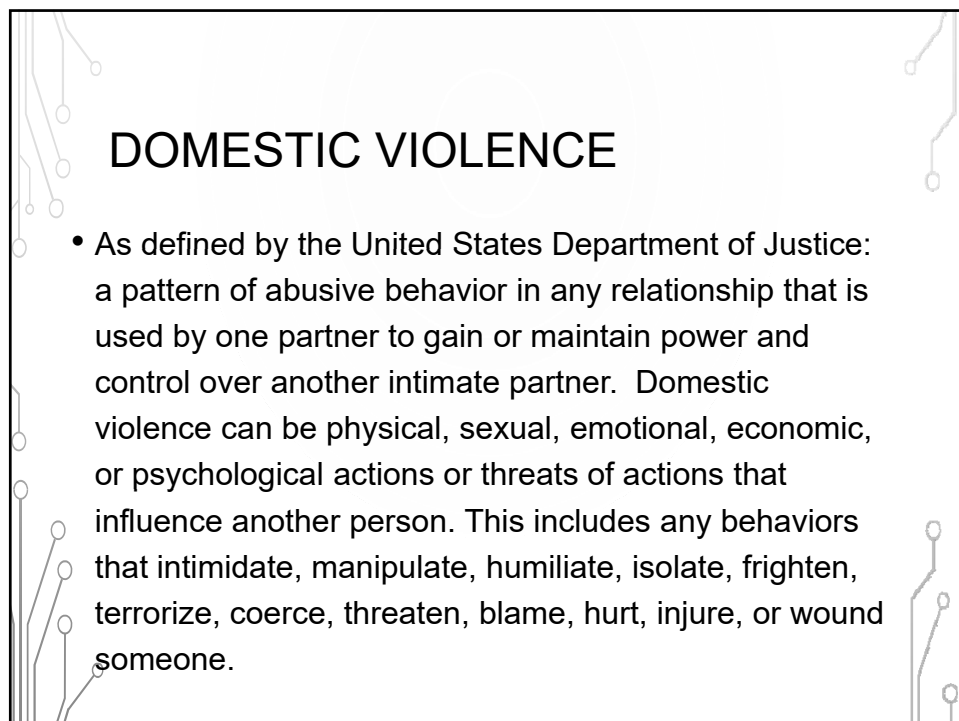
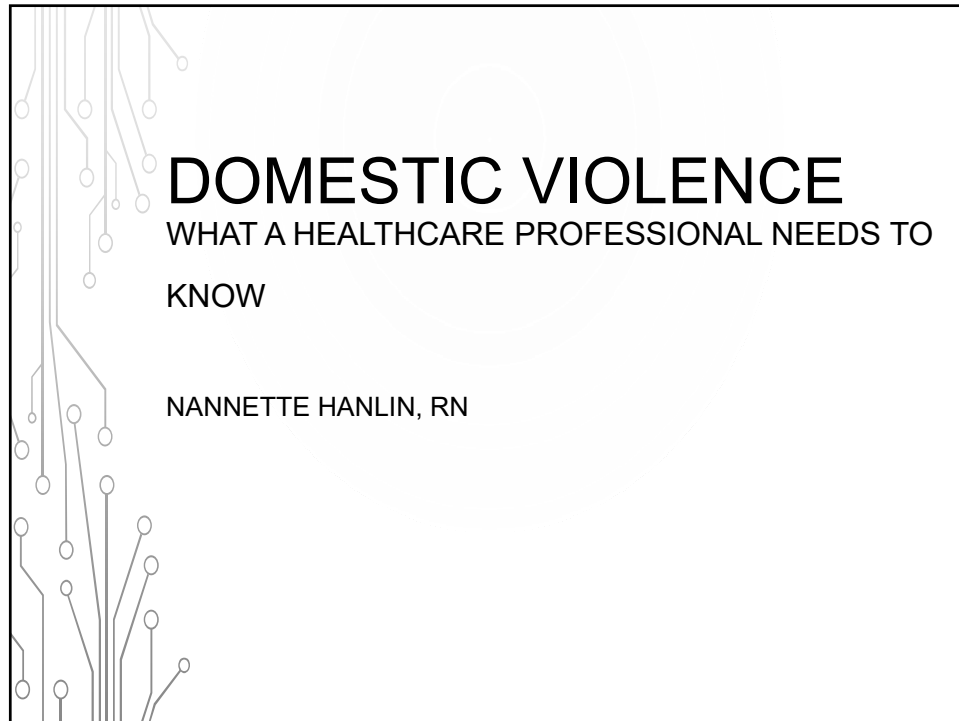


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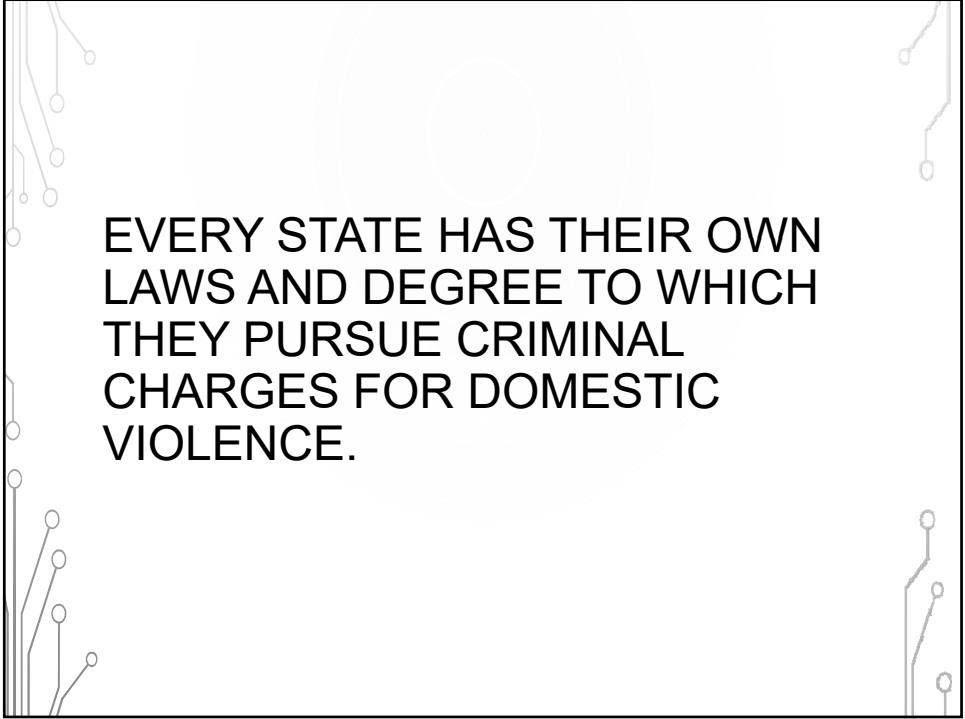
DOMESTIC VIOLENCE

- As defined by the World Health Organization, “Domestic violence, also known as domestic abuse, spousal abuse, battering, family violence, dating abuse, and intimate partner violence (IPV), is a pattern of behavior which involves the abuse by one partner against another in an intimate relationship, such as marriage, cohabitation, dating or within the family. It is experienced by women and men in heterosexual and same-sex relationships.”

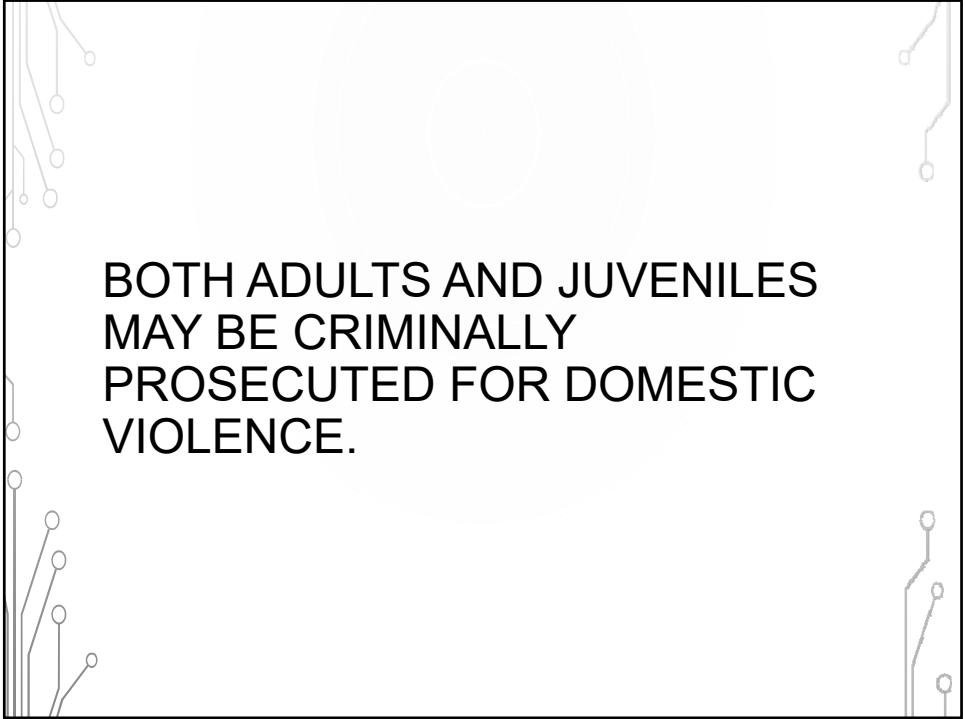
DOMESTIC VIOLENCE

As defined by the Ohio Revised Code, “**2919.25 Domestic violence.**

- (A) No person shall knowingly cause or attempt to cause physical harm to a family or household member.
- (B) No person shall recklessly cause serious physical harm to a family or household member.
- (C) No person, by threat of force, shall knowingly cause a family or household member to believe that the offender will cause imminent physical harm to the family or household member.”



EVERY STATE HAS THEIR OWN
LAWS AND DEGREE TO WHICH
THEY PURSUE CRIMINAL
CHARGES FOR DOMESTIC
VIOLENCE.



BOTH ADULTS AND JUVENILES
MAY BE CRIMINALLY
PROSECUTED FOR DOMESTIC
VIOLENCE.

DOMESTIC VIOLENCE

- Can happen to anyone regardless of race, age, sexual orientation, religion, or gender.
- Affects people of all socioeconomic backgrounds and education levels.
- Occurs in both opposite-sex and same-sex relationships
- Can happen to intimate partners who are married, living together, or dating.

DOMESTIC VIOLENCE

- Domestic violence/abuse does not discriminate.
- It occurs within all age ranges, ethnic backgrounds, and economic levels.
- While women are more commonly victimized, men are also abused—especially verbally and emotionally, although sometimes even physically as well.
- The bottom line is that abusive behavior is never acceptable, whether it's coming from a man, a woman, a teenager, or an older adult.

DOMESTIC VIOLENCE

- Also referred to as Intimate Partner Violence (IPV) by the Center for Disease Control.

DOMESTIC VIOLENCE MAY INCLUDE ONE OR MORE

1. Physical abuse
2. Sexual abuse
3. Emotional abuse
4. Economic abuse
5. Psychological abuse

PHYSICAL ABUSE

- Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc.
- This type of abuse also includes denying a partner medical care.
- Forcing alcohol and/or drug use upon him or her.

PHYSICAL ABUSE

- Physical abuse is the use of physical force against someone in a way that injures or endangers that person.
- Physical assault or battering is a crime, whether it occurs inside or outside of the family.

SEXUAL ABUSE

- 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

SEXUAL ABUSE

- Any situation in which you are forced to participate in unwanted, unsafe, or degrading sexual activity is sexual abuse.
- Forced sex, even by a spouse or intimate partner with whom you also have consensual sex, is an act of aggression and violence.

EMOTIONAL ABUSE

- **Emotional abuse is often minimized or overlooked—even by the person being abused.**
- You may think that physical abuse is far worse than emotional abuse, since physical violence can send you to the hospital and leave you with scars.
- Emotional abuse is very real. In fact, emotional abuse can be just as damaging as physical abuse—sometimes even more so.

EMOTIONAL ABUSE

- 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.
- Emotional abuse includes verbal abuse such as yelling, name-calling, blaming, and shaming.
- Isolation, intimidation, and controlling behavior also fall under emotional abuse.

ECONOMIC ABUSE

- Is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources.
- Withholding one's access to money
- Forbidding one's attendance at school or employment.

ECONOMIC ABUSE

- Rigidly controlling your finances
- Withholding money or credit cards
- Making you account for every penny you spend
- Withholding basic necessities (food, clothes, medications, shelter)

PSYCHOLOGICAL ABUSE

- Elements of psychological abuse include - but are not limited to - causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends
- Destruction of pets and property
- Forcing isolation from family, friends, or school and/or work

LIFELONG HEALTH CONSEQUENCES OF ABUSE

MENTAL HEALTH

Depression
Anxiety
PTSD
Suicidal thoughts
Suicidal behavior

PHYSICAL HEALTH

Injuries
Asthma
Diabetes
Heart disease
Complex pain syndrome

SEXUAL AND REPRODUCTIVE HEALTH

Unintended pregnancy
Pregnancy complications
Unsafe abortions
Gynecological disorders
STD/HIV

VIOLENCE WHEEL

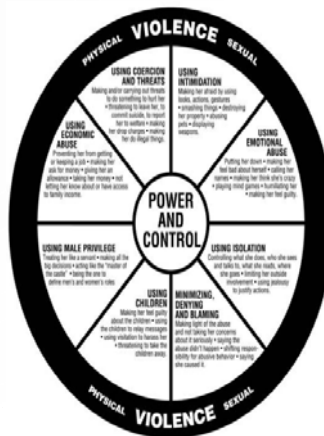


DOMESTIC ABUSE INTERVENTION PROJECT
202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

VIOLENCE IS NEVER A ONE TIME EVENT

The chart is a way of looking at the behaviors abusers use to get **and** keep control in their relationships.

Battering is a choice. It is used to gain power and control over another person.



DOMESTIC ABUSE INTERVENTION PROJECT
200 East Superior Street
Duluth, Minnesota 55802
(218) 222-2700
www.dadp-mn.org

IT IS STILL ABUSE WHEN:

- The incidents of physical abuse seem minor when compared to those you have read about, seen on television or heard other women talk about.
 - There isn't a "better" or "worse" form of physical abuse; you can be severely injured as a result of being pushed, for example.
- The incidents of physical abuse have only occurred one or two times in the relationship.
 - Studies indicate that if your spouse/partner has injured you once, it is likely he will continue to physically assault you.
- Source: Breaking the Silence: a Handbook for Victims of

IT IS STILL ABUSE WHEN:

- The physical assaults stopped when you became passive and gave up your right to express yourself as you desire, to move about freely and see others, and to make decisions.
 - It is not a victory if you have to give up your rights as a person and a partner in exchange for not being assaulted!
- There has not been any physical violence.
 - Many women are emotionally and verbally assaulted. This can be as equally frightening and is often more confusing to try to understand.

• Source: Breaking the Silence: a Handbook for Victims of Violence in Nebraska

DOMESTIC VIOLENCE--THE EFFECTS ON OTHERS

- Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, other witnesses, and the community at large.
- The cost of intimate partner violence exceeds \$5.8 billion each year, \$4.1 billion of which is for direct medical and mental health services.
- Victims of domestic violence lost almost 8 million days of paid work because of the violence perpetrated against them. This loss is the equivalent of more than 32,000 full-time jobs and almost 5.6 million days of household productivity as a result of violence.

DOMESTIC VIOLENCE- EFFECTS ON CHILDREN

- Children who grow up witnessing domestic violence are among those seriously affected by this crime.
- Frequent exposure to violence in the home not only predisposes children to numerous social and physical problems, but also teaches them that violence is a normal way of life (normalizing the behaviors).
- Increases their risk of becoming society's next generation of victims and abusers.

DOMESTIC VIOLENCE - EFFECTS ON CHILDREN

- Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next.
- Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults.
- 30% to 60% of perpetrators of intimate partner violence also abuse children in the household

CHILDREN VICTIMS OF DOMESTIC VIOLENCE

- Children are harmed just by seeing and hearing the violence
- Children often know what happened.
 - They can feel helpless, scared and upset.
 - They may also feel like the violence is their fault
 - They are afraid for their parents and themselves.
 - Children feel bad that they cannot stop the abuse.

**MEN WHO AS CHILDREN
WITNESSED THEIR PARENTS'
DOMESTIC VIOLENCE WERE
TWICE AS LIKELY TO ABUSE
THEIR OWN WIVES THAN SONS
OF NONVIOLENT PARENTS**

SOME COMMON FEARS AMONGST VICTIMS

- If you are a person of color ...you may be afraid of prejudice, blamed for going outside of your community for help.
- If you are a lesbian, gay, or transgendered person ...You may be afraid of having people know about your sexual orientation.
- If you are physically or mentally challenged or elderly ...You may depend on your abuser to care for you. You may not have other people to help you.
- If you are a male victim of abuse ...You may be ashamed and scared that no one will believe you.
- If you are from another country ...You may be afraid of being deported.
- If your religion makes it hard to get help ...You may feel like you have to stay and not break up the family.

JUVENILE VICTIMS OF DOMESTIC VIOLENCE

Teens may find themselves in relationships with someone who:

- ▣ is very jealous and/or spies on you
- ▣ will not let you break off the relationship
- ▣ hurts you in any way, is violent, or brags about hurting other people
- ▣ puts you down or makes you feel bad
- ▣ forces you to have sex or makes you afraid to say no to sex
- ▣ abuses drugs or alcohol; pressures you to use drugs or alcohol
- ▣ has a history of bad relationships and blames it on others

It is hard for teens to leave their abuser if they go to the same school. They cannot hide. Gay and lesbian teens are very isolated. They can be scared they may have to reveal their sexual orientation.

TACTICS USED TO MANIPULATE THEIR VICTIMS AND EXERT THE ABUSER'S POWER

1. **Dominance**

Abusive individuals need to feel in charge of the relationship.

They will make decisions for you and the family, tell you what to do, and expect you to obey without question.

Your abuser may treat you like a servant, child, or even as his or her possession.

TACTICS USED BY ABUSERS

2. **Humiliation**

An abuser will do everything he or she can to make you feel bad about yourself or defective in some way.

If you believe you're worthless and that no one else will want you, you're less likely to leave.

Insults, name-calling, shaming, and public put-downs are all weapons of abuse designed to erode your self-esteem and make you feel powerless

TACTICS USED BY ABUSERS

3. Isolation

In order to increase your dependence on him or her, an abusive partner will cut you off from the outside world.

He or she may keep you from seeing family or friends, or even prevent you from going to work or school.

You may have to ask permission to do anything, go anywhere, or see anyone

TACTICS USED BY ABUSERS

4. Threats

Abusers commonly use threats to keep their partners from leaving or to scare them into dropping charges.

Your abuser may threaten to hurt or kill you, your children, other family members, or even pets.

He or she may also threaten to commit suicide, file false charges against you, or report you to child services.

TACTICS USED BY ABUSERS

5. Intimidation

Your abuser may use a variety of intimidation tactics designed to scare you into submission.

Such tactics include making threatening looks or gestures, smashing things in front of you, destroying property, hurting your pets, or putting weapons on display.

The clear message is that if you don't obey, there will be violent consequences

TACTICS USED BY ABUSERS

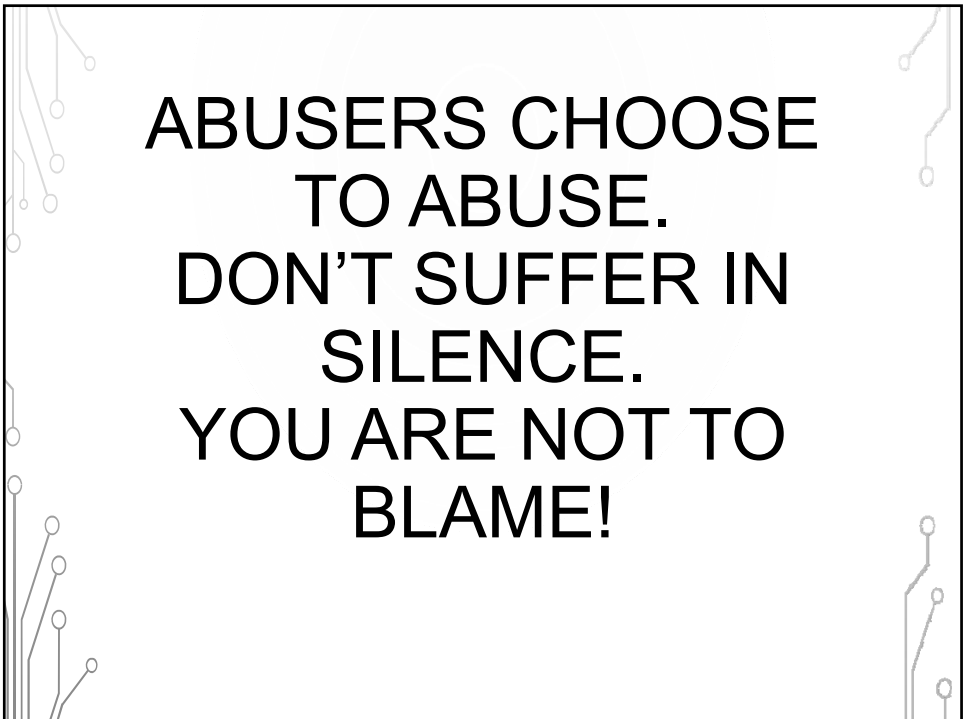
6. Denial and blame

Abusers are very good at making excuses for the inexcusable.

They will blame their abusive and violent behavior on a bad childhood, a bad day, and even on the victims of their abuse.

Your abusive partner may minimize the abuse or deny that it occurred.

He or she will commonly shift the responsibility on to you; somehow, his or her violent and abusive behavior is your



ABUSERS CHOOSE
TO ABUSE.
DON'T SUFFER IN
SILENCE.
YOU ARE NOT TO
BLAME!



ABUSERS ARE ABLE TO CONTROL
THEIR BEHAVIOR—THEY DO IT ALL
THE TIME.

- Abusers pick and **choose** whom to abuse.
- They don't insult, threaten, or assault everyone in their life who gives them grief.
- Usually, they save their abuse for the people closest to them, the ones they claim to love.



ABUSERS ARE ABLE TO CONTROL THEIR BEHAVIOR—THEY DO IT ALL THE TIME

- Abusers carefully **choose** when and where to abuse.
- They control themselves until no one else is around to see their abusive behavior.
- They may act like everything is fine in public, but lash out instantly as soon as you're alone.



ABUSERS ARE ABLE TO CONTROL THEIR BEHAVIOR—THEY DO IT ALL THE TIME

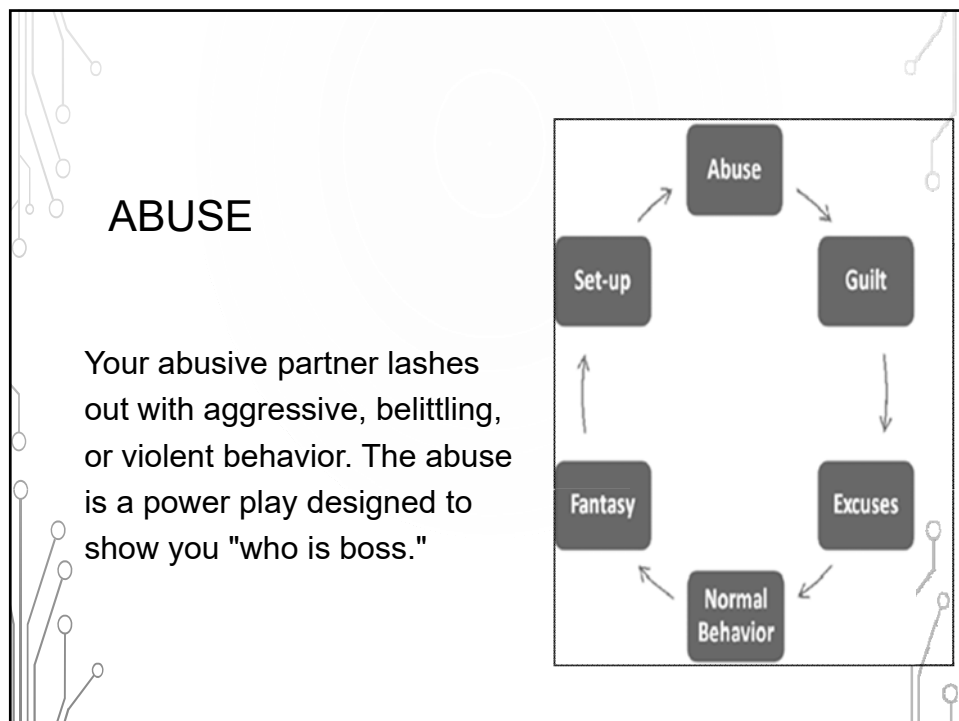
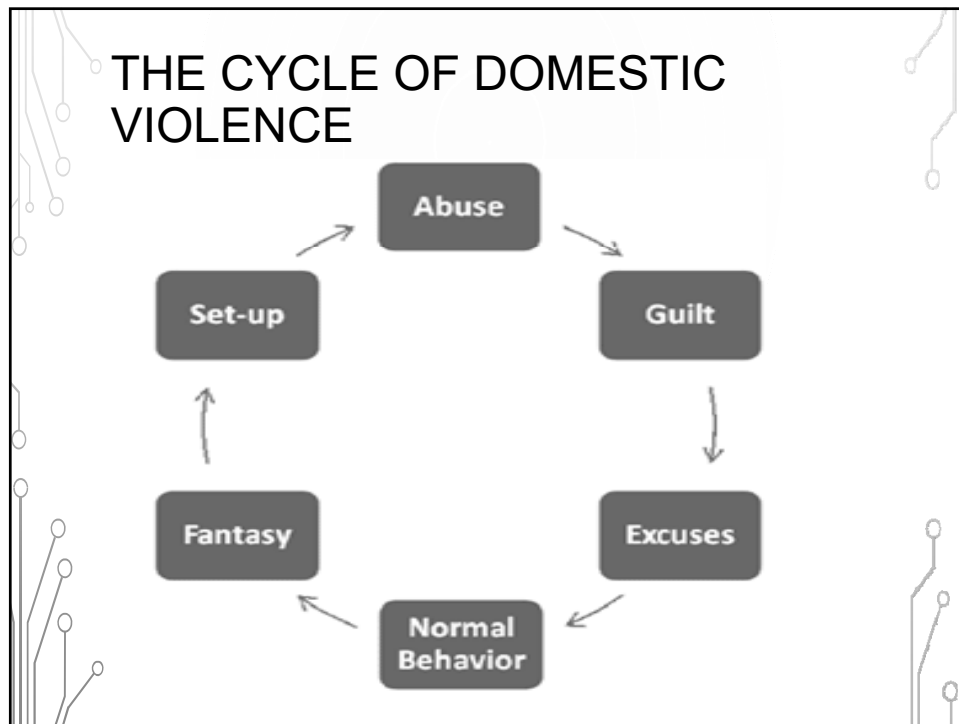
- Abusers are **able to stop** their abusive behavior when it benefits them.
- Most abusers are not out of control.
 - In fact, they're able to immediately stop their abusive behavior when it's to their advantage to do so (for example, when the police show up or their boss calls).

ABUSERS ARE ABLE TO CONTROL THEIR BEHAVIOR—THEY DO IT ALL THE TIME

- Violent abusers usually direct their blows where they won't show.
 - Rather than acting out in a mindless rage, many physically violent abusers carefully aim their kicks and punches where the bruises and marks won't show

“HE ALWAYS APOLOGIZED, AND SOMETIMES HE WOULD EVEN CRY BECAUSE OF THE BRUISES HE'D MADE ON HER ARMS OR LEGS OR HER BACK. HE WOULD SAY THAT HE HATED WHAT HE'D DONE, BUT IN THE NEXT BREATH TELL HER SHE'D DESERVED IT. THAT IF SHE'D BEEN MORE CAREFUL, IT WOULDN'T HAVE HAPPENED. THAT IF SHE'D BEEN PAYING ATTENTION OR HADN'T BEEN SO STUPID, HE WOULDN'T HAVE LOST HIS TEMPER.”

— NICHOLAS SPARKS, SAFE HAVEN



GUILT

After abusing you, your partner feels guilt, but **not** over what he's done.

He's more worried about the possibility of being caught and facing consequences for his abusive behavior.



EXCUSES

Your abuser rationalizes what he or she has done.

The person may come up with a string of excuses or blame you for the abusive behavior - **anything to avoid taking responsibility.**



NORMAL BEHAVIOR

The abuser does everything he can to regain control and keep the victim in the relationship.

He may act as if nothing has happened, or he may turn on the charm.

This peaceful honeymoon phase may give the victim hope that the abuser has really changed this time



FANTASY

Your abuser begins to fantasize about abusing you again.

He spends a lot of time thinking about what you've done wrong and how he'll make you pay.

Then he makes a plan for turning the fantasy of abuse into reality.



SET UP

Your abuser sets you up and puts his plan in motion, creating a situation where he can justify abusing you.



IN BETWEEN EPISODES

Apologies and loving gestures in between the episodes of abuse can make it difficult to leave.

The abuser may make you believe that you are the only person who can help him, that things will be different this time, and that he truly loves you.

The dangers of staying are very real.



THE CYCLE OF ABUSE

- The cycle can happen hundreds of times in an abusive relationship.
- Each stage lasts a different amount of time in a relationship.
- The total cycle can take anywhere from a few hours to a year or more to complete.
- It is important to remember that not all domestic violence relationships fit the cycle.
- Often, as time goes on, the 'making-up' and 'calm' stages disappear.

AN EXAMPLE OF THE FULL CYCLE OF ABUSE

- A man **abuses** his partner. After he hits her, he experiences self-directed **guilt**. He says, "I'm sorry for hurting you." What he does not say is, "Because I might get caught." He then **rationalizes** his behavior by saying that his partner is having an affair with someone. He tells her "If you weren't such a worthless whore I wouldn't have to hit you." He then **acts contrite**, reassuring her that he will not hurt her again. He then **fantasizes** and reflects on past abuse and how he will hurt her again. He **plans** on telling her to go to the store to get some groceries. What he withholds from her is that she has a certain amount of time to do the shopping. When she is held up in traffic and is a few minutes late, he feels completely justified in assaulting her because "you're having an affair with the store clerk." He has just **set her up**.

• Source: Mid-Valley Women's Crisis Service

WARNING SIGNS OF VICTIMS OF DOMESTIC VIOLENCE

- People who are being abused may:
 - Seem afraid or anxious to please their partner
 - Go along with everything their partner says and does
 - Check in often with their partner to report where they are and what they're doing
 - Receive frequent, harassing phone calls from their partner
 - Talk about their partner's temper, jealousy, or possessiveness

WARNING SIGNS OF VICTIMS OF DOMESTIC VIOLENCE

- People who are being physically abused may:
 - Have frequent injuries, with the excuse of "accidents"
 - Frequently miss work, school, or social occasions, without explanation
 - Dress in clothing designed to hide bruises or scars (e.g. wearing long sleeves in the summer or sunglasses indoors)

WARNING SIGNS OF VICTIMS OF DOMESTIC VIOLENCE

- People who are being isolated by their abuser may:
 - Be restricted from seeing family and friends
 - Rarely go out in public without their partner
 - Have limited access to money, credit cards, or the car

WARNING SIGNS OF VICTIMS OF DOMESTIC VIOLENCE

- People who are being abused may:
 - Have very low self-esteem, even if they used to be confident
 - Show major personality changes (e.g. an outgoing person becomes withdrawn)
 - Be depressed, anxious, or suicidal

SPEAK UP IF YOU SUSPECT DOMESTIC VIOLENCE

Do:

- Ask if something is wrong
- Express concern
- Listen and validate
- Offer help
- Support his or her decisions

Don't:

- Wait for him or her to come to you
- Judge or blame
- Pressure him or her
- Give advice
- Place conditions on your support

SPEAK UP IF YOU SUSPECT DOMESTIC VIOLENCE

- Talk to the person in private and let him or her know that you're concerned.
- Point out the things you've noticed that make you worried.
- Tell the person that you're there, whenever he or she feels ready to talk.
- Reassure the person that you'll keep whatever is said between the two of you, and let him or her know that you'll help in any way you can

SPEAK UP IF YOU SUSPECT DOMESTIC VIOLENCE

- Remember, abusers are very good at controlling and manipulating their victims.
- People who have been emotionally abused or battered are depressed, drained, scared, ashamed, and confused.
- They need help to get out, yet they've often been isolated from their family and friends.
- By picking up on the warning signs and offering support, you can help them escape an abusive situation and begin healing.

INTERACTING WITH A VICTIM OF ABUSE

- Asking the question
 - **Ensure it is safe to ask**
- Consider the environment
 - Is it conducive to ask?
 - Is it safe to ask?
- Never ask in the presence of another family member, friend, or child over the age of 2 years
- Use an appropriate professional interpreter (never a family member).

APPROACHING A VICTIM OF DOMESTIC ABUSE

• Ask

- Frame the topic first then ask a direct question.

Examples:

- Framing: *"As violence in the home is so common we now ask contacts about it routinely"*
- Direct Question: *"Are you in a relationship with someone who hurts or threatens you?"*
 - *Did someone cause these injuries to you?"*

• Validate

- Validate what's happening to the individual and send important messages to the contact:
 - *"You are not alone"*
 - *"You are not to blame for what is happening to you"*
 - *"You do not deserve to be treated in this way."*

APPROACHING A VICTIM OF DOMESTIC ABUSE

• Assess contact's safety:

- *"Is your partner here with you?"*
- *"Where are the children?"*
- *"Do you have a place of safety?"*

• Action

- Be aware of your local domestic violence agency, how to contact local independent domestic violence advisor (IDVA), offer leaflet and suggest referral.

• Document

- Consider safety and confidentiality when recording information in patient notes.
- Medical records can be used by survivors in future criminal justice proceedings.

DOCUMENTING DOMESTIC INCIDENTS

1. Write legibly
2. Take photos of injuries
3. Use patients own words: "Patient states, '.....'"
4. Avoid judgmental descriptors ("The patient claims that....")
5. Avoid use of legal terms ("The defendant")
6. Describe the patient's demeanor
7. Avoid the diagnosis of domestic violence---that is for the criminal justice system

REPORTING THE ABUSE

- Domestic violence is one of the most chronically underreported crimes.
- Only approximately:
 - one-quarter of all physical assaults
 - one-fifth of all rapes
 - one-half of all stalkingagainst females by intimate partners are reported to the police.

REPORTING THE ABUSE

- Mandatory reporters for elder and child abuse
- Check with your licensing board on your obligation

WHAT YOU CAN DO WHEN THE VICTIM IS READY FOR HELP

1. Call the police
2. Get support from family or friends
3. Find a safe place to stay
4. Get a protection order
5. Seek medical attention

HELP FOR THE ABUSED VICTIM

- **Ending an important relationship is never easy.**
 - It's even harder when you've been isolated from your family and friends, psychologically beaten down, financially controlled, and physically threatened.
- One moment, you may desperately want to get away, and the next, you may want to hang on to the relationship.
 - You may be feeling confused, uncertain, frightened, and torn.
- Maybe you even blame yourself for the abuse or feel weak and embarrassed because you've stuck around in spite of it.

HELP FOR THE ABUSED VICTIM

- Don't be trapped by confusion, guilt, or self-blame.
- *The only thing that matters is your safety.*

IF YOU ARE BEING ABUSED, PLEASE REMEMBER:

- You are not to blame for being battered or mistreated.
- You are not the cause of your partner's abusive behavior.
- You deserve to be treated with respect.
- You deserve a safe and happy life.
- Your children deserve a safe and happy life.
- You are not alone.
- There are people waiting to help.

MAKING THE DECISION TO LEAVE

1. **If you're hoping your abusive partner will change...** The abuse will *probably* happen again. Abusers have deep emotional and psychological problems. While change is not impossible, it isn't quick or easy. And change can only happen once your abuser takes full responsibility for his behavior, seeks professional treatment, and stops blaming you, his unhappy childhood, stress, work, his drinking, or his temper

MAKING THE DECISION TO LEAVE

2. **If you believe you can help your abuser...** It's only natural that you want to help your partner. You may think you're the only one who understands him or that it's your responsibility to fix his problems. But the truth is that by staying and accepting repeated abuse, you're reinforcing and enabling the abusive behavior. Instead of helping your abuser, you're perpetuating the problem.

MAKING THE DECISION TO LEAVE

3. **If your partner has promised to stop the abuse...** When facing consequences, abusers often plead for another chance, beg for forgiveness, and promise to change. They may even mean what they say in the moment, but their true goal is to stay in control and keep you from leaving. But most of the time, they quickly return to their abusive behavior once they've been forgiven and they're no longer worried that you'll leave.

MAKING THE DECISION TO LEAVE

4. **If your partner is in counseling or a program for batterers...** Even if your partner is in counseling, there is no guarantee that he'll change. Many abusers who go through counseling continue to be violent, abusive, and controlling. If your partner has stopped minimizing the problem or making excuses, that's a good sign. But you still need to make your decision based on who he is now, not the person you hope he will become.

MAKING THE DECISION TO LEAVE

5. **If you're worried about what will happen if you leave...** You may be afraid of what your abusive partner will do, where you'll go, or how you'll support yourself or your children.

Don't let fear of the unknown keep you in a dangerous, unhealthy situation.

SIGNS THAT YOUR ABUSER MAY NOT BE CHANGING

- He minimizes the abuse or denies how serious it really was.
- He continues to blame others for his behavior.
- He claims that you're the one who is abusive.
- He pressures you to go to couple's counseling.
- He tells you that you owe him another chance.
- You have to push him to stay in treatment.
- He says that he can't change unless you stay with him and support him.
- He tries to get sympathy from you, your children, or your family and friends.
- He expects something from you in exchange for getting help.
- He pressures you to make decisions about the relationship.

SAFETY PLANNING

- Whether or not you're ready to leave your abuser, there are things you can do to protect yourself.
- Having a safety plan can make the difference between being severely injured or killed and escaping with your life.
- **There are many reasons why women may not leave. Not leaving does not mean that the situation is okay or that the victim wants to be abused.**

SAFETY PLAN

1. Know your abuser's "red flags"

Be on alert for signs and clues that your abuser is getting upset and may explode in anger or violence. Come up with several believable reasons you can use to leave the house (both during the day and at night) if you sense trouble brewing.

SAFETY PLAN

2. Identify safe areas of the house.

Know where to go if your abuser attacks or an argument starts. Avoid small, enclosed spaces without exits (such as closets or bathrooms) or rooms with weapons (such as the kitchen). If possible, head for a room with a phone and an outside door or window.

SAFETY PLAN

3. **Come up with a code word.**

Establish a word, phrase, or signal you can use to let your children, friends, neighbors, or co-workers know that you're in danger and the police should be called

SAFETY PLAN

4. **Be ready to leave at a moment's notice.**

Keep the car fueled up and facing the driveway exit, with the driver's door unlocked. Hide a spare car key where you can get it quickly. Have emergency cash, clothing, and important phone numbers and documents stashed in a safe place (at a friend's house, for example).

SAFETY PLAN

5. Make and memorize a list of emergency contacts.

Ask several trusted individuals if you can contact them if you need a ride, a place to stay, or help contacting the police.

WARNING: ABUSERS TRY TO CONTROL THEIR VICTIMS' LIVES.

WHEN ABUSERS FEEL A LOSS OF CONTROL – E.G., WHEN VICTIMS TRY TO LEAVE THEM - THE ABUSE OFTEN GETS WORSE.

TAKE SPECIAL CARE WHEN YOU LEAVE. KEEP BEING CAREFUL EVEN AFTER YOU HAVE LEFT.

•AS A HEALTH CARE PROFESSIONAL, YOU ARE NOT EXPECTED TO “FIX” OR SOLVE DOMESTIC ABUSE, BUT YOU DO HAVE AN OPPORTUNITY TO:

- ASK SCREENING QUESTIONS ABOUT FAMILY VIOLENCE
- LISTEN TO THE PATIENT AND ACKNOWLEDGE HER STORY
- HELP BREAK THE PATIENT’S ISOLATION
- OFFER SUPPORT
- TALK ABOUT SAFETY
- CONNECT THE PATIENT WITH LOCAL RESOURCES

FOR SOME VICTIMS, A HEALTH CARE PROVIDER MAY BE THE ONLY PROFESSIONAL CONTACT AND OPPORTUNITY THEY HAVE TO DISCLOSE FEARS AND SEEK HELP TO BREAK THE ISOLATION OFTEN ASSOCIATED WITH ABUSE.

WHAT GOOD CAN I DO?

1. LISTEN-

Convey messages that the health care setting is a safe place for her, that it is not her fault that this is happening, that the health care provider is sorry that this is happening and wants to help her to be safe.

WHAT GOOD CAN I DO?

2. Give clear messages that you are concerned for their safety.

- Acknowledge that domestic violence is a huge, growing problem that can happen to anyone.
- Ask all of your patients, privately and sincerely, about their safety.

WHAT GOOD CAN I DO?

3. Treat their immediate health care needs

This includes acute trauma and injury, chronic pain, headaches, fatigue, depression, chronic stress, anxiety, thoughts about suicide, more hospitalizations, STDs, pregnancy complications, alcohol and substance abuse, central nervous and cardiac symptoms and, most tragically, death.

WHAT GOOD CAN I DO?

4. Health care providers can help victims by connecting them to local agencies.

-Be prepared with contact information with resources from your community.

HOW CAN WE HELP PREVENT DOMESTIC VIOLENCE?

- Call the police if you see or hear evidence of domestic violence.
- Speak out publicly against domestic violence.
- Take action personally against domestic violence when a neighbor, a co-worker, a friend, or a family member is involved or being abused.
- Encourage your neighborhood watch or block association to become as concerned with watching out for domestic violence as with burglaries and other crimes.

HOW CAN WE HELP PREVENT DOMESTIC VIOLENCE

- Reach out to support someone you believe is a victim of domestic violence and/or talk with a person you believe is being abusive.
- Help others become informed, by inviting speakers to your church, professional organization, civic group, or workplace.
- Support domestic violence counseling programs and shelters

DOMESTIC VIOLENCE LAWS

- In the United States, Domestic Violence Laws are administered by local governments. As a result of this local setting, domestic violence laws in America will differ between states.
- The laws and qualifications differ in all states; please become familiar with those in your area.

WHO ELSE IS OUT THERE TO
HELP?

THE POLICE

- If you are a victim of domestic violence, and you believe that law enforcement protection is needed for your physical safety, you have the right to request that the officer assist in providing for your safety, to include asking for an emergency protection order.
- You may also ask the officer to assist you in obtaining essential personal belongings like clothes, toiletries, or medication for you and/or your child(ren) and locating and taking you to a safe place, including a designated meeting place or a shelter, the residence of a household member or a friend, or a similar place of safety.
- If you or your child(ren) are in need of medical treatment, you may ask the officer to assist you in obtaining medical treatment.
- A domestic violence program can further the efforts of the police in providing shelter, assistance and other resources.

THE COURT

- You also have the right to file a petition in court requesting a protective order that MAY include any of the following provisions:
- Prohibit your abuser from threatening to commit or committing further acts of domestic violence.
 - Prohibit your abuser from stalking, harassing, telephoning, contacting, or otherwise communicating with you, directly or indirectly.
 - Remove your abuser from your residence.
 - Order your abuser to stay away from your residence, school, place of employment, or any other specified place that you or another designated household member go to in order to be safe.
 - Prohibit your abuser from using or entering your vehicle or a vehicle you occupy.
 - Prohibit your abuser from using or possessing a deadly weapon.
 - Direct your abuser to surrender any firearm owned or possessed by the person, if the court finds the person was in actual possession of or used a firearm while the abuse was occurring.
 - Request a peace officer to accompany you to your residence to assure your safe possession of the residence, vehicle, or other items (regardless of ownership), or to ensure your safe removal of personal items from the residence.
 - Give you temporary custody of a minor child and arrange for visitation with a minor child.

PROTECTIVE ORDERS

- The forms you need to obtain a protective order are available from the police or nearest court. It is not necessary to have an attorney to obtain a protective order, but you may consult an attorney if you choose.

PROSECUTOR

- They may also have a designated victim/witness coordinator who is available to assist you during the length of the case

LOCAL BATTERED WOMEN'S SHELTER MAY PROVIDE:

- Safe shelter
- Legal information
- Help in filling out protective order paperwork
- Books, and videos on domestic violence, sexual assault and child abuse
- 24 hour crisis line
- Transportation to shelter
- Access to other community resources like:
 - Housing
 - Social Services
 - Education
 - Counseling
 - Alcohol and drug treatment
 - Child care
 - Employment
 - Medical treatment

HELP PROTECT YOURSELF

- Talk with a trusted friend or relative.
- Find out about shelters and safe houses BEFORE you need them.
- Have photos taken of your injuries; you can use them later.
- Have a signal with your neighbor for when you need help, and ask for your neighbor to call the police if suspicious noises are heard coming from your house.
- Keep money, important papers, clothes, car keys and other essential items in a safe place.
- Teach your children to use the telephone or radio to contact the police in case of an emergency.
- Call the police when it is safe and you can get a protective order from the court.
- Meet with an advocate from a shelter or other program designed to help or with a friend and make a safety plan. Practice this plan with your children.

RIGHTS OF VICTIMS

VICTIM'S RIGHTS: A federal domestic violence victim has the following rights under 42 U.S.C. Section 10606(b):

- The right to be treated with fairness and with respect for the victim's dignity and privacy.
- The right to be reasonably protected from the accused offender.
- The right to be notified of court proceedings.
- The right to be present at all public Court proceedings related to the offense, unless the Court determines that testimony by the victim would be materially affected if the victim heard other testimony at trial.
- The right to confer with the attorney for the Government in the case.
- The right to restitution.
- The right to information about the conviction, sentencing, imprisonment and release of the offender.

LOCAL RESOURCES

- Contact your local Battered Women's shelter for information and applicable resources available.

NATIONAL RESOURCES FOR HELP

National assistance

- Domestic Violence Hotline
1-800-799-SAFE
- National Coalition Against Domestic Violence
1-303-839-1852
- National Victim Center
1-800-FYI-CALL
- National Organization for Victim Assistance
1-800-TRY-NOVA

REFERENCES

[HTTP://WWW.OVW.USDOJ.GOV](http://www.ovw.usdoj.gov)
[HTTP://WWW.NCADV.ORG/](http://www.ncadv.org/)
[HTTP://WWW.DOMESTICVIOLENCE.ORG](http://www.domesticviolence.org)
[WWW.HELPGUIDE.ORG](http://www.helpguide.org)
[HTTP://WWW.CDC.GOV/](http://www.cdc.gov/)
[HTTPS://WWW.GOV.UK/](https://www.gov.uk/)
[HTTP://CODES.OHIO.GOV/ORC/2919.25](http://codes.ohio.gov/orc/2919.25)