

Domestic Violence Awareness



What is Domestic Violence?

Domestic Violence (DV): a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Abuse: physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone.

Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. DV affects people of all socioeconomic backgrounds and education levels.



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This presentation will cover the following topics:

- Warning Signs
- What to Say
- Tips on Safe Dating
- Deciding to Leave
- Additional Resources



Warning Signs of an Unhealthy Relationship

- Bruises, scratches, burns or other 'unexplainable' injuries
- Failing grades, dropping out of class, or no longer attending school activities
- Sudden changes in mood or personality
- Becoming increasingly secretive
- Extreme changes in eating or sleeping habits
- Avoiding social situations or isolation from family and friends
- Constant contact by partner (via text, instant messaging, calls, beeper)
- Partner is very jealous, manipulative, gives verbal put downs, pushes or hits



What do you say?

- “I care about what happens to you. I love you and I want to help.”
- “If you feel afraid, it may be abuse. Sometimes people behave in ways that are scary and make you feel threatened.”
- “The abuse is not your fault. You are not to blame, no matter how you feel.”
- “It is the abuser who has a problem – not you. It is not your responsibility to help this person change.”
- “It is important to talk about this. If you don’t want to talk with me, find someone you trust and talk with that person.”
- “You can talk to someone at a hotline who can help you sort things out.”



Tips for Parents

- It is never too early to teach self-respect. Ensure your child understands that supportive partners do not have the right to hit or control anyone else.
- If you suspect that your teen is already involved with an abusive partner, tell your teen that you are there to help, not to judge.
- Give your teen a chance to talk. Listen quietly to the whole story.
- Focus on your child; do not put down the abusive partner. Point out how unhappy your teen seems to be while with this person.
- If your teen tries to break up with an abusive partner, advise that the break be definite and final. Get advice from counselors on how to support your teen through a relationship break up.



Dating Safely (for Teens and Adults)

- Before leaving on a date, know the exact plans. Tell someone where you are going and what time you should be home.
- Before you go on a date, determine your limits regarding sexual contact.
- Keep your cell phone close by and call someone if your date drinks or leaves you stranded.
- Don't leave a party with someone you don't know well.
- Assert yourself when necessary. Be firm and straightforward in your relationships.
- Trust your instincts. Don't give in to pressure. Always be true to yourself.



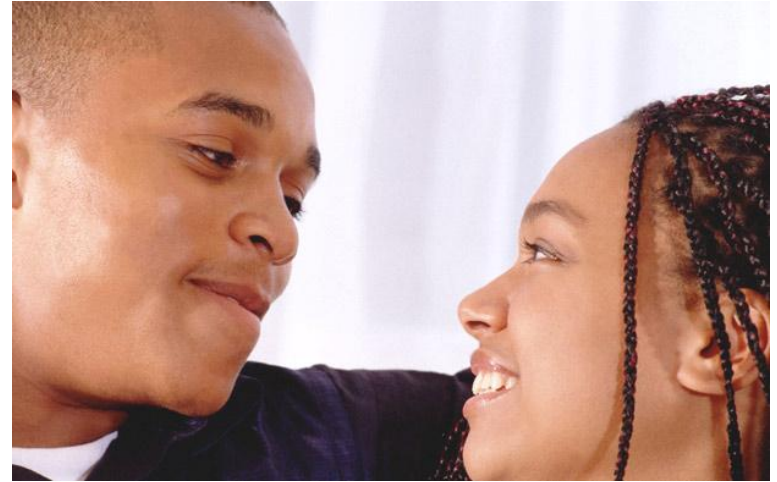
Why Teens Don't Talk About Abuse

- They are afraid you will make them break up.
- They are embarrassed and ashamed.
- They are afraid of getting hurt by their partner.
- They are convinced that it is their fault or that you will blame them or be disappointed.
- They are confused – they may think this is what dating is all about.
- They are afraid of losing privileges like being able to stay out late.



Why You May Not See the Problem

- Little or no experience with healthy dating relationships.
- Confuse jealousy with love.
- Do not realize they are being abused.
- Do not think friends and others would believe their situation.
- Believe that being involved with someone is the most important thing in life.
- Lost touch with friends.
- Know the abuser acts nice – sometimes.



Long Term Physical Effects of DV

- Women suffering from DV experience arthritis, hypertension and heart disease
- Aggravation of diabetes symptoms due to lack of access to medical care
- External and internal physical injuries – lacerations, bruises, broken bones, head injuries, internal bleeding, chronic pelvic pain, abdominal and gastrointestinal complaints, UTI, STD and HIV
- Pregnancy-related problems – high risk of poor weight gain, pre-term labor, miscarriage, low infant birth weight, injury to or death of the fetus



Long Term Psychological Effects of DV

- Depression
- Withdrawal
- Suicide
- Sleep disorders
- Posttraumatic Stress Disorder (PTSD)
- Anxiety
- Aggression
- Behavioral/emotional difficulties



Long Term Impacts on Children

- Behavioral and emotional problems – stuttering, sleep disorders, excessive crying, problems in school
- Depression
- Self-destructive behavior
- Anger and hostility
- Poor self-esteem
- Feelings of isolation and stigma
- Difficulty in trusting others
- Marital and relationship problems
- Runaway behavior
- Experimentation with drugs and alcohol



Before You Leave Your Abuser

- Document the abuse. Keep a journal of any harassment and save voicemails and text messages. Take pictures of any injuries.
- Store necessities (extra set of keys, money, important documents and clothes) with someone you trust so you can make a quick escape.
- Have a “code word”, phrase, or signal set up with friends and family so they know when to call for help.
- Have emergency numbers nearby for quick access.
- Keep some change or a calling card with you at all times.
- Memorize your plan. Practice the best and safest exit.



Things to Take When You Leave

- Identification
- Medical records for all family members
- Driver's License
- Birth Certificates
- Social Security Card
- Welfare Identification
- Money
- School Records
- Rental agreement, lease, house deed
- Work permits
- Green Card
- Bank Information
- Passport
- Checkbooks
- Divorce/Separation Papers
- Insurance Papers/Cards
- Jewelry
- House and Car Keys
- Children's Small Toys
- Address Book
- Small items that can be sold
- Pictures, including photos of any injuries



If You or Your Partner Has Left

- Report the abuse!
- Get a 50-B protective order and keep it with you.
- Change locks, phone numbers and address if possible.
- Let neighbors, friends, family, employers and company security know you will call the police if abuser comes by.
- Teach children how to dial 911. Make sure staff from school, daycare and babysitter knows who can and cannot pick them up.
- Communicate with your partner in a public place.
- Seek counseling and use all possible victim services.



Additional Resources

GPD's Family Victim Unit
336.373.2331

**National Domestic Violence
Hotline**
1.800.799.7233
<http://www.thehotline.org>

**National Coalition Against
Domestic Violence**
888.232.9124
<http://www.ncadv.org>

**Family Service of the Piedmont
24-Hour Crisis Hotline**
336.273.7273
**[http://www.familyservice-
piedmont.org](http://www.familyservice-piedmont.org)**



Additional Resources

TEENS

<http://www.loveisrespect.org>
<http://www.childrenssafetynetwork.org>

MILITARY

<https://safehelpline.org>
<http://www.fortbraggmwr.com>

LGBT (Lesbian, Gay, Bisexual and Transgender)

<http://www.rainbowdomesticviolence.itgo.com>
<http://www.uncfsp.org>



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