

Domestic Violence

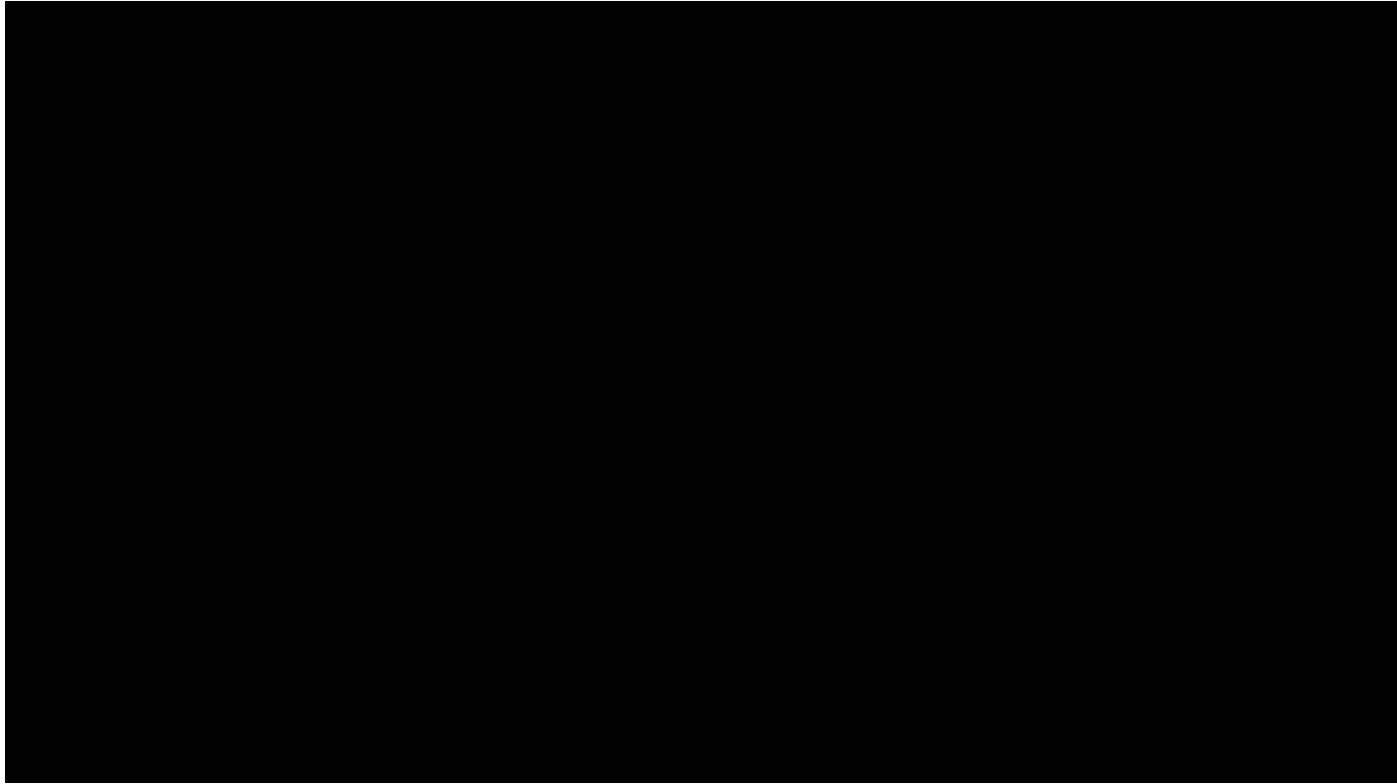
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Brevard and Seminole Counties



It Rarely Stops...



What is Domestic Violence?

- It is a pattern of behavior used by an individual to establish and maintain coercive control over their intimate partner.
- Domestic Violence consists of **physical**, **sexual, psychological**, and/or **emotional** abuse.

*You are **NOT** Alone, there **IS** help.*

Has Your Partner Ever?

- Destroyed your property
- Used or threatened to use a weapon
- Called you belittling names
- Accused you of cheating
- Hurt or threatened to hurt your pet
- Kidnapped or threatened to kidnap your kids
- Been violent with your kids
- Made negative comments about your friends or family
- Prevented you from seeing friends or family
- Acted violently towards anyone trying to help you
- Threatened to kill you
- Described how you would be killed
- Told you the violence is your fault

Has Your Partner Ever?

- Denied you sleep or food
- Acted violently towards you during pregnancy
- Forced you to perform sexual acts
- Prevented you from getting medical treatment
- Kept track of your movement
- Been extremely remorseful after hurting you promising that it will never happen again?
- *If so...tell someone, it could save your life.*

VIOLENCE

PHYSICAL

SEXUAL

USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her

- threatening to leave her, to commit suicide, to report her to welfare
- making her drop charges
- making her do illegal things.

USING INTIMIDATION

Making her afraid by using looks, actions, gestures

- smashing things
- destroying her property
- abusing pets
- displaying weapons.

USING 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 EMOTIONAL ABUSE

Putting her down

- making her feel bad about herself
- calling her names
- making her think she's crazy
- playing mind games
- humiliating her
- making her feel guilty.

POWER AND CONTROL

USING 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

USING ISOLATION

Controlling what she does, who she sees and talks to, what she reads, where she goes

- limiting her outside involvement
- using jealousy to justify actions.

USING CHILDREN

Making her feel guilty about the children

- using the children to relay messages
- using visitation 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.

PHYSICAL

VIOLENCE

SEXUAL

Emotional Abuse

- **Insults you**
- **Calls you names and constantly yells at you**
- **Humiliates you both privately and publicly**
- **Blames and accuses you for their behavior**
- **Isolates you from friends and family**
- **Questions your sense of reality**

PHYSICAL ABUSE

- Pushes, shoves, slaps, chokes, strangles, jerks, bites, pinches, shakes, bruises and/or beats you
- Threatens you with a weapon
- Uses object as a weapon
- Restrains you
- Deprives you of sleep/food
- **Kills You**

Sexual Abuse

- Assumes you are sexual with others
- Uses threats to have sex
- Sexually humiliates you
- Targets your sexual body areas when abusing you
- Rapes you
- Rapes and murders you
- **No means**
no...whether you are married, in a relationship, living together... or dating

Cycle of Violence

- *First Stage...Tension Building*
- *Second Stage...Violence*
- *Third Stage...Honeymoon*
- **And then it starts all over...**

Tension Building

- You sense something is wrong
- You feel the need to keep things “status quo”...don't rock the boat
- You feel like you are walking on egg shells
- Tension builds
- Abuser begins to show signs of impending violence

Violence

- *Violence happens and comes in many shapes and forms...emotional, physical, sexual*
- *Someone calls 911...police come*
- *Arrest may be made*
- *Hospital visit may be necessary, either by ambulance or you drive yourself*
- *Everyone in household is affected*

Honeymoon

- Abuser may blame violence on drugs, alcohol, their poor childhood
- Abuser promises it will never happen again
- Buys gifts for you and kids
- Abuser promises to go to counseling, AA, NA...anything
- You think abuser is changing and things will get better...but you know in your heart of hearts, that it will happen again...**it's just a matter of when**
- Sometimes the honeymoon stage disappears and then there is only **tension and violence**

Cycle of Violence...



Dreams and Wishes

- Sometimes a victim is willing to **overlook** the violence for those brief moments of “**peace and harmony**”
- *You dream and believe that things will change*
- It becomes **harder to leave** during those moments...

Children Who Witness Domestic Violence May...

- Suffer from low self esteem
- Have nightmares
- Become aggressive
- Become passive
- Isolate themselves from peers
- Take responsibility for violence
- Fear abandonment
- Have guilt for not helping victim
- Have guilt for loving abuser
- Have temper tantrums
- Have trouble concentrating in school
- Become physically ill

How to Help your Children

- Give them a **safe** place to talk about what happened
- Do not make them talk about it, let them chose to in their own time
- **Do not punish** them for their reactions
- **Tell them it is not their fault**
- **Never** give up on them
- Realize they are also a **victim** of the violence even if they have not been physically touched

Children and Domestic Violence

- Children who witness violence in the home often experience **emotional** and **behavioral** disturbances
- Often they **mimic** the **behavior** they **witness**
- Statistics have shown that children often times **mimic** the **behavior** of the **parent** they most associate with

Teen Dating Violence

- **Girls and women between the ages of 16 and 24 experience the highest rates of intimate partner violence.**
- **1 in 5 high school girls is physically or sexually hurt by a dating partner.**
- **1 in 3 teens experience some kind of abuse in their romantic relationships.**
- **Only 33 % of teens who have been in or known about an abusive dating relationship report having told anyone about it.**
- **Teen girls face relationship violence 3 times more than adult women.**
- **25% of victims say they have been isolated from family and friends.**
- **More than half of victims say they have compromised their own beliefs to please a partner.**
- **Many teens think this is normal.**
- **Teens report dating abuse via cell phones is a serious problem.**
- **Cell phone calls and texting mean constant control: 1 in 3 teens say they are text messaged 10, 20, 30 times an hour by a partner keeping tabs on them**
- **82% of parents whose teens were emailed or text messaged 30 times an hour were not aware of this**
- **The majority of parents of teen victims are unaware of the abuse**

Statistics from the US Dept. of Justice, Centers for Disease Control and Prevention, and Liz Claiborne Inc. teen dating violence survey

Teen Dating Violence...

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Pets and Domestic Violence

- 71% of pet owners in DV Shelters report that their pet had been threatened, injured or killed by abuser
- 87% of the pet abuse was committed in the presence of the victim for power and control
- 76% of the pet abuse was done in the presence of the children living in the home
- 65% of victims who reported pet abuse continue to worry about pets while in DV Shelter
- 40% of DV Victims do not escape the abuser because of fear for their pets
- Investigation of animal abuse is often the first opportunity for intervention for a family living in violence

I saw my dad hitting my dog, Sam and I got my mom
dog, cat in my room and locked my room up.

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Social Networks

- Risks
 - Abusers can impersonate a “friend”
 - You don’t know who looks at your page
 - Abusers can impersonate you or hijack your page
 - Abuser may find your profile through search engines

Social Networks

- Nothing posted online with social networks such as Facebook or MySpace is ever completely private
- But....they can be made more secure
- Check the privacy settings on your social network accounts
- Photos can be “tagged” and your name will appear in the photo...you can “un-tag” the photos, but unless you posted the photo, you cannot remove it

Social Networks

- Safety Tips
 - Google yourself
 - Check the photos of yourself on social networks
 - Talk to friends and family about posting pictures of you
 - Find out about Geotagging....photos that are Geotagged will show the location of where the picture was taken
 - Talk to your kids about the internet
 - Be careful about who you “friend”
 - Use unique passwords and security questions
 - Always be diligent
 - If you suspect the abuser is monitoring you report it to law enforcement and the site owner

One more thing...

- If you are in an abusive relationship it may be safer to use a friend's computer or one at the library to research information about domestic violence

No Contact

- When the abuser has been arrested for domestic violence the judge at the initial appearance will order a **no contact order**
- This means **direct** or **indirect**
- Even if **YOU WANT** the contact...the offender can still be arrested and put back in jail for violating a no contact order
- **No contact means:**
 - No visits to residence
 - No phone calls
 - No e-mails
 - No letters
 - No messages sent by friends or family
 - No computer communication
 - No drive bys
 - No walk bys
 - No following

Injunctions For Protections

- Injunctions For Protections are filed through the **clerk of the court**.
- If granted by the judge, a **temporary** injunction will be issued.
- Normally the temporary injunction for protection is good for **10-15 days**.
- When the respondent has been **served** a hearing will be set to determine if a permanent injunction will be granted.

Victim Compensation

- Can help with **medical bills, counseling, relocation**, lost wages, and disability
- Contact a **Domestic Violence Shelter** to apply for **relocation assistance**
- Talk with a **Victim Advocate** about filing for **financial assistance from Victim Compensation**

Victim Compensation Requirements

- **YOU MUST COOPERATE WITH LAW ENFORCEMENT...**
- This means, the police and the State Attorney's Office
- If you fail to cooperate, you could be **denied** financial assistance

Address Confidentiality

- Address Confidentiality Program - Contact:

Address Confidentiality Program
Office of the Attorney General
P.O. Box 6298
Tallahassee, FL 32314

- Telephone: (800) 226-6667

Adopt-a-Phone

- **Cellular phones** are available through the Domestic Violence Shelters and The Office of the State Attorney.
- They are for victims of Domestic Violence who **fear retaliation** and further **violence** from the abuser
- Please see a **Victim Advocate** for more information

Services for Victims of Domestic Violence

- There are several agencies that are **available** to assist you
- Take advantage of the assistance you can receive...**don't be afraid to ask for help**
- It will be uncomfortable and difficult at first, however **YOU CAN** live a life without violence