



Domestic Violence Prevention Training

What is Domestic Violence?

- Patterns of behavior where one partner in an intimate relationship tries to dominate or control the other.
 - Psychological
 - Verbal
 - Sexual
 - Physical



Who is at risk?

- There is no “type” of victim
- Domestic Violence cuts across all categories:
 - Racial
 - Ethnic
 - Economic
 - Religious
 - Age
 - Sexual Orientation



Mandated Reporting

- Elder Abuse
 - Victim is 60 or above and dependent on abuser
- Child Abuse
- Domestic Violence does not require reporting

How Common is Domestic Violence?

- Nearly one in four women will be victimized by a current or former spouse or boyfriend
- DV is present in $\frac{1}{4}$ to $\frac{1}{3}$ of GLBT relationships
- In the US more than three women a day are murdered by husbands or boyfriends

How Common is Domestic Violence?

- 15.5 million children live in families where violence occurred in the last year
- 1 in 3 adolescent girls report being the victim of teen dating violence
- In 2005 children were involved in 40% of the 20,102 DV incidents reported to police.

Consequences go beyond visible injury!

- Heart Disease
- Gynecological Problems
- Gastrointestinal Problems
- Substance Abuse



Consequences go beyond visible injury!

- Behavioral Health problems
 - PTSD
 - Depression
 - Anxiety
 - Eating Disorders
 - Suicidal Ideation & behavior

Consequences for Children

- Running away
- Substance abuse
- Conduct disorder
- Attachment disorder
- Suicidal ideation and behavior
- Brain development
- Perpetuating the cycle of violence



What Can I Do?

Talk about Domestic Violence



Be Aware

- Perpetrators can use agencies like yours to control victims
- Accompany victims
- Cancel appointments
- Intimidation
- Charm

How Do I Talk about Domestic Violence?

- Make sure you are alone
- Remind them:
 - Safe
 - Confidential
 - This is a health and safety issue
 - You ask everyone

Questions to ask:

- “Are you currently in a relationship with a spouse, partner or family member in which you have felt afraid or threatened?”
- “Within the last year have you been hit, slapped, kicked, or otherwise physically hurt by someone?”

If they say no?

- Continue to ask/ Rephrase
- Let them know you are a resource
- Don't get discouraged
- Don't get angry
- Offer resources anyway

“Why does she stay?”

- Most victims eventually leave
- Leaving is a complex process
- Perpetrators hide abusive behavior

Barriers to Disclosure

- Fear
- Shame
- Lack of Safe Options
- Trauma
- Lack of Social Support
- Hopes, Good Times
- History of Inappropriate Reactions, Responses

Risks for Self

Risks in Staying

- Abuse may continue
- Abuse may escalate
- May become disabled
- May be raped
- May be killed

Risks in Leaving

- Abuse may continue
- Abuse may escalate
- May become disabled
- May be raped
- May be killed
- *Higher risk for being killed*
- May be stalked
- May become homeless

Risks for Children

Risks of Staying

- Physical injury
- Sexual abuse
- Behavioral problems
- Depression
- Substance abuse
- May be killed
- Continue cycle

Risks of Leaving

- Physical injury
- Sexual abuse
- Behavioral problems
- Depression
- Substance abuse
- May be killed
- Continue cycle
- New environment, school
- Be Kidnapped
- Lose custody
- Homelessness

What If they say yes?

- Be compassionate
- Avoid judgment
- Tell them there is help available
- Ask if they would like to speak to someone from the local DV program
- Provide materials
- Cultural competency

Helpful Things to Say:

- You don't deserve to be treated this way.
- What can I do to help? How can I best support you?
- I'm here to listen if you want to talk.
- No one has the right to be abused-no matter what.
- Many people have experienced this, you are not alone.

Unhelpful Questions or Statements

- You should...
- I think you need to...
- Why didn't you...?
- Do not assume that you have the right answers for the victim's situation.

Domestic Violence Resources

- Connecticut Coalition Against Domestic Violence
 - 888-774-2900
- Services available:
 - 24 Hour Crisis Hotline
 - Safety Planning
 - Emergency Shelter
 - Counseling
 - Support Groups
 - Family Violence Victim Advocate
 - Information and Referrals
 - Prevention Education and Outreach
 - Children's Programs

Assess current safety

- Are you afraid to go home?
- Has the abuse gotten more severe and/or more frequent?
- Are there any guns or weapons in your home?
- Do you want to call the police?

Perpetrators

- Do you think that you have a problem with your temper or with jealousy?
 - Has your anger or jealousy led you to be verbally abusive or physically violent (e.g. slap, grab, punch or kick) towards someone close to you?

Conclusions

- Domestic violence is a social issue
- You can help