

DOMESTIC VIOLENCE

THROUGH AN INTIMATE PARTNER LENS

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Recognize, Respond, Refer

My aim for this training is to equip you with information to recognize, respond, and refer; recognize conversations around domestic violence, respond to a disclosure and refer a victim.

National Statistics

▶ National Statistics on Domestic Violence:

- ▶ 1 in 7 women and 1 in 25 men have been injured by an intimate partner.
- ▶ Intimate partner violence accounts for 15% of all violent crime.
- ▶ Women between the ages of 18-24 are most commonly abused by an intimate partner.
- ▶ On a typical day, there are more than **20,000** phone calls placed to domestic violence hotlines nationwide.

▶ Massachusetts Statistics on Domestic Violence:

- ▶ In 2008, domestic violence was declared a public health emergency in Massachusetts.



Domestic Violence

- ▶ Domestic violence is a pattern of coercive behavior in intimate relationships whereby the behavior of another person is controlled through humiliation, intimidation, fear, and often intentional physical, emotional or sexual injury.
- ▶ On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.
- ▶ Domestic Violence may occur between husband-wife, parent-child, caregiver-elder, unmarried and same-sex partners, roommates, individuals with a child in common.
- ▶ It is always about power and control.

Types of Abuse

- ▶ **Physical**- Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.
- ▶ **Sexual**-Coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is certainly not limited to, marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.
- ▶ **Emotional/Verbal**- Undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.
- ▶ **Financial/Economical**-Controlling or restraining a person's ability to acquire, use, or maintain economic resources to which they are entitled. This includes using coercion, fraud, or manipulation to restrict a person's access to money, assets, credit, or financial information.
- ▶ **Spiritually/Culturally**-Denying the victim the right to practice their religion or to pursue religious, spiritual or cultural activities, belittling the victim's religious beliefs, or stating that certain forms of abuse are justified as a cultural tradition or as acts supported by religious beliefs.
- ▶ **Technologically** - An act or pattern of behavior that is intended to harm, threaten, control, stalk, harass, impersonate, exploit, extort, or monitor another person that occurs using any form of technology.

The Women's Center

Not all domestic violence is physical -

ABUSE CAN TAKE MANY FORMS

EMOTIONAL ABUSE AND INTIMIDATION

THE INTIMATE PARTNER...

Yells and shouts at them
Blames them for their own abuse
Shows them weapons in the house
Controls who they see and talk to
Humiliates them publicly and privately
Throws and breaks things in the house
Limits their contact with friends and family

SEXUAL ABUSE

THE INTIMATE PARTNER...

Forces them to have sex
Demands particular sex acts
Wakes them in the middle of the night for sex
Bullies them with accusations of cheating
Uses sex as a tool of coercion or guilt

COERCION AND THREATS

THE INTIMATE PARTNER...

Forces them to drop abuse charges
Threatens to commit suicide
Threatens to abandon the family
Threatens to harm or take away the children
Threatens to carry out physical harm
Uses guilt and mind games to control them
Abuses or threatens to abuse pets

EMOTIONAL ABUSE

THE INTIMATE PARTNER...

Limits their access to money
Prevents them from getting or keeping a job
Keeps them on an allowance
Makes them ask the partner for money
Controls their access to family finances

Power and Control Wheel

The power and control wheel illustrates the various tactics that an abusive partner uses to keep their victims in a relationship.

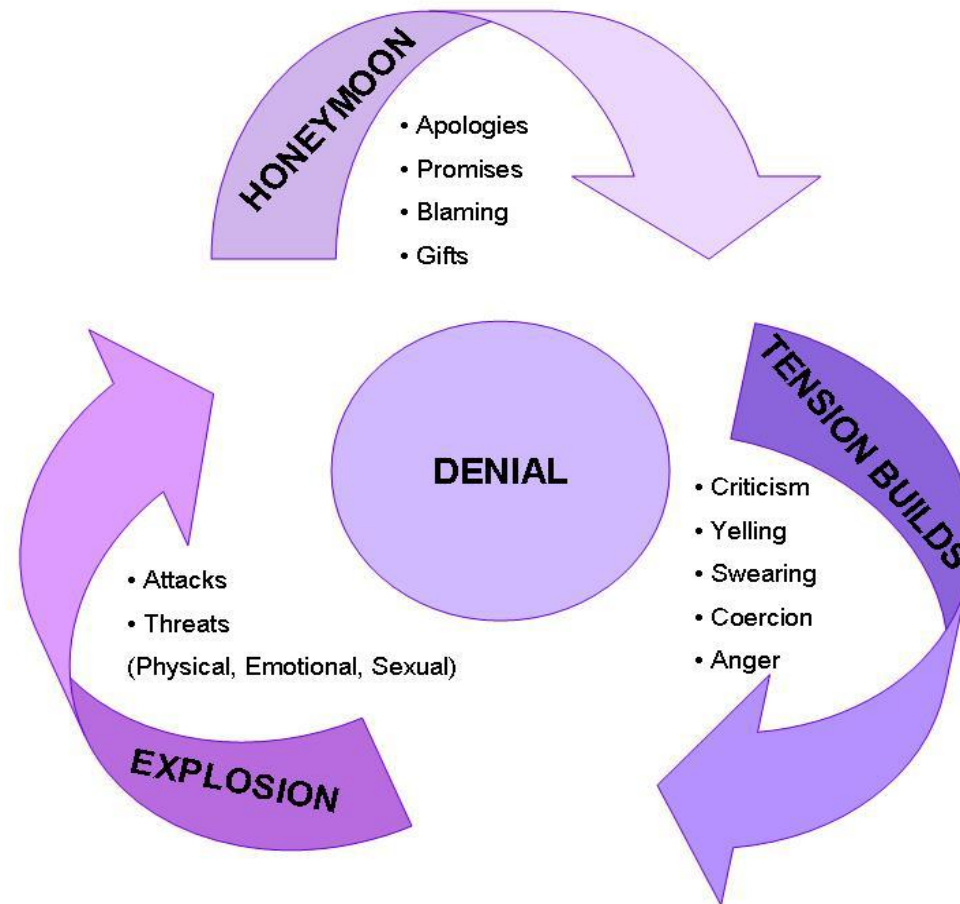
The inside of the wheel is made up of subtle, continual behaviors over time, while the outer ring represents physical and sexual violence.

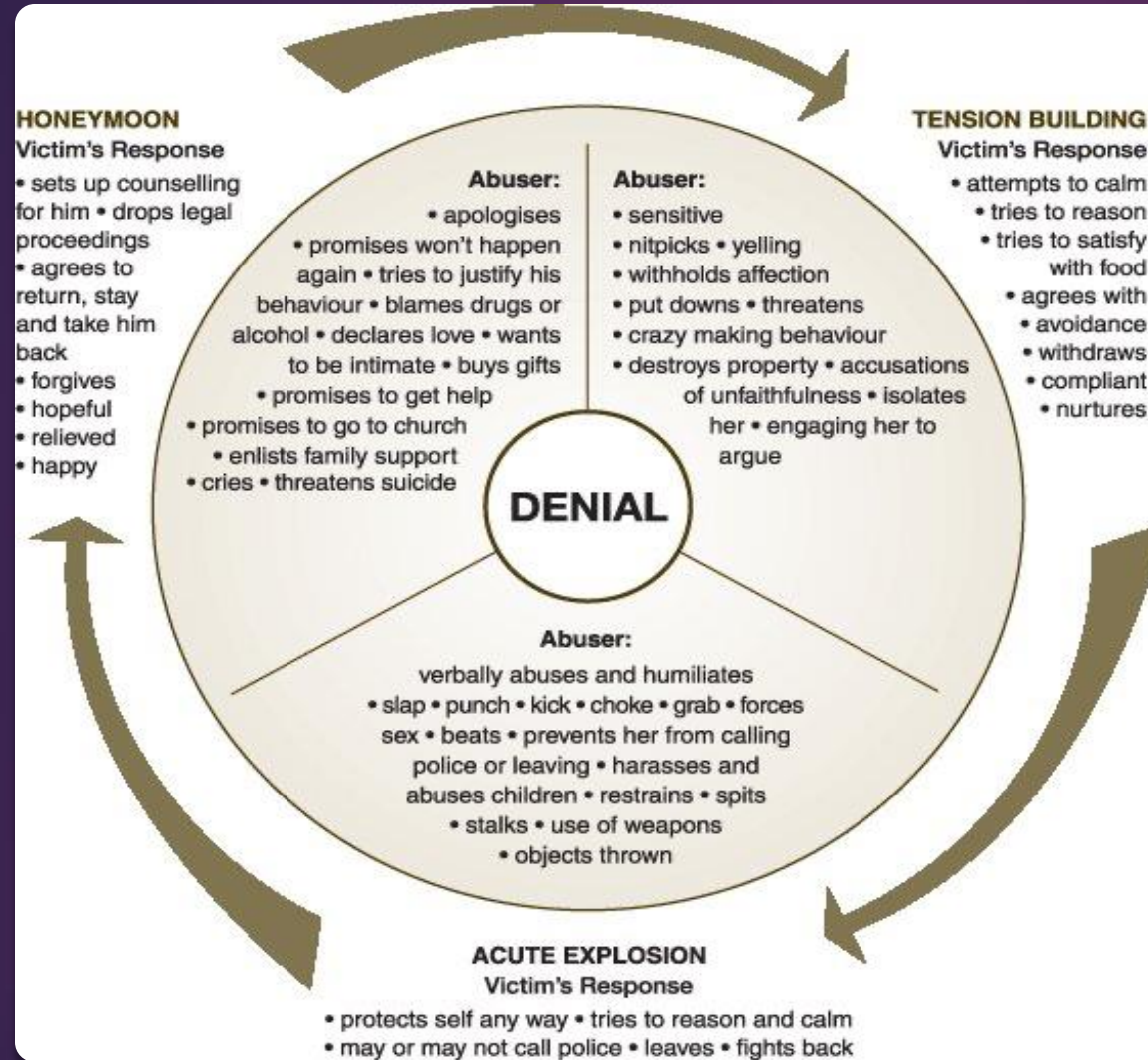
Abusive actions like those depicted in the outer ring often reinforce the regular use of other, more subtle methods found in the inner ring.



Cycle of Abuse

- ▶ Honeymoon Phase
 - ▶ Apologies, promises, love bombing
- ▶ Tension Building Stage
 - ▶ arguing, threats,
 - ▶ intimidation, blaming
- ▶ Violent Episode
 - ▶ May be physical, sexual, verbal, emotional





Cycle of Abuse: Integrated Lens

Defining Intimate Partner Violence (IPV)

- ▶ Intimate partner violence (IPV) is abuse or aggression that occurs in a romantic relationship. “Intimate partner” refers to both current and former spouses and dating partners. IPV can vary in how often it happens and how severe it is.
- ▶ IPV can occur regardless of whether the individuals involved are/were living together or not. This distinction is what separates it from the term Domestic Violence, which generally refers to violence occurring between residences within one single location.
- ▶ ‘Intimate Partner Violence’ has assisted in moving us away from the old view that violence only occurs in marital relationships, and where the husband was the physical abuser, and the wife was the victim.
- ▶ The concept of intimate partner violence acknowledges that abuse can exist in any personal, intimate relationship, regardless of sexual orientation, marital status, or gender.
- ▶ Intimate Partner Violence covers the aspects of violence in relationships outside of a shared living space, and covers all aspects of violence within that relationship.

Intimate Partner Domestic Violence

- ▶ Domestic violence occurs in dating relationships as well as marriages. Women aged 16 to 24 experience domestic violence at the highest rate of any age group, almost 3 times the national average.
- ▶ The rate of marriage has declined steeply over the last fifty years. People, particularly young people, are dating longer than in previous generations. As people get married later in life, dating violence will continue to rise.
- ▶ Given the prevalence of domestic violence within these dating relationships and a shift in the structure of relationships today, communities must work together to ensure that victims of dating violence have access to resources and an increase in legal protections.

Intimate Partner Violence Vs. Domestic Violence

Intimate Partner Violence vs. Domestic Violence



Intimate Partner Violence

Intimate Partner Violence includes any behaviors that one intimate partner (current or former) uses over another to establish power and control. These can include physical or sexual violence, but they do not always; they can be financial, emotional/psychological, cultural, spiritual, reproductive, or other controlling behaviors.



Child Survivors of Intimate Partner DV

Children are often accidentally or incidentally impacted by a parent experiencing Intimate Partner Domestic Violence. Our child advocate and therapist work with children whose primary issues/concerns stem from witnessing their parent go through Intimate Partner Domestic Violence.



Domestic Violence

- 1) For YWCA Spokane, we utilize the term domestic violence to refer to any situation where one partner in an intimate relationship tries to maintain power and control over the other person.
- 2) Legally, Domestic Violence applies to any two parties in the same household who commit crimes of physical harm, bodily injury, or assault; creating a fear that physical harm, bodily injury, pushing, shoving, slapping, punching, kicking, or assault will happen soon; sexual assault; or stalking.



Child Survivors of Domestic Violence

If the prominent concern is sexual assault and/or child maltreatment (particularly physical abuse), YWCA Spokane will refer these cases to Lutheran Community Services or Partners with Families and Children for support services. Depending on the nature and severity of the abuse, may also be a mandated report to Child Protective Services.

Please do not hesitate to call our Intimate Partner Domestic Violence Support Services at 509-789-9297 to see if our agency is right for your case, to make an appointment, or to simply speak to someone if you need support.

Intimate Partner Violence Vs. Domestic Violence

- ▶ While they may appear to be the same thing, and certainly have much overlap, Domestic Violence and Intimate Partner Violence are two different terms with different meanings. Domestic Violence is violence that takes place within a household and can be between any two people within that household.
- ▶ Domestic Violence (DV) can occur between a parent and child, siblings, or even roommates. Intimate Partner Violence (IPV) can only occur between romantic partners who may or may not be living together in the same household. Intimate Partner Violence may also be referred to as Intimate Partner Domestic Violence (IPDV).

Prevalence of IPV

- ▶ Dating violence, also known as intimate partner violence (IPV), is a common and pervasive problem. Approximately 1 in 3 women, 1 in 10 men, and 1 in 2 transgender individuals are victims of dating violence.
- ▶ 2/3 of rape cases related to IPV.
- ▶ 43% of college women who are dating have reported experiencing violence or abuse at the hands of their partner.
- ▶ Over 13% of college women report that they have been stalked. Of these, 42% were stalked by a boyfriend or ex-boyfriend.
- ▶ IPV is a leading cause of injuries and homicide for women.

Identify Warning Signs

- ▶ *They use physical aggression.* They often slap, hit, shove, or push their partner.
- ▶ *They are unpredictable.* Their moods tend to change rapidly and radically.
- ▶ *They are often jealous, suspicious, and/or angry* – even if they have no reason to be.
- ▶ *They control their partner's time.* They monitor and control their partner's activities, including whether they go to work or school, and how much they see their family and friends.
- ▶ *They control their partner's money.* They make important financial decisions with shared money by themselves, or they take their partner's money without permission.
- ▶ *They use verbal threats.* They are not afraid to name-call, swear, and yell at their partner.
- ▶ *They isolate their partner.* They may limit their partner's use of the phone or other sources of communication, or may force their partner to stay at home.
- ▶ *They minimize their partner's feelings.* They may also make their partner feel guilty or ashamed.
- ▶ *They blame.* They often try to blame their partner or others for their problems.
- ▶ *They threaten – a lot.* They may threaten to hurt themselves, their partner, or their partner's loved ones if their partner tries to leave.
- ▶ *They may force their partner to have sex* – even if their partner does not want to.

Red Flags

10 WARNING SIGNS OF DATING VIOLENCE

1. USING INSULTS, INTIMIDATION, OR HUMILIATION
2. EXTREME JEALOUSY, INSECURITY, OR CONTROLLING BEHAVIOR
3. ISOLATION FROM FRIENDS AND FAMILY
4. UNWANTED SEXUAL CONTACT OF ANY KIND
5. EXPLOSIVE TEMPER OR UNUSUAL MOODINESS
6. CONSTANTLY MONITORING SOCIAL MEDIA ACTIVITIES OR LOCATION
7. INVASIONS OF PRIVACY; SHOWING UP UNANNOUNCED
8. LEAVING UNWANTED ITEMS, GIFTS, OR FLOWERS
9. ABUSING ALCOHOL OR DRUGS
10. THREATENING OR CAUSING PHYSICAL VIOLENCE; SCRATCHES, BRUISES

RED FLAGS OF ABUSE

not being allowed to, or being afraid to,
make decisions for yourself

being physically hurt

feeling afraid of your partner

being embarrassed, put down,
ashamed, or guilty

not having your thoughts or wishes for
personal space respected

losing your friends

changing your behavior
because of your partner's
jealousy

feeling isolated
or alone

being threatened

feeling manipulated or
controlled

being afraid to express your
own feelings of anger

noticing that your dating partner
has very traditional (stereotypical)
beliefs about gender roles

feeling as if your dating partner gets too
personal or touches you in an unwanted way

feeling a pounding or fluttering in your chest
when your dating partner isn't happy

feeling a nervous or sick feeling in your stomach when
your dating partner is irritated, frustrated, or angry

Domestic Violence Center



Victims Perspective on Leaving Abuse

- ▶ Leaving is not easy. On average, it takes a victim **seven times** to leave before staying away for good. Exiting the relationship is most unsafe time for a victim. As the abuser senses that they're losing power, they will often act in dangerous ways to regain control over their victim.
- ▶ To an outsider's eye, the issue of domestic violence can be black and white: Just leave. For those left physically and emotionally black and blue, that zero-tolerance perspective isn't as clear, creating a disconnect between the abused and those who care for them.

"Why Stay in an Abusive Relationship?"

- ▶ **Fear** A person will likely be afraid of the consequences if they decide to leave their relationship, either out of fear of their partner's actions or concern over their own ability to be independent.
- ▶ **Normalized abuse** If someone grew up in an environment where abuse was common, they may not know what healthy relationships look like. As a result, they may not recognize that their partner's behaviors are unhealthy or abusive.
- ▶ **Love** Experiencing abuse and feeling genuine care for a partner who is causing harm are not mutually exclusive. Survivors often still have strong, intimate feelings for their abusive partner. They may have children together, want to maintain their family, or the person abusing them may simply be charming (especially at the beginning of a relationship) and the survivor may hope that their partner will return to being that person.
- ▶ **Cultural context** Traditional customs or beliefs may influence someone's decision to stay in an abusive situation, whether held by the survivor or by their family and community.
- ▶ **Shame** It can be difficult for someone to admit that they've been or are being abused. They may feel that they've done something wrong, that they deserve the abuse, or that experiencing abuse is a sign of weakness. Remember that blame-shifting is a common tactic that their partner may use and can reinforce a sense of responsibility for their partner's abusive behaviors.
- ▶ **Intimidation** A survivor may be intimidated into staying in a relationship by verbal or physical threats, or threats to spread information, including secrets or confidential details (i.e. revenge porn etc). For LGBTQ+ people who haven't come out yet, threats to out someone may be an opportunity for abusive partners to exert control.
- ▶ **Low self-esteem** After experiencing verbal abuse or blame for physical abuse, it can be easy for survivors to believe those sentiments and believe that they're at fault for their partner's abusive behaviors.
- ▶ **Disability** If someone depends on other people for physical support, they may feel that their well-being is directly tied to their relationship; a lack of visible alternatives for support can heavily influence someone's decision to stay in an abusive relationship if they have a disability.
- ▶ **Lack of resources** Survivors may be financially dependent on their abusive partner or have previously been denied opportunities to work, a place to sleep on their own, language assistance, or a network to turn to during moments of crisis. These factors can make it seem impossible for someone to leave an abusive situation.

Obstacles to Leaving

DISABILITY-IF SOMEONE DEPENDS ON OTHER PEOPLE FOR PHYSICAL SUPPORT, THEY MAY FEEL THAT THEIR WELL-BEING IS DIRECTLY TIED TO THEIR RELATIONSHIP; A LACK OF VISIBLE ALTERNATIVES FOR SUPPORT CAN HEAVILY INFLUENCE SOMEONE'S DECISION TO STAY IN AN ABUSIVE RELATIONSHIP IF THEY HAVE A DISABILITY.

IMMIGRATION STATUS- PEOPLE WHO ARE UNDOCUMENTED MAY FEAR THAT REPORTING ABUSE WILL AFFECT THEIR IMMIGRATION STATUS. IF THEY HAVE LIMITED ENGLISH PROFICIENCY, THESE CONCERNS CAN BE AMPLIFIED BY A CONFUSING AND CONVOLUTED LEGAL SYSTEM AND AN INABILITY TO EXPRESS THEIR CIRCUMSTANCES TO OTHERS.

CULTURAL CONTEXT- TRADITIONAL CUSTOMS OR BELIEFS MAY INFLUENCE SOMEONE'S DECISION TO STAY IN AN ABUSIVE SITUATION, WHETHER HELD BY THE SURVIVOR OR BY THEIR FAMILY AND COMMUNITY. LEARN MORE ABOUT ABUSE IN DIFFERENT CULTURAL CONTEXTS.

CHILDREN-MANY SURVIVORS MAY FEEL GUILTY OR RESPONSIBLE FOR DISRUPTING THEIR FAMILIAL UNIT. KEEPING THE FAMILY TOGETHER MAY NOT ONLY BE SOMETHING THAT A SURVIVOR MAY VALUE, BUT MAY ALSO BE USED AS A TACTIC BY THEIR PARTNER USED TO GUILT A SURVIVOR INTO STAYING.

LOVE-EXPERIENCING ABUSE AND FEELING GENUINE CARE FOR A PARTNER WHO IS CAUSING HARM ARE NOT MUTUALLY EXCLUSIVE. SURVIVORS OFTEN STILL HAVE STRONG, INTIMATE FEELINGS FOR THEIR ABUSIVE PARTNER. THEY MAY HAVE CHILDREN TOGETHER, WANT TO MAINTAIN THEIR FAMILY, OR THE PERSON ABUSING THEM MAY SIMPLY BE CHARMING (ESPECIALLY AT THE BEGINNING OF A RELATIONSHIP) AND THE SURVIVOR MAY HOPE THAT THEIR PARTNER WILL RETURN TO BEING THAT PERSON.

FEAR- A PERSON WILL LIKELY BE AFRAID OF THE CONSEQUENCES IF THEY DECIDE TO LEAVE THEIR RELATIONSHIP, EITHER OUT OF FEAR OF THEIR PARTNER'S ACTIONS OR CONCERN OVER THEIR OWN ABILITY TO BE INDEPENDENT.

NORMALIZED ABUSE- IF SOMEONE GREW UP IN AN ENVIRONMENT WHERE ABUSE WAS COMMON, THEY MAY NOT KNOW WHAT HEALTHY RELATIONSHIPS LOOK LIKE. AS A RESULT, THEY MAY NOT RECOGNIZE THAT THEIR PARTNER'S BEHAVIORS ARE UNHEALTHY OR ABUSIVE.

SHAME -IT CAN BE DIFFICULT FOR SOMEONE TO ADMIT THAT THEY'VE BEEN OR ARE BEING ABUSED. THEY MAY FEEL THAT THEY'VE DONE SOMETHING WRONG, THAT THEY DESERVE THE ABUSE, OR THAT EXPERIENCING ABUSE IS A SIGN OF WEAKNESS. REMEMBER THAT BLAME-SHIFTING IS A COMMON TACTIC THAT THEIR PARTNER MAY USE AND CAN REINFORCE A SENSE OF RESPONSIBILITY FOR THEIR PARTNER'S ABUSIVE BEHAVIORS.

INTIMIDATION- A SURVIVOR MAY BE INTIMIDATED INTO STAYING IN A RELATIONSHIP BY VERBAL OR PHYSICAL THREATS, OR THREATS TO SPREAD INFORMATION, INCLUDING SECRETS OR CONFIDENTIAL DETAILS (I.E. REVENGE PORN ETC). FOR LGBTQ+ PEOPLE WHO HAVEN'T COME OUT YET, THREATS TO OUT SOMEONE MAY BE AN OPPORTUNITY FOR ABUSIVE PARTNERS TO EXERT CONTROL.

LOW SELF-ESTEEM- AFTER EXPERIENCING VERBAL ABUSE OR BLAME FOR PHYSICAL ABUSE, IT CAN BE EASY FOR SURVIVORS TO BELIEVE THOSE SENTIMENTS AND BELIEVE THAT THEY'RE AT FAULT FOR THEIR PARTNER'S ABUSIVE BEHAVIORS.

LACK OF RESOURCES- SURVIVORS MAY BE FINANCIALLY DEPENDENT ON THEIR ABUSIVE PARTNER OR HAVE PREVIOUSLY BEEN DENIED OPPORTUNITIES TO WORK, A PLACE TO SLEEP ON THEIR OWN, LANGUAGE ASSISTANCE, OR A NETWORK TO TURN TO DURING MOMENTS OF CRISIS. THESE FACTORS CAN MAKE IT SEEM IMPOSSIBLE FOR SOMEONE TO LEAVE AN ABUSIVE SITUATION.

When A Victim Discloses

- ▶ Friends and family are often an integral part of the victim's way out.
- ▶ Who the victim discloses the abuse to first is critical to whether or not a victim is able move past abuse healthfully.
- ▶ A lot of survivors tell someone and are then blamed or shamed by that confidant, which shuts them down.
- ▶ If victims feel supported, they may grow stronger and more confident. If an abuse victim feels judged by a friend or family member, he or she could lose trust, withdraw and become skeptical of talking about the abuse to anyone else.
- ▶ Victims must make the decision to extricate from the abusive circumstances. He's controlling decision-making, so if you seem to control her decision as well, it's not good.

Disclosure of Domestic Violence

- ▶ If someone you know or love has just disclosed to you in confidence that they are experiencing IPV/ Domestic Violence, you want to be prepared on how to respond.
- ▶ Initially hearing someone you care for is being abused is shocking and your reaction might be to bad mouth their abuser. As this reaction is human, you must refrain. They still have some attachments to their abuser that they do not fully understand, and you attacking that person to them will only shut them down from speaking to you in the future about this situation.

Tips for Handling Disclosures

- ▶ If someone discloses to you that they are experiencing Domestic Violence, it is important to first, not judge them, and second, to assure them that they are not to blame. They did not cause any of these actions against them.
- ▶ Be mindful of your response, be patient with them.
- ▶ Do not bring up any sensitive information or question them without them bringing it up first- not only do you not know who could be around them listening but you do not want to pry and upset them as this also could cause them to avoid sharing any information with you.
- ▶ Help them create a safety plan, or be sure to give them an actual location/organization, like The Women's Center.

EFFECTS OF DOMESTIC VIOLENCE ON ADULTS

Effects of Domestic Violence

Long Term Physical Effects

- ▶ Gastrointestinal / digestive issues
- ▶ Chronic pain
- ▶ Sexual / reproductive issues
- ▶ Symptoms of pulmonary or musculoskeletal conditions
- ▶ Traumatic brain injury
- ▶ Heart / cardiovascular issues
- ▶ Domestic abuse can also result in death.

Long Term Psychological Effects

- ▶ According to the American Psychiatric Association (APA), 20% of survivors develop mental health conditions. These include:
- ▶ Major depressive disorder
- ▶ Generalized anxiety disorder
- ▶ Post-traumatic stress disorder
- ▶ Substance use disorders

Long Term Effects of Domestic Violence

- ▶ The mental health effects of domestic violence are likely to be severe and long-lasting. Exposure to violence and abuse increase one's risk of experiencing post-traumatic stress disorder, depression, anxiety, substance use, and suicidal behaviors.
- ▶ The most commonly employed element of domestic violence—coercive control—is a pattern of domination enacted through tactics designed for intimidation and entrapment, and has particularly damaging effects for mental health.
- ▶ Practitioners are also seeing the use of digital coercive control, whereby perpetrators utilize technology to monitor and track their victims, creating a sense of omnipresence, isolation, and ostracism.

Short Term Effects of Domestic Violence

- ▶ Some examples of short term effects Domestic Violence can take on adults, might result in bruising, cuts, and broken bones
- ▶ Minor injuries sustained from violence
- ▶ Muscle tension, involuntary shaking, shortness or loss of breath
- ▶ Emotional effects such as shock, confusion, changes in eating and sleeping patterns
- ▶ Confusion and mistrust of your own instincts

Incarcerated Victims

- ▶ Of women in prisons: 86% identify as survivors of sexual violence
- ▶ 77% identify as survivors of intimate partner violence
- ▶ 60 – 70% experienced physical or sexual violence in their childhood
- ▶ Majority of women and transgender people in prisons and jails are survivors of sexual assault and/or domestic violence
- ▶ Women who are violent offenders are even more likely to have been abused and to be incarcerated for responding to that abuse violently.
- ▶ 54% of girls incarcerated in U.S. juvenile correctional settings have been sexually abused, 61% have been physically abused, and the majority of those girls have been abused multiple times.

Teach safe and healthy relationship skills

- Social-emotional learning programs for youth
- Healthy relationship programs for couples

Engage Influential adults and peers

- Men and boys as allies in prevention
- Bystander empowerment and education
- Family-based programs

Disrupt the developmental pathways toward partner violence

- Early childhood home visitation
- Preschool enrichment with family engagement
- Parenting skill and family relationship programs
- Treatment for at-risk children, youth, and families

Create protective environments

- Improve school climate and safety
- Improve organizational policies and workplace climate
- Modify the physical and social environments of neighborhoods

Strengthen economic supports for families

- Strengthen household financial security
- Strengthen work-family supports

Support survivors to increase safety and lessen harms

- Victim-centered services
- Housing programs
- First responder and civil legal protections
- Patient-centered approaches
- Treatment and support for survivors of IPV, including teen dating violence

Preventing IPV

Primary Prevention: Preventing Violence Before it Occurs

- ▶ Primary prevention efforts address the root causes of violence at multiple levels of our society including changing the social norms that allow and condone violence.
- ▶ Preventing violence means changing our society and its institutions-- eliminating those attitudes, beliefs, behaviors, environments and policies that contribute to violence and promoting those that stop the violence.
- ▶ Primary prevention efforts impact several modifiable factors associated with intimate partner violence such as reducing acceptance of violence, challenging social norms, practices, and policies that place girls and women at increased risk, and confronting gender and racial injustice.

Men and Domestic Violence

- ▶ Boys, men and fathers all play a role in domestic violence. Men can be allies, men can be perpetrators, and men can be victims.
- ▶ Men as allies, looks like men who are willing to stand up and speak up against any abuse one man may be conflicting on their partner.
- ▶ **Affirmative consent** - Silence or lack of resistance, in and of itself, does not demonstrate consent. Consent cannot be given when it is the result of any coercion, intimidation, force, or threat of harm. Consent may be initially given but withdrawn at any time.
- ▶ “Yes means Yes!” Affirmative consent is a conscious, voluntary, mutual, and enthusiastic agreement to engage in sexual activity. Each person must be fully aware, equally free of coercion, communicating clearly and unambiguously, and sincere in their desires. Consent must be ongoing, and can be revoked at any time. Intoxication or incapacitation
- ▶ Yes means Yes takes into account how different people react to stress, high stakes, or trauma. When we experience stress, we all have different reflexes or responses: fight, flight, freeze or fawn.

ENGAGING MEN

- ▶ The Centers for Disease Control and Prevention identifies “harmful norms around masculinity and femininity” as a risk factor for child maltreatment, teen dating violence, intimate partner violence, sexual violence, youth violence and bullying
- ▶ These “harmful norms around masculinity” involve a definition of masculinity based on power over others, violence, sex, status, and aggression. Men are forced into a narrow definition of what is considered a “man.”
- ▶ Working to engage men and boys consists of building a new and more inclusive form of masculinity
- ▶ Moving away from the toxic mentality of masculinity aids in forming more allies than perpetrators, teaching men and boys from a young age that they can prevent violence and abuse through education, knowledge and practice.
- ▶ Encourage men and boys to support actual and potential victims by intervening and speaking out, but also teach skills and promote social norms that reduce their own risk for future perpetration.

Wilkins, N., Tsao, B., Hertz, M., Davis, R., Klevens, J. (2014). Connecting the Dots: An Overview of the Links Among Multiple Forms of Violence. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. Oakland, CA: Prevention Institute.

Resources for victims of domestic violence and their families

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- ▶ Need help or know someone who does? There are resources available.
 - ▶ National Domestic Violence Hotline:
 - ▶ Call:1-800-799-7233 or Text 1-800-787-3224
 - ▶ Love is Respect National Teen Dating Abuse Helpline
 - ▶ Call 1-866-331-9474 or Text 1-866-331-8453
 - ▶ Rape, Abuse & Incest National Network's (RAINN) National Sexual Assault service provider in your area, call 800-656-HOPE(4673) to be connected with a trained staff member from a sexual assault service provider in your area.
 - ▶ The Women's Center 24/7 Hot-Line: 508-999-6636

Upstander Vs. Bystander

- ▶ The term “Bystander Intervention” had been promoted to be used in a sense of being active and encouraging people to get involved and stepping in when witnessing violence- there was a shift towards the word “Upstander” to define this emphasizing the lack of intervention involved with bystanders.
- ▶ A bystander is someone who was a witness to an act of violence and or abuse and stood idly by without any form of intervening or attempt to stop the violence at hand.
- ▶ Being an upstander embraces an active, empowered position of disrupting harm when witnessing it. For instance, when you are at a party, you may witness someone trying to isolate and sexually assault another person who may have had too much to drink. An upstander will intervene by interrupting the situation as safely as possible, where as a bystander would not.

The Women's Center

SERVING ADULT, ADOLESCENT, AND CHILD VICTIMS OF DOMESTIC VIOLENCE &
SEXUAL ASSAULT

HOW TO MAKE A REFERRAL

- ▶ To make a referral or inquire about our comprehensive free services, Call the main number: (508) 996-3343
- ▶ Call the 24 hr. hotline number: (508) 999-6636
- ▶ Visit us online: www.thewomenscentersc.com
- ▶ Catchment area: Acushnet, Dartmouth, Fairhaven, Fall River, Freetown, Marion, Mattapoisett, New Bedford, Rochester, Somerset, Swansea, Wareham and Westport
- ▶ Save a life! Call us for help to help a friend

DISCLOSURE CHEAT CODE

- ▶ If someone you know confides in you that they are experiencing domestic violence, there are different things you can keep in mind to help them-
 1. Believe them
 2. Acknowledge the complexity of the issue
 3. Make sure they know that they are in no way at fault for what happened to them
 4. Do not bash the abuser – this may cause them to stop disclosing to you
 5. Give them actual resources – telling someone “there are resources out there” they will not seek help giving them a direct organization will make it more likely that they will reach out.

EDUCATION AND OUTREACH

CONTACT OUR EDUCATION AND
OUTREACH DEPARTMENT TO BOOK A
WORKSHOP OR TRAINING AT YOUR
AGENCY, SCHOOL OR FAITH-BASED
ORGANIZATION

KAYLA MACHADO,
EDUCATION & OUTREACH
COORDINATOR

(774) 510-7684

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