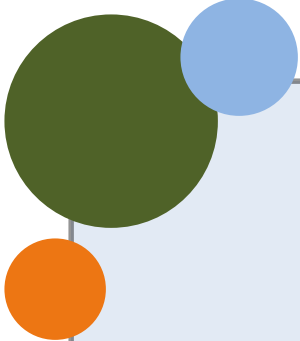




FALSE

Domestic violence is a pattern of behavior that becomes increasingly more violent as time progresses.





**TRUE
OR
FALSE**

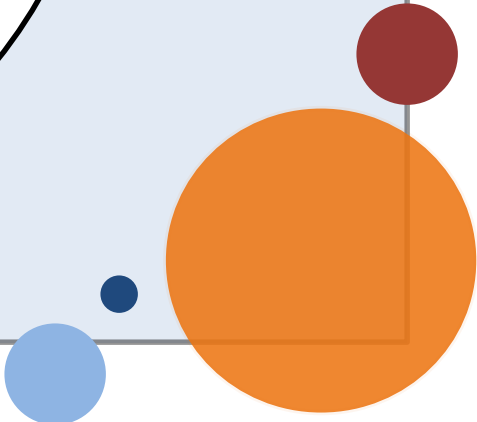
Alcohol/drug abuse causes domestic violence.





FALSE

Alcohol/drug abuse or use does not cause DV. However, we can say that there is a correlation between these two behaviors.



MYTHS

- DOMESTIC VIOLENCE IS ONLY PHYSICAL ABUSE
- DV DOES NOT HAPPEN IN FAITH-BASED PLACES
- ADDICTIONS CAUSE DOMESTIC VIOLENCE
- WHY VICTIMS STAY!



DV & COVID



Safer at home?



FOR SOME OF HOME IS:

- Safe
- Stable
- Happy
- Comfortable

FOR OTHERS, HOME IS:

- Unstable
- Crowded
- Dangerous
- Nonexistent

National Domestic Violence Hotline COVID-19 SPECIAL REPORT

March 16 to May 16, 2020

9%

INCREASE IN TOTAL
CONTACTS RECEIVED

6,210

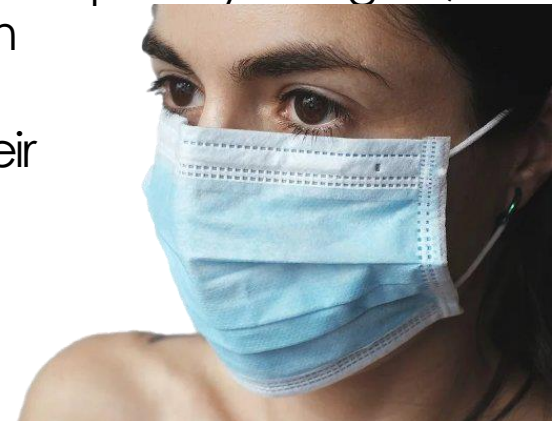
TOTAL CONTACTS
ANSWERED CITING
COVID-19



“A chatter stated that they have known for a long time that there were red flags in the relationship, but things are escalating with the pandemic, and they can’t even go to therapy.”

Using COVID-19 as a power and control tool:

- Threatening to "throw out" the victim/survivor if they show symptoms
- Contaminating things and minimizing concerns and regulations
- Preventing a victim/survivor from seeking medical care if they become ill
- Withholding essential items, like disinfectants and hand sanitizer
- Dictating how much toilet paper they can use in a day
- Sharing inaccurate information about COVID-19
- Withholding health insurance cards or threatening to cancel the health insurance
- Threatening to take the kids, declining to return children to the primary caregiver, or making their partner responsible for caring for their children
- Limiting access to financial resources or interfering with their efforts to work
- Monitoring online activity and who they are talking to



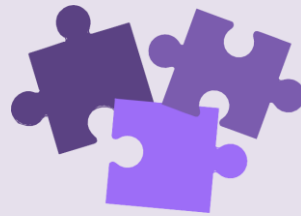
SAFETY PLANNING

A safety plan is a personalized plan that includes ways to remain safe while in an unsafe relationship, planning to leave, or after leaving



Assess the situation

A good safety plan will include crucial information and will be specific to each unique/relationship



What is needed?

Think about what resources are needed to remain safe. Things to consider will include important documents like birth certificates, money, toiletries, a safe place to go, etc.



You are NOT alone

Consider telling a trusted friend or family member about the plan or reach out to a qualified advocate for support

RESOURCES

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233



Call

1.800.799.SAFE (7233)
TTY 1.800.787.3224



Chat

Chat live now



Text

Text "START" to 88788

YOUR LOCAL ORGANIZATION/SHELTER



24-HR SUPPORT HOTLINE

562-437-4663



Thank you!

