



B3 The Path Back to You: Working with Families Who Have Experienced Domestic Violence

Wednesday, June 13, 2018 1:30 - 3:00 p.m.

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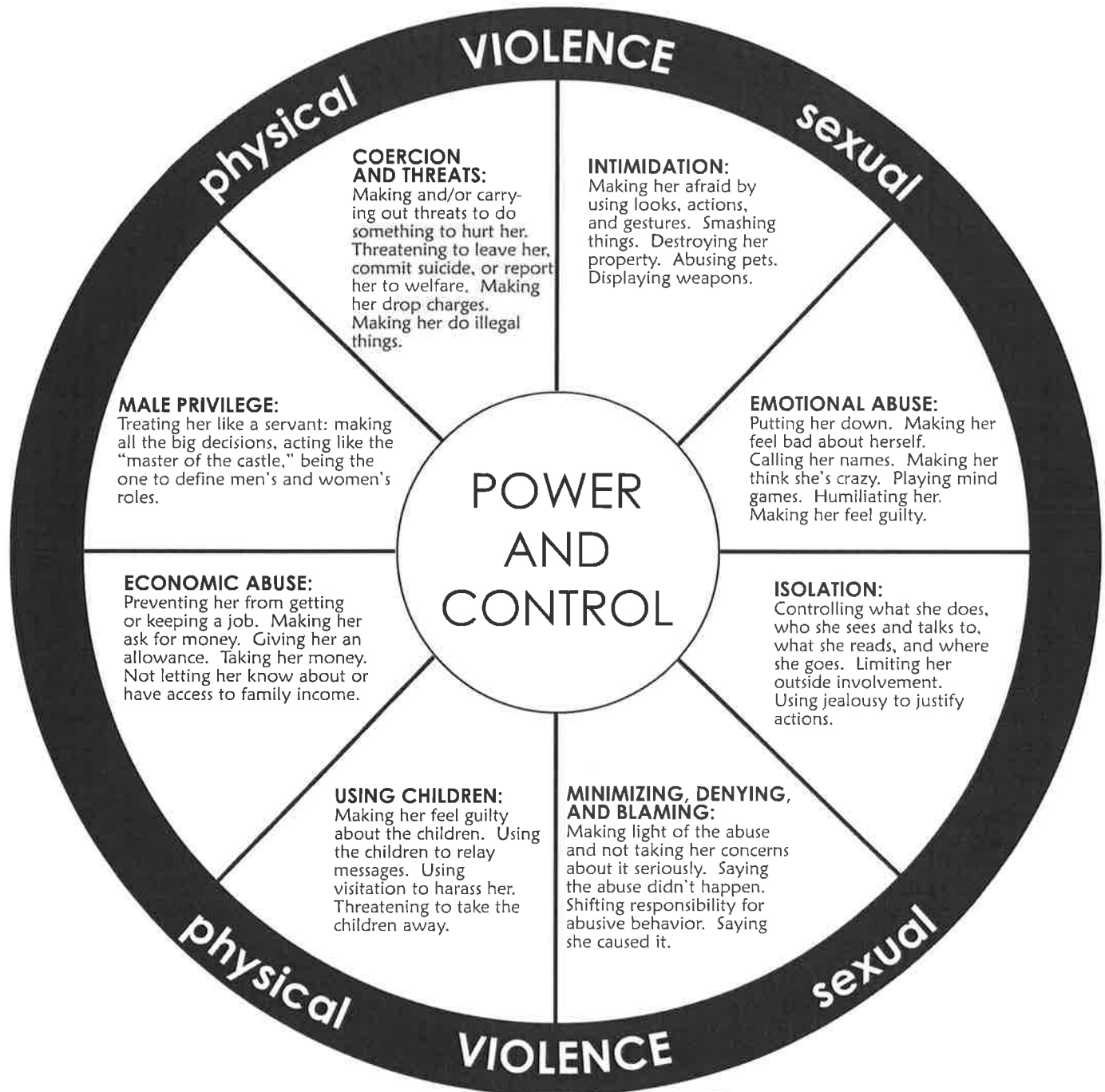
Harbor

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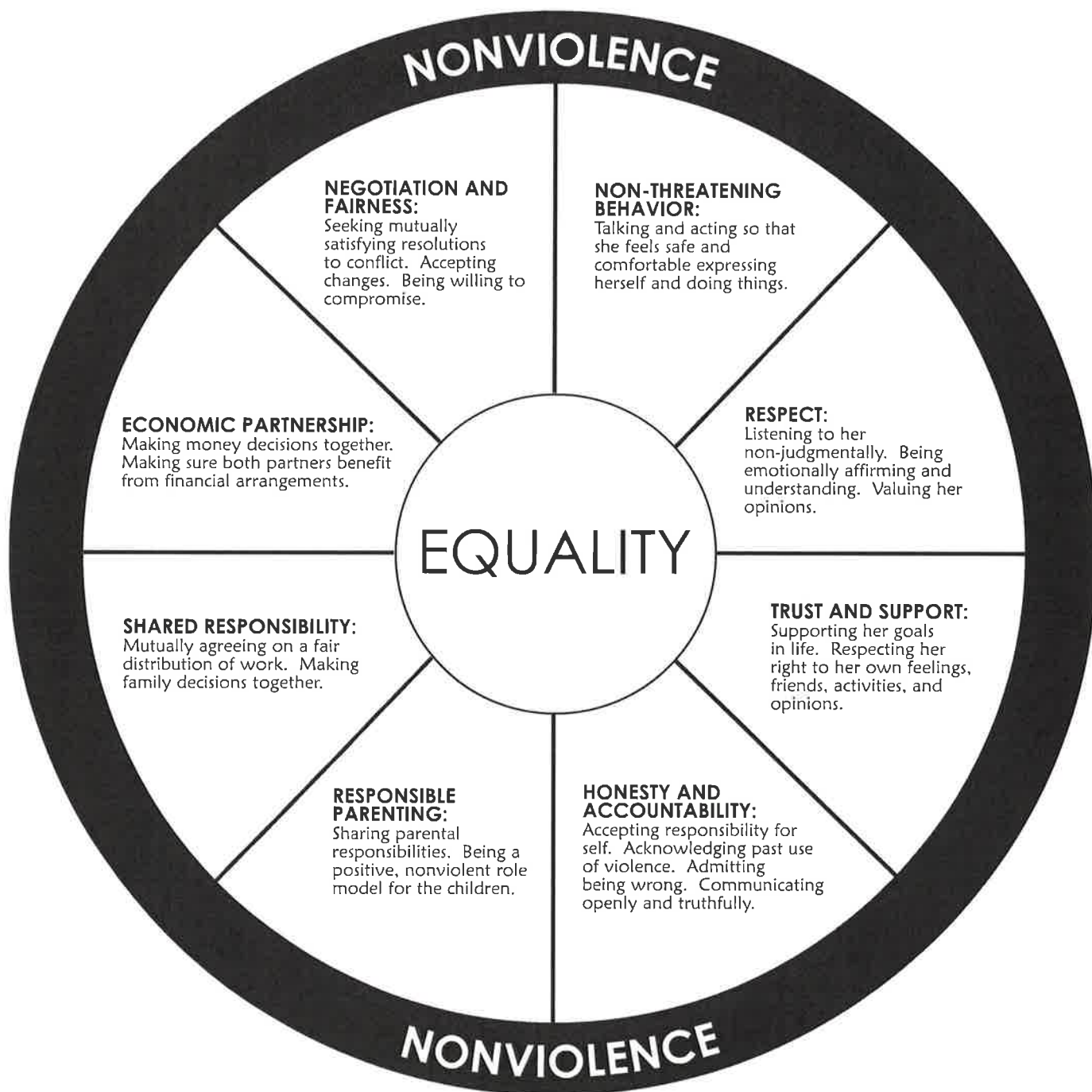
POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



EQUALITY WHEEL



Developed by:
Domestic Abuse Intervention Project
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Produced and distributed by:



NATIONAL CENTER
on Domestic and Sexual Violence
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512.407.9020 (phone and fax) • www.ncdsv.org

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

- 5 = Frequently
- 4 = Occasionally
- 3 = Rarely
- 2 = Never
- 1 = It never occurred to me

Physical Self-Care

- ☐ Eat regularly (e.g. breakfast, lunch and dinner)
- ☐ Eat healthy
- ☐ Exercise
- ☐ Get regular medical care for prevention
- ☐ Get medical care when needed
- ☐ Take time off when needed
- ☐ Get massages
- ☐ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- ☐ Take time to be sexual—with yourself, with a partner
- ☐ Get enough sleep
- ☐ Wear clothes you like
- ☐ Take vacations
- ☐ Take day trips or mini-vacations
- ☐ Make time away from telephones
- ☐ Other:

Psychological Self-Care

- ☐ Make time for self-reflection
- ☐ Have your own personal psychotherapy
- ☐ Write in a journal
- ☐ Read literature that is unrelated to work
- ☐ Do something at which you are not expert or in charge
- ☐ Decrease stress in your life

What you need to take when you leave

Identification

- ☐ Driver's license
- ☐ Birth certificate
- ☐ Children's birth certificates
- ☐ Social security cards

Financial

- ☐ Money and/or credit cards (in your name)
- ☐ Checking and/or savings account books

Legal Papers

- ☐ Protective order
- ☐ Lease, rental agreement and house deed
- ☐ Car registration and insurance papers
- ☐ Health and life insurance papers
- ☐ Medical records for you & your children
- ☐ School records
- ☐ Work permits/green card/visa
- ☐ Passport
- ☐ Divorce and custody papers
- ☐ Marriage license

Other

- ☐ Medications
- ☐ House and car keys
- ☐ Valuable jewelry
- ☐ Address book
- ☐ Pictures and sentimental items
- ☐ Change of clothes for you & your children
- ☐ Other

About The Hotline

The National Domestic Violence Hotline is the only national organization that directly serves victims of domestic abuse, their friends and family. Highly-trained, expert advocates are available 24/7 by phone to talk with anyone who is affected by physical, emotional, verbal, sexual or financial abuse. The Hotline also offers an online chat service at www.thehotline.org that is available every day from 7 a.m. – 2 a.m. CST.

Our services are **completely free and confidential**. We offer lifesaving tools, immediate support and hope to empower victims to break free of abuse.



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1.800.799.SAFE (7233)



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You have a right to be safe!

No one deserves to be hit or threatened. If you are being hurt by someone you love, consider making plans to help keep yourself and your children safe. Here are some suggestions that have helped other people in situations like yours.

Safety during an explosive incident

- Practice getting out of your home safely. Identify which doors, windows, elevator or stairwell to use.
- Pack a bag and have it ready at a friend's or relative's house.
- Identify one or more neighbors you can tell about the violence, and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends and neighbors when you need the police.
- Decide and plan where you will go if you ever have to leave home.
- Use your instincts and judgment. In some dangerous situations, it may be safest to give the abuser what they want to calm them down.

Safety when preparing to leave

- Open a checking or savings account in your own name.
- Leave money, an extra set of keys, copies of important documents and extra clothes and medications in a safe place or with someone you trust.
- Open your own post office box.
- Identify a safe place where you can go and someone who can lend you money.
- Always keep the shelter phone number, a calling card or some change for emergency phone calls with you.
- If you have pets, make arrangements for them to be cared for in a safe place.

Remember: You are the expert of your situation. Use these tips only if you feel safe doing so.

Safety with a protective order

- If you or your children have been threatened or assaulted, you can request a protective order from the District/County Attorney's Office.
- Always keep your protective order with you.
- Call the police if your partner violates the protective order.
- Inform family members, friends and neighbors that you have a protective order in effect.
- Think of alternative ways to keep safe if the police do not respond immediately.

Safety in your own residence

- If you stay in your home, lock your windows and change the locks on your doors as soon as possible.
- Develop a safety plan with your children for times when you are not with them.
- Inform your children's school, day care, etc. about who has permission to pick up your children.
- Inform neighbors and the landlord that your partner no longer lives with you, and that they should call the police if they see him/her near your home.
- Never tell the abuser where you live. Never call the abuser from your home because the abuser may find out where you live.
- Request an unlisted/unpublished number from the telephone company.

Safety on the job and in public

- Inform someone at work of your situation. Include the security officers at work and provide them with a picture of your partner.
- Have someone screen your telephone calls at work.
- Have someone escort you to and from your car, bus or train.
- Use a variety of routes to come and go from home.



Lo que usted necesita llevarse cuando deje a su pareja

Identificación

- ☐ Licencia de manejar
- ☐ Certificado de nacimiento
- ☐ Certificados de nacimiento de los niños
- ☐ Tarjetas de Seguro Social

Económico

- ☐ Dinero o tarjetas de crédito (en su nombre)
- ☐ Talonario de cheques y/o libreta de ahorros

Papeles legales

- ☐ Orden de Protección
- ☐ Contrato de arrendamiento/propiedad de la casa
- ☐ Papeles de registración y aseguración de su auto
- ☐ Papeles de aseguración de salud y vida
- ☐ Archivos de historias medicas
- ☐ Archivos de historias escolares
- ☐ Permisos para trabajar/tarjeta verde/Visa
- ☐ Pasaporte
- ☐ Documentos de divorcio/ papeles de custodia de los niños
- ☐ Licencia de matrimonio

Otros objetos

- ☐ Medicinas
- ☐ Llaves de la casa y del auto
- ☐ Joyas
- ☐ Libro de direcciones
- ☐ Fotos y cosas sentimentales
- ☐ Cambio de ropa para usted y los niños
- ☐ Otras cosas



LLAMA

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Números de teléfono importantes en su area:

Gracias a la ayuda de la Administración de Servicios de Salud y Familia, el
Programa de Servicios de Emergencia y Asesoría, el Departamento de Justicia,
el personal de la Línea Nacional de Violencia Doméstica y el
personal de la Oficina de Asesoría y Apoyo de la ADP y TTY.



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Usted tiene el derecho de estar segura

Aquí hay algunas sugerencias que han ayudado a otras personas en situaciones como la suya.

Usted no merece ser golpeada o amenazada

Su seguridad durante un incidente explosivo

- Practique cómo salir de su casa con seguridad. Identifique qué puertas, ventanas o escaleras serían las mejores.
- Tenga una maleta preparada y manténgala en casa de un familiar o amistad.
- Identifique a uno o más vecinos que pueda usted decirles de la violencia y pídeles que llamen a la policía si oyen disturbios que vienen de su hogar.
- Tenga una clave para usar con sus niños, familia, amigos o vecinos para darles a entender que necesita que llamen a la policía.
- Decida y planeé adónde se irá si tiene que dejar su hogar.
- Use sus propios instintos y su juicio. Si la situación es muy peligrosa, considere darle al abusador lo que quiera para calmarlo.

Su seguridad cuando esta preparándose a dejar su pareja

- Abra una cuenta de banco de cheques o de ahorros bajo su propio nombre.
- Deje dinero, un juego de llaves adicional, copias de documentos importantes, medicinas, y ropa adicional con alguien de confianza.
- Mantenga un casilla postal.
- Determine quién podrá dejarla quedarse con ellos o prestarle dinero.
- Siempre mantenga el número del refugio cerca y tenga cambio o una tarjeta de la compañía de teléfono para poder hacer llamadas de emergencia.
- Si tiene animales domésticos, haga arreglos para dejarlos en un lugar seguro y con una persona de confianza.

La seguridad con una orden de protección

- Si usted o sus hijos han sido amenazados usted puede solicitar una Orden de Protección de la Oficina del Procurador del Distrito o Condado (District/County Attorney).
- Siempre mantenga la Orden de Protección en su posesión.
- Llame a la policía si su compañero viola la Orden de Protección.
- Avísele a su familia, amistades, y a sus vecinos que usted tiene una Orden de Protección en efecto.
- Piense en alternativas para poder estar segura si la policía no responde inmediatamente.

Su seguridad en su propia residencia

- Si se queda en su hogar, asegure las ventanas y cambie las cerraduras de las puertas de su casa lo más pronto posible.
- Mantenga y discuta un plan de seguridad con sus hijos para cuando usted no este con ellos.
- Informe a la escuela, la guardería, o la persona que cuida a sus hijos sobre quien tiene autorización para recogerlos.
- Informe a sus vecinos y al propietario de su casa que su compañero ya no vive con usted y que deben llamar a la policía si lo ven cerca de su hogar.
- Nunca llame al agresor de su hogar porque el agresor podrá descubrir donde vivió. Nunca le diga al agresor donde vive.
- Pida, a la compañía de teléfono, un número de teléfono que sea totalmente privado y que no sea publicado.

Su seguridad en el trabajo y en el público

- Decida a quiénes en su trabajo usted les informará de su situación. Incluya a los oficiales de seguridad del edificio donde usted trabaja. (Si es posible, tome una foto de su agresor)
- Si es posible, pídale a alguien que tome sus llamadas de teléfono.
- Pídale a alguien que camine con usted al ir y venir de su auto, del ómnibus o tren.
- Si es posible, use una variedad de rutas para ir y venir de su hogar.

How do you act toward your partner?

Do you...

- Get angry or insecure about your partner's relationships with others (friends, family, coworkers) and feel possessive?
- Frequently call and text to check up on your partner, or have them check in with you?
- Feel like your partner needs to ask your permission to go out, get a job, go to school or spend time with others?
- Get angry when your partner doesn't act the way you want them to or do what you want them to?
- Blame your anger on drugs, alcohol or your partner's actions?
- Find it very difficult to control your anger and calm down?
- Express your anger by threatening to hurt your partner, or actually physically doing so?
- Express your anger verbally through raising your voice, name calling or using put-downs?
- Forbid your partner from spending money, or require that they have an allowance and keep receipts of their spending?
- Force or attempt to force your partner to be intimate with you?

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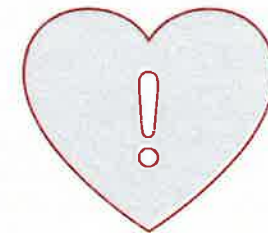
The Hotline is a free, 24-hour, confidential service supported by the Department of Justice, Office of Justice Programs, Office of the Inspector General, and the Department of Health and Human Services, Administration for Children and Families. The Hotline is a national organization that provides confidential support and advocacy to victims of domestic violence, sexual violence, and stalking. The Hotline is a national organization that provides confidential support and advocacy to victims of domestic violence, sexual violence, and stalking.



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Are you hurting your partner?



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How does your partner react?

Do they...

- Seem nervous around you?
- Seem afraid of you?
- Cringe or move away from you when you're angry?
- Cry because of something you don't let them do, or something you made them do?
- Seem scared or unable to contradict you or speak up about something?
- Restrict their own interaction with friends, coworkers or family in order to avoid displeasing you?

If any of these behaviors sound familiar to how you act or how your partner reacts, it could be a red flag that you may be hurting them. This can be a difficult and unnerving realization to come to.

By acknowledging now that your behaviors might be unhealthy and taking responsibility for them, you're a step ahead in beginning to change them.

"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't."

—Steve Maraboli



Do you want to change?

One part of changing may involve willingly attending a certified Batterer Intervention and Prevention Program (BIPP) that focuses on behavior, reflection and accountability. At the Hotline we don't recommend couples counseling, anger management, substance abuse programs or mental health treatments for abusers to learn about and deal with their abusive patterns (although oftentimes these can helpfully supplement a batterer intervention program).

A BIPP is different from other counseling and intervention programs in that it centers around complete accountability, victim safety and education about abusive behaviors. Certified BIPPs have a wide range of durations, varying from a weekend retreat to 52 weekly meetings. They're generally offered by a few professionally-trained facilitators, and usually have eight to ten participants.

People enter into BIPPs for various reasons. Many are required by judges to attend as a condition of probation or as part of a sentence. Others enroll to try to save a relationship and keep their partner from leaving. **The best reason for joining a BIPP is genuine desire to change.**

According to author Lundy Bancroft, the following are some changes that could indicate you're making progress in your recovery:

- Admitting fully to what you have done
- Stopping excuses and blaming
- Making amends
- Accepting responsibility and recognizing that abuse is a choice
- Identifying the attitudes that drive abuse
- Accepting that overcoming abusiveness is a decades-long process and not declaring yourself "cured"
- Not treating improvements as vouchers to be spent on occasional acts of abuse (ex. "I haven't done anything like this in a long time, so it's not a big deal")
- Developing respectful and supportive behaviors
- Carrying your weight and sharing power
- Changing how you act in heated conflicts
- Accepting the consequences of actions (including not feeling sorry for yourself about the consequences, and not blaming your partner or children for them)

Here at The Hotline we frequently speak with people who identify as abusive, or who are concerned about behaviors that may be unhealthy. Our advocates listen, withhold judgment and help you begin to address what's going on in your relationship. If you're questioning your own behavior at all, or if someone else has brought it to your attention, acknowledging it is a step in the right direction. **Give us a call today at 1-800-799-SAFE to start the conversation.**

***The Path Back to You:* Working
With Families Who Have Experienced
Domestic Violence**

By: Anthony Guzman, B.A.
Edalmira Perez, B.A.
Laura Mendez, M.A.
Theresa Plante, Ed.D.

Learning Objectives

Domestic abuse, also called intimate partner violence, is the systematic suffocation of another person's spirit.

Joanna Hunter

- **Knowledge:**

- Conceptualize the statistical information relating to domestic violence
- Understand transference/counter transference when working with families who have experienced domestic violence

- **Skills:**

- Discuss, practice and share tools and skills for working with families who have experienced domestic violence.
- Identify how to help staff who are working with families who have experienced domestic violence
 - How to help link families to Domestic violence resources

- **Attitudes**

- Identify stigma involved for those experiencing (both victim/perpetrator/bystanders)

Ice Breaker: What would you do?

- **Extreme Domestic Abuse In Public! (Social Experiment)**
- <https://youtu.be/dtVHnZX8E5o>



Extreme Domestic Abuse In Public! (Social Experiment)

National DV Statistics

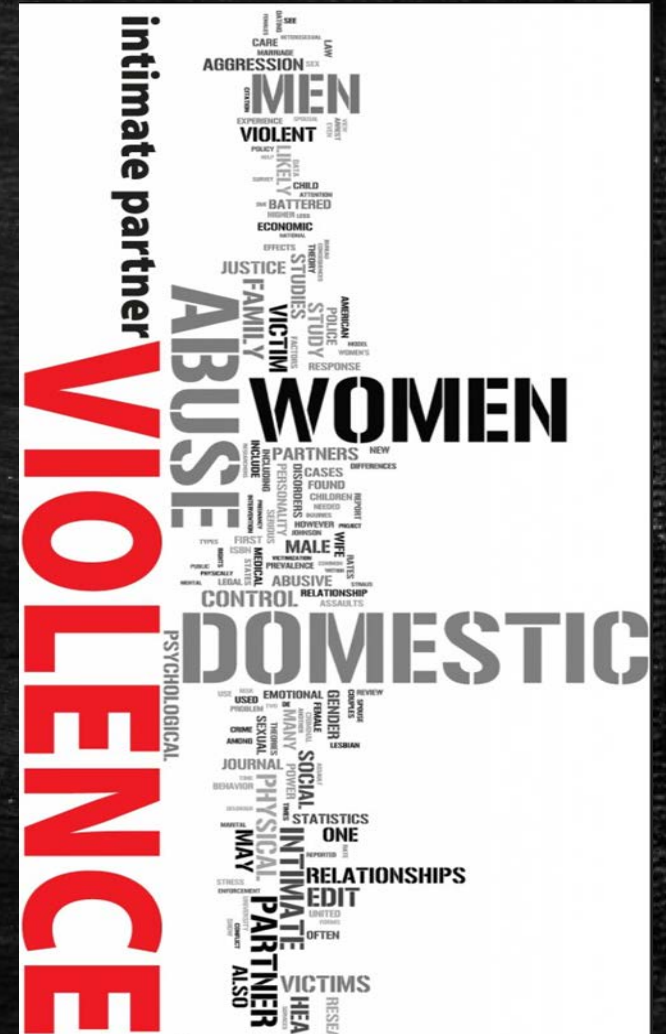
- 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the US
- DV effects approx. 12 million Americans each year
- 3/10 women and 1/9 men are effected by Intimate Partner Violence (IPV)
- Nearly half of all women and men in the US will experience psychological aggression by an intimate partner
- A child from a DV home is 15xs more likely to be physically and or sexually assaulted than the national average
- 96% of domestic violence victims who are employed experience problems at work due to abuse.

Stigma

Women are the only victims

Physical abuse is the only form of Intimate Partner Violence

Only happens to low income families



Things to Know

- **Why not Anger Management?**

- An anger problem suggests that perpetrators also behave the same way toward friends, family, coworkers, and others— not just their partner.
- Examining what triggers their anger can reinforce the idea that the victim is responsible for the violence

- **Why not Couples Counseling?**

- Abuse is not a “relationship” problem.
- Couples counseling may imply that both partners contribute to the abusive behavior
- Focusing on communication or other relationship issues distracts from the abusive behavior and may actually reinforce it

Characteristics

- Accepts blame for their abuse: They **believe** they actually cause their abuser's behavior.
- Lowered self-esteem: Devaluing and **shaming** by the partner.
- Guilt: Victim feels **guilty** for their behavior.
- Feelings of **hopelessness** and passivity: **Fear** for the abuser, fear of interference.
- **Denial** and minimization of abuse: Use denial to cope
 - Denying they can survive without him/her
 - Believing he/she is the reason for the abuse and deserves the punishment
 - Believing marriage/religious vows are more important than their personal well-being.



Warning Signs of Abuse in Others

- 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 physical violence:

- 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)

BLACK WOMEN EXPERIENCE
INTIMATE PARTNER VIOLENCE
AT RATES **35 PERCENT**
HIGHER THAN WHITE WOMEN.

HERFORD WOMEN

Native American
women experience domestic violence
at rates **50% higher** than other groups.

(DOJ, 2004)

A History of Violence

<https://www.youtube.com/watch?v=cc0mdZ9vgbQ>



What to do when working with DV families?

- Assess safety
- Be patient and respectful
- Avoid judgement towards victim and abuser
 - View domestic violence as a health care issue
 - Transference/countertransference
- Find out safest way to contact the victim
- Listen carefully for safety concerns
 - Follow-up questions:
 - Are children present when the abuse is taking place?
 - Has the abuse reached a physical confrontation?
 - Consider reporting the abuse
- Psychoeducation on healthy, unhealthy, and abusive relationships

Relationship Spectrum

Healthy

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time
- Making mutual sexual choices
- Economic/financial partners
- Engaging in supportive parenting

Unhealthy

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time with your partner
- Pressured by the other into sexual activity
- Ignoring your partner's boundaries
- Unequal economically

Abusive

- Communicating negatively
- Mistreating your partner
- Accusing your partner of cheating
- Denying the abuse
- Controlling your partner
- Isolating your partner
- Forcing sexual activity of pregnancy
- Exerting economic control
- Engaging in manipulative parenting

What to do when working with DV families...continued

- Help victims process/cope with their emotions
- Identify their support network
 - Natural supports
 - Community resources (support groups, shelters, crisis numbers, etc.)
- Give victims choice (do not suggest that they leave)
 - Practice how to get out safely; practice with children (if applicable)
 - Plan with trusted friends or family members
 - **Safety Planning List**

Safety Planning List

Here are some helpful items to get together when you are planning on leaving an abusive situation. Keep these items in a safe place until you are ready to leave, or if you need to leave suddenly. If you have children, take them. And take your pets, too (if you can).

Identification for yourself and your children

- ☐ birth certificates
- ☐ social security cards (or numbers written on paper if you can't find the cards)
- ☐ driver's license
- ☐ photo identification or passports
- ☐ welfare identification
- ☐ green card

Important personal papers

- ☐ marriage certificate
- ☐ divorce papers
- ☐ custody orders
- ☐ legal protection or restraining orders
- ☐ health insurance papers and medical cards
- ☐ medical records for all family members
- ☐ children's school records
- ☐ investment papers/records and account numbers
- ☐ work permits
- ☐ immigration papers

- ☐ rental agreement/lease or house deed
- ☐ car title, registration, and insurance information

Funds

- ☐ cash
- ☐ credit cards
- ☐ ATM card
- ☐ checkbook and bankbook (with deposit slips)

Keys

- ☐ house
- ☐ car
- ☐ safety deposit box or post office box

A way to communicate

- ☐ phone calling card
- ☐ cell phone
- ☐ address book

Medications

- ☐ at least 1 month's supply for all medicines you and your children are taking, as well as a copy of the prescriptions

A way to get by

- ☐ jewelry or small objects you can sell if you run out of money or stop having access to your accounts

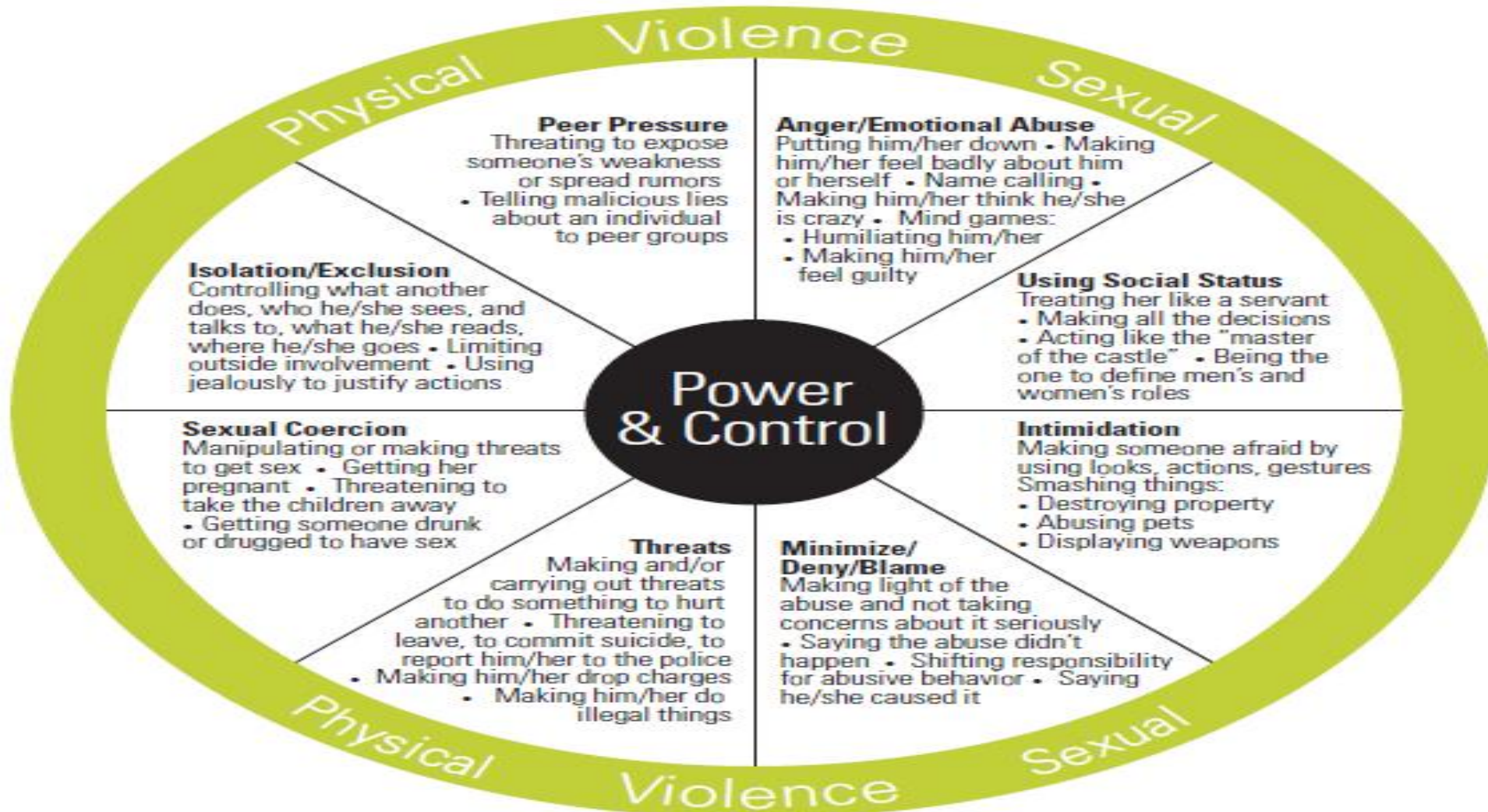
Things to help you cope

- ☐ pictures
- ☐ keepsakes
- ☐ children's small toys or books

What not to do when working with DV families?

- Do not panic
- Do not tell the victim what to do
- Do not confront or act as a mediator with the perpetrator
- Don't ask, "Why don't you just leave?"
 - Leaving is often the most dangerous time for a victim of abuse, because abuse is about **power and control**.
 - **Power and Control Wheel**
 - When a victim leaves, they are taking control and threatening the abusive partner's power, which can cause the abusive partner to retaliate.

Power and Control Wheel



Other reasons why victims stay:

- Fear
- Believing abuse is normal
- Fear of being outed
- Embarrassment/shame
- Low self-esteem
- Love
- Cultural/religious reasons
- Language barriers/immigration status
- Lack of money/resources
- Disability

What happens when the abuser returns to the family?

- Ensure your own safety
- Find out safest way to contact the victim
- Information from the victim must be kept confidential
- Use a calm approach (if in contact with the abuser)
- Give the victim the choice to decide what they want to do next



**1 IN 15
CHILDREN**

**ARE EXPOSED TO
INTIMATE PARTNER
VIOLENCE EACH YEAR**
(90% OF THESE ARE EYEWITNESSES)

What to do when the identified Abuser is part of Services

- Your safety and the safety of the family is always a priority
- Be honest with yourself
- Check your judgements
- Use Supervision

WOMEN WHO ARE VICTIMS
OF DOMESTIC VIOLENCE
ARE **EIGHT TIMES** MORE LIKELY
TO BE KILLED BY AN INTIMATE
PARTNER IF THERE ARE
FIREARMS IN THE HOME.

EVERY MINUTE
20 PEOPLE ARE
VICTIMS OF
INTIMATE PARTNER VIOLENCE.

Your digital resource kit

- Futures without Violence:
<https://www.futureswithoutviolence.org/resources-events/webinars/>
- National Institute of Justice:
<https://www.nij.gov/topics/crime/intimate-partner-violence/Pages/welcome.aspx>
- SAMSA:
<https://www.integration.samhsa.gov/clinical-practice/intimate-partner-violence>
- National Domestic Violence Hotline:
<http://www.thehotline.org/>
- National Teen Dating Abuse Helpline:
<http://www.loveisrespect.org/>
- National Sexual Assault Hotline:
<https://www.rainn.org/>
- National Resource Center on Domestic Violence:
<https://www.nrcdv.org/training/>

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References

<http://www.thehotline.org/resources/statistics/>

http://www.cdc.gov/violenceprevention/intimatepartnerviolence/teen_dating_violence.html

http://www.cdc.gov/violenceprevention/pdf/datingmatters_flyer_2012-a.pdf

http://www.cdc.gov/violenceprevention/pdf/cdc_nisvs_overview_insert_final-a.pdf

http://www.loveisrespect.org/pdf/College_Dating_And_Abuse_Final_Study.pdf

<http://www.urban.org/UploadedPDF/412750-teen-dating-abuse.pdf>

<http://www.clicktoempower.org/domestic-violence-facts.aspx>

Equity Wheel <http://www.ncdsv.org/images/EqualitywheelINOSHADING.pdf>

Power and control Wheel <http://www.ncdsv.org/images/PowerControlwheelINOSHADING.pdf>

<https://www.socialwork.career/2016/08/help-victims-of-intimate-partner-violence.html>

Futures without Violence: <https://www.futureswithoutviolence.org/resources-events/webinars/>

<https://www.nrcdv.org/>

National Institute of Justice: <https://www.nij.gov/topics/crime/intimate-partner-violence/Pages/welcome.aspx>

SAMSA: <https://www.integration.samhsa.gov/clinical-practice/intimate-partner-violence>

Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman and Staff of TSI/CAAP (Norton, 1996)

YouTube: <https://youtu.be/dtVHnZX8E50>

YouTube: <https://www.youtube.com/watch?v=cc0mdZ9vgbQ>

<https://www.socialwork.career/2016/08/help-victims-of-intimate-partner-violence.html>

Relationship Spectrum

Healthy

- **Communicating:** You talk openly about problems and listen to one another. You respect each other's opinions.
- **Respectful:** You value each other as you are.
- **Trusting:** You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.
- **Honest:** You are honest with each other, but can still keep some things private.
- **Equal:** You make decisions together and hold each other to the same standard.
- **Enjoying personal time:** You both enjoy spending time apart, alone or with others. You respect each other's need for time apart.
- **Making mutual sexual choices:** You talk openly about sexual and reproductive choices together. You both willingly consent to sexual activity and can safely discuss what you are and are not comfortable with.
- **Economic/financial partners:** You and your partner have equal say with regard to finances. Both partners have access to the resources they need.
- **Engaging in supportive parenting:** Both partners are able to parent in a way they feel comfortable with. You communicate together about the needs of the child(ren), as well as the needs of both parents.

Unhealthy

- **Not communicating:** When problems arise, you fight or you don't discuss them at all.
- **Disrespectful:** One or both partners is not considerate of the other.
- **Not trusting:** One partner doesn't believe what the other says, or feels entitled to invade their privacy.
- **Dishonest:** One or both partners tells lies.
- **Trying to take control:** One partner feels their desires and choices are more important.
- **Only spending time with your partner:** Your partner's community is the only one you socialize in.
- **Pressured by the other into sexual activity:** One partner uses pressure or guilt on the other to have sex or do anything sexual at any point.
- **Ignoring a partner's boundaries:** It is assumed only one partner is responsible for making informed decisions.
- **Unequal economically:** Finances are not discussed, and/or it is assumed only one partner is in charge of finances.

Abusive

- **Communicates** in a way that is hurtful, threatening, insulting or demeaning.
- **Mistreats the other:** One partner does not respect the feelings, thoughts, decisions, opinions or physical safety of the other.
- **Accuses the other of cheating or having an affair when it's not true:** The partner who accuses may hurt the other in a physical or verbal way as a result.
- **Denies that the abusive actions are abuse:** An abusive partner may try to blame the other for the harm they're doing, or makes excuses for abusive actions or minimizes the abusive behavior.
- **Controls the other:** There is no equality in the relationship. One partner makes all decisions for the couple without the other's input.
- **Isolates the other partner:** One partner controls where the other one goes and who they talk to. They may isolate their partner from family and friends.
- **Forces sexual activity or pregnancy:** One partner forces the other to have sex, or do anything they don't want to do sexually at any point. In relationships where pregnancy is a physical possibility, one partner may force the other to become pregnant.
- **Exerts economic control:** One partner controls the money and access to resources. Having an open dialogue about finances is not an option. This may include preventing a partner from earning an income or not allowing a partner access to their own income.
- **Engages in manipulative parenting:** One partner uses the child(ren) to gain power and control over the other partner, including telling the child(ren) lies or negative things about the other partner.

Safety Planning List

Here are some helpful items to get together when you are planning on leaving an abusive situation. Keep these items in a safe place until you are ready to leave, or if you need to leave suddenly. If you have children, take them. And take your pets, too (if you can).

Identification for yourself and your children

- ☐ birth certificates
- ☐ social security cards (or numbers written on paper if you can't find the cards)
- ☐ driver's license
- ☐ photo identification or passports
- ☐ welfare identification
- ☐ green card

Important personal papers

- ☐ marriage certificate
- ☐ divorce papers
- ☐ custody orders
- ☐ legal protection or restraining orders
- ☐ health insurance papers and medical cards
- ☐ medical records for all family members
- ☐ children's school records
- ☐ investment papers/records and account numbers
- ☐ work permits
- ☐ immigration papers

- ☐ rental agreement/lease or house deed
- ☐ car title, registration, and insurance information

Funds

- ☐ cash
- ☐ credit cards
- ☐ ATM card
- ☐ checkbook and bankbook (with deposit slips)

Keys

- ☐ house
- ☐ car
- ☐ safety deposit box or post office box

A way to communicate

- ☐ phone calling card
- ☐ cell phone
- ☐ address book

Medications

- ☐ at least 1 month's supply for all medicines you and your children are taking, as well as a copy of the prescriptions

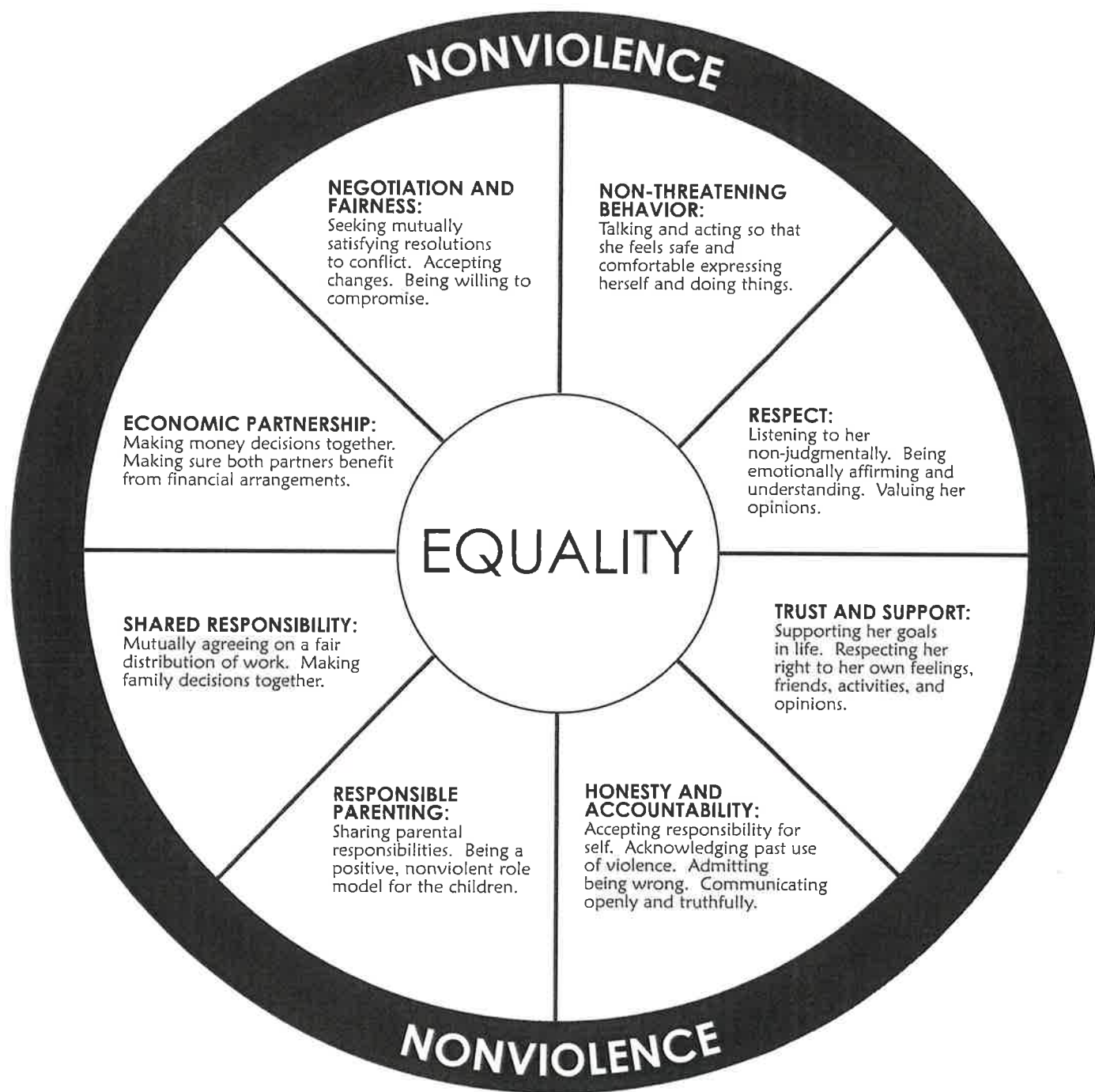
A way to get by

- ☐ jewelry or small objects you can sell if you run out of money or stop having access to your accounts

Things to help you cope

- ☐ pictures
- ☐ keepsakes
- ☐ children's small toys or books

EQUALITY WHEEL



Developed by:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
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Produced and distributed by:

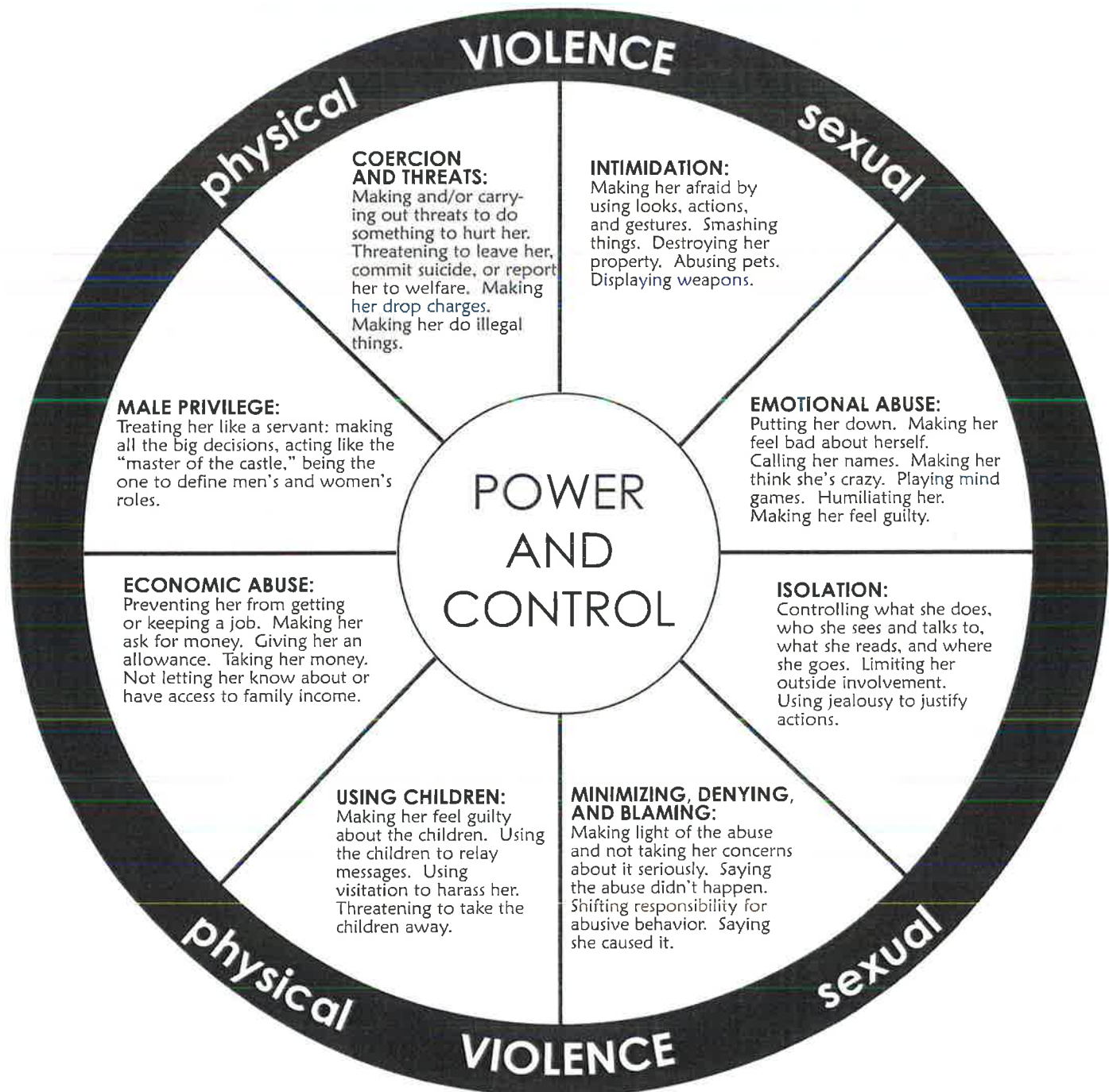


NATIONAL CENTER
on Domestic and Sexual Violence
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POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



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Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

- 5 = Frequently
- 4 = Occasionally
- 3 = Rarely
- 2 = Never
- 1 = It never occurred to me

Physical Self-Care

- ☐ Eat regularly (e.g. breakfast, lunch and dinner)
- ☐ Eat healthy
- ☐ Exercise
- ☐ Get regular medical care for prevention
- ☐ Get medical care when needed
- ☐ Take time off when needed
- ☐ Get massages
- ☐ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- ☐ Take time to be sexual—with yourself, with a partner
- ☐ Get enough sleep
- ☐ Wear clothes you like
- ☐ Take vacations
- ☐ Take day trips or mini-vacations
- ☐ Make time away from telephones
- ☐ Other:

Psychological Self-Care

- ☐ Make time for self-reflection
- ☐ Have your own personal psychotherapy
- ☐ Write in a journal
- ☐ Read literature that is unrelated to work
- ☐ Do something at which you are not expert or in charge
- ☐ Decrease stress in your life

- ___ Let others know different aspects of you
- ___ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- ___ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- ___ Practice receiving from others
- ___ Be curious
- ___ Say “no” to extra responsibilities sometimes
- ___ Other:

Emotional Self-Care

- ___ Spend time with others whose company you enjoy
- ___ Stay in contact with important people in your life
- ___ Give yourself affirmations, praise yourself
- ___ Love yourself
- ___ Re-read favorite books, re-view favorite movies
- ___ Identify comforting activities, objects, people, relationships, places and seek them out
- ___ Allow yourself to cry
- ___ Find things that make you laugh
- ___ Express your outrage in social action, letters and donations, marches, protests
- ___ Play with children
- ___ Other:

Spiritual Self-Care

- ___ Make time for reflection
- ___ Spend time with nature
- ___ Find a spiritual connection or community
- ___ Be open to inspiration
- ___ Cherish your optimism and hope
- ___ Be aware of nonmaterial aspects of life
- ___ Try at times not to be in charge or the expert
- ___ Be open to not knowing

- ___ Identify what is meaningful to you and notice its place in your life
- ___ Meditate
- ___ Pray
- ___ Sing
- ___ Spend time with children
- ___ Have experiences of awe
- ___ Contribute to causes in which you believe
- ___ Read inspirational literature (talks, music, etc.)
- ___ Other:

Workplace or Professional Self-Care

- ___ Take a break during the workday (e.g. lunch)
- ___ Take time to chat with co-workers
- ___ Make quiet time to complete tasks
- ___ Identify projects or tasks that are exciting and rewarding
- ___ Set limits with your clients and colleagues
- ___ Balance your caseload so that no one day or part of a day is “too much”
- ___ Arrange your work space so it is comfortable and comforting
- ___ Get regular supervision or consultation
- ___ Negotiate for your needs (benefits, pay raise)
- ___ Have a peer support group
- ___ Develop a non-trauma area of professional interest
- ___ Other:

Balance

- ___ Strive for balance within your work-life and workday
- ___ Strive for balance among work, family, relationships, play and rest

What you need to take when you leave

Identification

- ☐ Driver's license
- ☐ Birth certificate
- ☐ Children's birth certificates
- ☐ Social security cards

Financial

- ☐ Money and/or credit cards (in your name)
- ☐ Checking and/or savings account books

Legal Papers

- ☐ Protective order
- ☐ Lease, rental agreement and house deed
- ☐ Car registration and insurance papers
- ☐ Health and life insurance papers
- ☐ Medical records for you & your children
- ☐ School records
- ☐ Work permits/green card/visa
- ☐ Passport
- ☐ Divorce and custody papers
- ☐ Marriage license

Other

- ☐ Medications
- ☐ House and car keys
- ☐ Valuable jewelry
- ☐ Address book
- ☐ Pictures and sentimental items
- ☐ Change of clothes for you & your children
- ☐ Other

About The Hotline

The National Domestic Violence Hotline is the only national organization that directly serves victims of domestic abuse, their friends and family. Highly-trained, expert advocates are available 24/7 by phone to talk with anyone who is affected by physical, emotional, verbal, sexual or financial abuse. The Hotline also offers an online chat service at www.thehotline.org that is available every day from 7 a.m. – 2 a.m. CST.

Our services are **completely free and confidential**. We offer lifesaving tools, immediate support and hope to empower victims to break free of abuse.



CALL 24/7

1.800.799.SAFE (7233)



TTY 24/7

1.800.787.3224



CHAT

every day 7 a.m. – 2 a.m. CST

www.thehotline.org

The National Domestic Violence

HOTLINE

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**FREE
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24/7/365**



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You have a right to be safe!

No one deserves to be hit or threatened. If you are being hurt by someone you love, consider making plans to help keep yourself and your children safe. Here are some suggestions that have helped other people in situations like yours.

Safety during an explosive incident

- Practice getting out of your home safely. Identify which doors, windows, elevator or stairwell to use.
- Pack a bag and have it ready at a friend's or relative's house.
- Identify one or more neighbors you can tell about the violence, and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends and neighbors when you need the police.
- Decide and plan where you will go if you ever have to leave home.
- Use your instincts and judgment. In some dangerous situations, it may be safest to give the abuser what they want to calm them down.

Safety when preparing to leave

- Open a checking or savings account in your own name.
- Leave money, an extra set of keys, copies of important documents and extra clothes and medications in a safe place or with someone you trust.
- Open your own post office box.
- Identify a safe place where you can go and someone who can lend you money.
- Always keep the shelter phone number, a calling card or some change for emergency phone calls with you.
- If you have pets, make arrangements for them to be cared for in a safe place.

Remember: You are the expert of your situation. Use these tips only if you feel safe doing so.

Safety with a protective order

- If you or your children have been threatened or assaulted, you can request a protective order from the District/County Attorney's Office.
- Always keep your protective order with you.
- Call the police if your partner violates the protective order.
- Inform family members, friends and neighbors that you have a protective order in effect.
- Think of alternative ways to keep safe if the police do not respond immediately.

Safety in your own residence

- If you stay in your home, lock your windows and change the locks on your doors as soon as possible.
- Develop a safety plan with your children for times when you are not with them.
- Inform your children's school, day care, etc. about who has permission to pick up your children.
- Inform neighbors and the landlord that your partner no longer lives with you, and that they should call the police if they see him/her near your home.
- Never tell the abuser where you live. Never call the abuser from your home because the abuser may find out where you live.
- Request an unlisted/unpublished number from the telephone company.

Safety on the job and in public

- Inform someone at work of your situation. Include the security officers at work and provide them with a picture of your partner.
- Have someone screen your telephone calls at work.
- Have someone escort you to and from your car, bus or train.
- Use a variety of routes to come and go from home.



Lo que usted necesita llevarse cuando deje a su pareja

Identificación

- ☐ Licencia de manejar
- ☐ Certificado de nacimiento
- ☐ Certificados de nacimiento de los niños
- ☐ Tarjetas de Seguro Social

Económico

- ☐ Dinero o tarjetas de crédito (en su nombre)
- ☐ Talonario de cheques y/o libreta de ahorros

Papeles legales

- ☐ Orden de Protección
- ☐ Contrato de arrendamiento/propiedad de la casa
- ☐ Papeles de registración y aseguración de su auto
- ☐ Papeles de aseguración de salud y vida
- ☐ Archivos de historias medicas
- ☐ Archivos de historias escolares
- ☐ Permisos para trabajar/tarjeta verde/Visa
- ☐ Pasaporte
- ☐ Documentos de divorcio/ papeles de custodia de los niños
- ☐ Licencia de matrimonio

Otros objetos

- ☐ Medicinas
- ☐ Llaves de la casa y del auto
- ☐ Joyas
- ☐ Libro de direcciones
- ☐ Fotos y cosas sentimentales
- ☐ Cambio de ropa para usted y los niños
- ☐ Otras cosas



LLAMA

1.800.799.SAFE (7233)

Números de teléfono importantes en su area:

Gracias a los fondos de la Administración de los Servicios de Niños y Jóvenes y a la Oficina de Asesoría para la Familia y el Niño, el contenido en la cartolina es propiedad de la Oficina Nacional de Violencia Doméstica y la Red Nacional de Mujeres y Niños en Peligro.



The National Domestic Violence

HOTLINE

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Usted tiene el derecho de estar segura

Aquí hay algunas sugerencias que han ayudado a otras personas en situaciones como la suya.

Usted no merece ser golpeada o amenazada

Su seguridad durante un incidente explosivo

- Practique cómo salir de su casa con seguridad. Identifique qué puertas, ventanas o escaleras serían las mejores.
- Tenga una maleta preparada y manténgala en casa de un familiar o amistad.
- Identifique a uno o mas vecinos que pueda usted decirles de la violencia y pídale que llamen a la policía si oyen disturbios que vienen de su hogar.
- Tenga una clave para usar con sus niños, familia, amigos o vecinos para darles a entender que necesita que llamen a la policía.
- Decida y planeé adónde se irá si tiene que dejar su hogar.
- Use sus propios instintos y su juicio. Si la situación es muy peligrosa, considere darle al abusador lo que quiera para calmarlo.

Su seguridad cuando esta preparándose a dejar su pareja

- Abra una cuenta de banco de cheques o de ahorros bajo su propio nombre.
- Deje dinero, un juego de llaves adicional, copias de documentos importantes, medicinas, y ropa adicional con alguien de confianza.
- Mantenga un casilla postal.
- Determine quién podrá dejarla quedarse con ellos o prestarle dinero.
- Siempre mantenga el número del refugio cerca y tenga cambio o una tarjeta de la compañía de teléfono para poder hacer llamadas de emergencia.
- Si tiene animales domésticos, haga arreglos para dejarlos en un lugar seguro y con una persona de confianza.

La seguridad con una orden de protección

- Si usted o sus hijos han sido amenazados usted puede solicitar una Orden de Protección de la Oficina del Procurador del Distrito o Condado (District/County Attorney).
- Siempre mantenga la Orden de Protección en su posesión.
- Llame a la policía si su compañero viola la Orden de Protección.
- Avísele a su familia, amistades, y a sus vecinos que usted tiene una Orden de Protección en efecto.
- Piense en alternativas para poder estar segura si la policía no responde inmediatamente.

Su seguridad en su propia residencia

- Si se queda en su hogar, asegure las ventanas y cambie las cerraduras de las puertas de su casa lo más pronto posible.
- Mantenga y discuta un plan de seguridad con sus hijos para cuando usted no este con ellos.
- Informe a la escuela, la guardería, o la persona que cuida a sus hijos sobre quien tiene autorización para recogerlos.
- Informe a sus vecinos y al propietario de su casa que su compañero ya no vive con usted y que deben llamar a la policía si lo ven cerca de su hogar.
- Nunca llame al agresor de su hogar porque el agresor podrá descubrir donde vivió. Nunca le diga al agresor donde vive.
- Pida, a la compañía de teléfono, un número de teléfono que sea totalmente privado y que no sea publicado.

Su seguridad en el trabajo y en el público

- Decida a quiénes en su trabajo usted les informará de su situación. Incluya a los oficiales de seguridad del edificio donde usted trabaja. (Si es posible, tome una foto de su agresor)
- Si es posible, pídale a alguien que tome sus llamadas de teléfono.
- Pídale a alguien que camine con usted al ir y venir de su auto, del ómnibus o tren.
- Si es posible, use una variedad de rutas para ir y venir de su hogar.