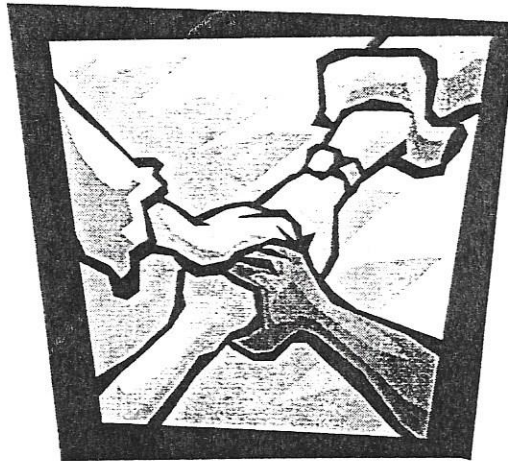


THE bridge
A Refuge For Women



Coming Together To End Domestic & Sexual Violence:

*An overview of
domestic & sexual assault dynamics, cycle and intervention techniques*

*Don't Remove.
Must be read here.

An Advocacy/Education Presentation

Thank you,

PIEI Team of Integrity

DOMESTIC VIOLENCE

DEFINITION

The use of abusive and violent behavior among people who are married, living together, or have an ongoing or prior intimate relationship.

FORMS OF ABUSE

Physical

- Pushing or shoving
- Holding against your will
- Slapping
- Hitting or punching
- Subjected to reckless driving
- Abandoning in dangerous places
- Throwing objects

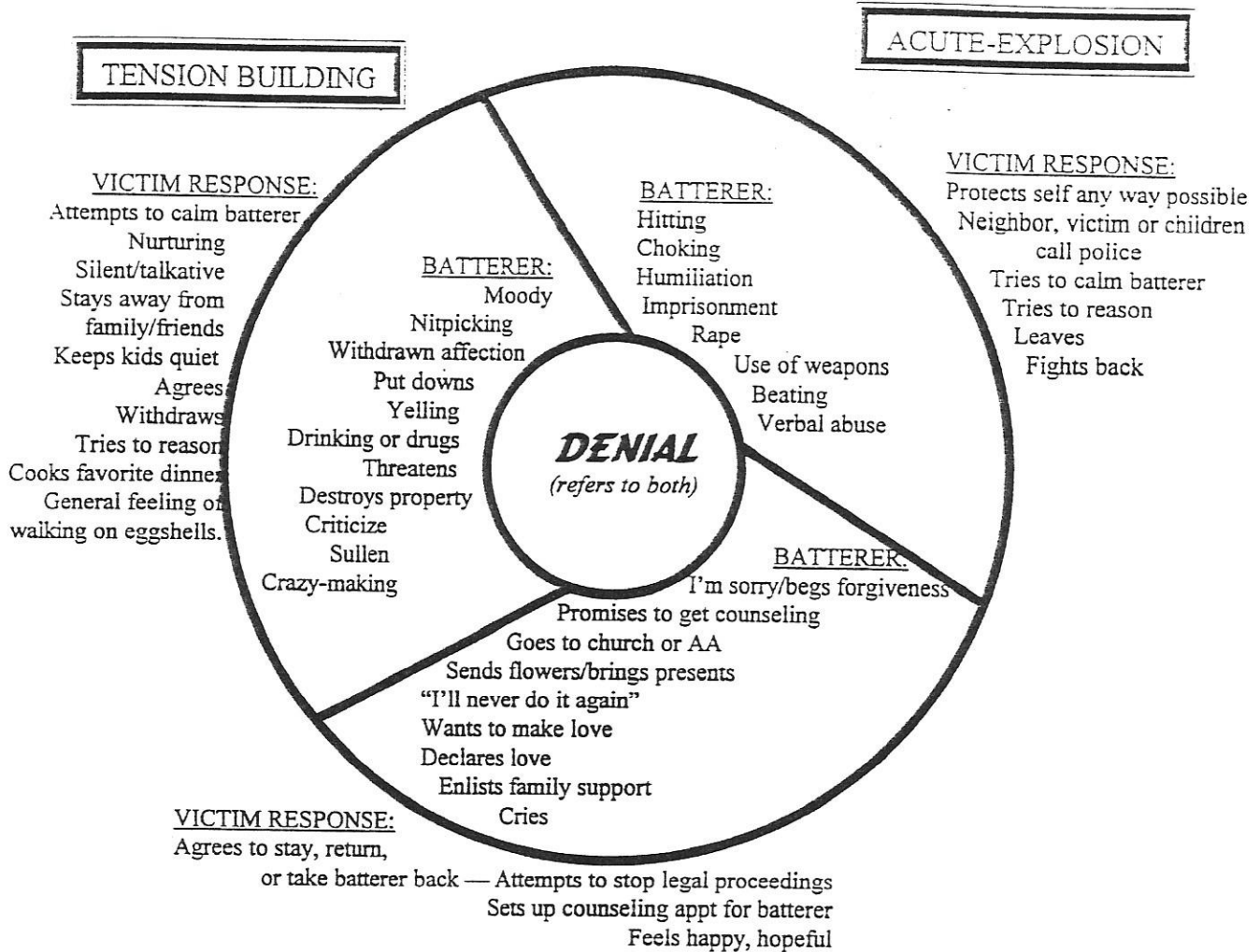
Sexual

- Treating women as sexual objects
- Criticizing you sexually
- Forced sex after beating you
- Withheld sexual affection
- Forcing you to strip
- Forced particular unwanted sexual acts
- Calling names such as "whore" and "frigid"

Emotional

- Ignore your feelings
- Regularly threaten to leave you
- Abused pets to hurt partner
- Manipulate with lies and contradictions
- Keep you from working, controlled money, made all decisions
- Refused to socialize with you
- Humiliate in public/private

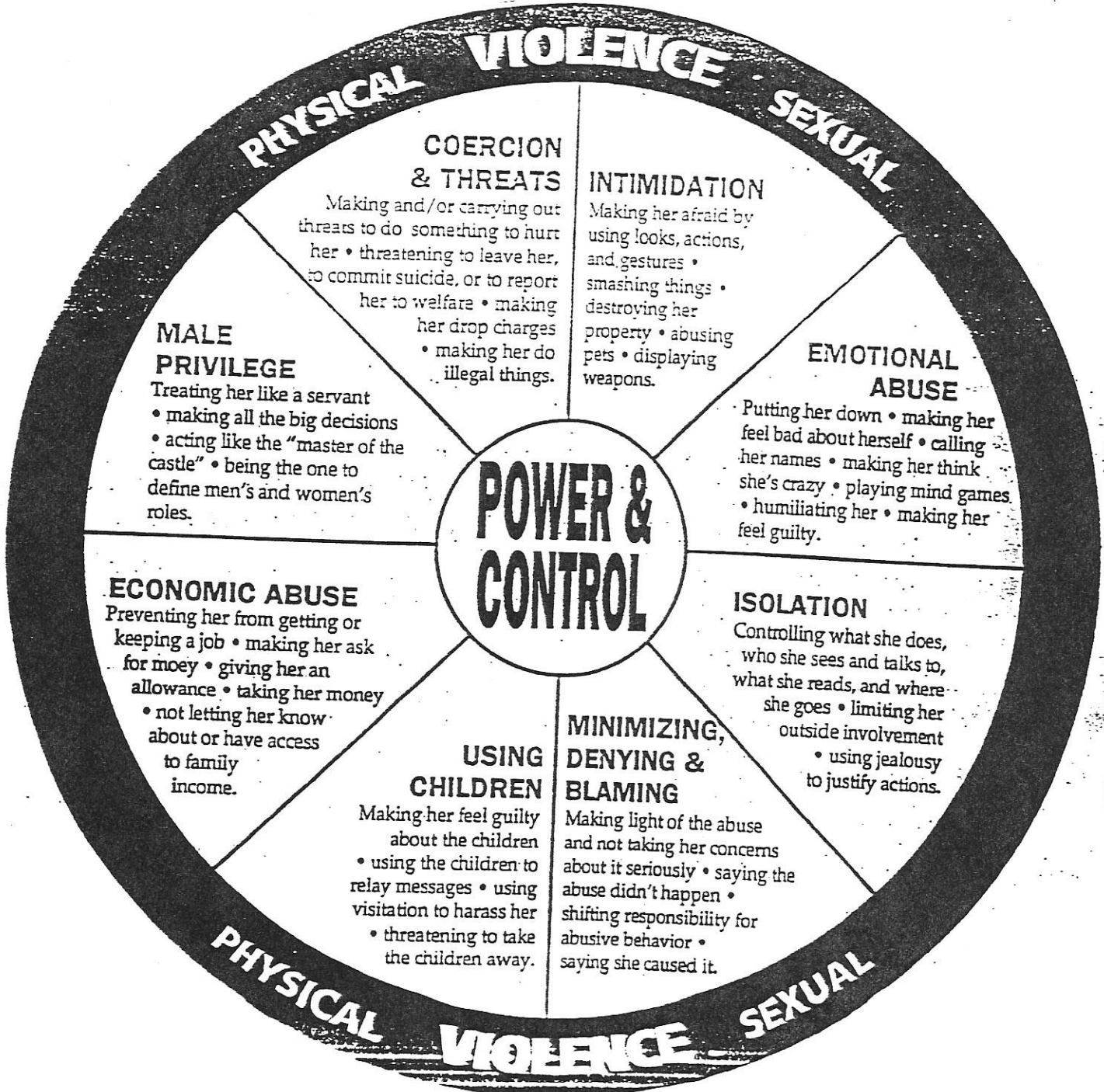
CYCLE OF VIOLENCE



HOW DENIAL WORKS IN EACH STAGE OF THE CYCLE TO KEEP THE CYCLE GOING. (ONLY BY BREAKING THROUGH THIS DENIAL CAN THE CYCLE BE BROKEN)

1. **TENSION BUILDING**
 Denies it's happening, excuses it as some outside stress (work, etc.)
 Blames self for batterer's behavior, denies that the abuse will worsen
 Batterer denies by blaming the tension on victim, the traffic, getting drunk, anything.
 Batterer denies responsibility for actions.
2. **EXPLOSION**
 Denies injuries, says they are only minor ("*I bruise easily*"), doesn't require police or medical help;
 Blames it on drinking ("*They didn't know what they were doing*");
 Does not label it rape because of their relationship;
 The batterer blames it on the victim, stress, etc. ("*They had it coming*")
3. **CALM STAGE**
 They minimize their injuries ("*It could have been worse*");
 Believes that this is the way it will stay, that this is the person of their dreams, believes the promises.
 The batterer also believes it won't happen again.
This period grows shorter over time.

POWER & CONTROL WHEEL



EFFECTS OF DOMESTIC VIOLENCE

ADULTS

- Death (of either perpetrator or victim) by homicide
- Death by suicide
- Disabling injuries
- Depression
- Difficulty in obtaining, maintaining, and adjusting to employment
- Emotional abuse and deprivation
- Breakup of family unit
- Court fights regarding separation, divorce and custody of children
- Perpetuation of social isolation for fear of violence being disclosed
- Continuing violence which will escalate if alternative behaviors are not learned
- Reoccurrence of violent behavior with new partner
- Expansion of violence into the community

CHILDREN

- Death by homicide
- Death by suicide
- Emotional injuries, low self-esteem
- Depression
- Aggressive behavior toward others/delinquency
- Poor school adjustment (educational and peer adjustment)
- Continuation of violence in their adult relationships
- Expansion of violence into the community

COMMUNITY

- Increase of crime and cost of prison
- Increase in legal, police, medical and counseling costs
- Decrease in quality of life
- Perpetuation of myths of inequality of women and men
- Perpetuation of cycle of violence

DEVELOPMENTAL EFFECTS

Developmental Effects on Children Who Witness Family Violence

1. Characteristics of children who witness family violence (Infants - Adolescents)
 - A. Important points to remember
 1. The characteristics are discussed in *general terms*
 2. Children's reactions are quite varied and range from major adjustment disorders to those who appear to be minimally scarred by the trauma
 3. The impact of family violence varies according to such factors as sex, age, stage of development, support, etc.
1. Infants
 - A. Emotional and Physical Consequences
 1. May suffer serious emotional and/or physical consequences: may suffer from neglect; may be abused; may be injured in a violent episode by being "caught in the crossfire"; or may be accidentally/purposely hit or pushed. The mother may hold the infant for infant's own safety but discover that the father has no regard for the baby's physical and emotional vulnerability.
 2. Basic needs for attachment may be significantly disrupted. Routines (sleeping, feeding, and changing) may become far from normal. Parents may be unable to handle the stressful demands of an infant. Infant will recognize the lack of availability of his/her parents.
 3. Irritable
 4. Sleeping difficulty
 5. Diarrhea
 6. Frequently ill
 - A. Developmental
 1. May show various forms of language delays; for example may be slow to babble or slow to imitate sounds, or may not respond to own name
 2. May show various cognitive delays; for example may not be too interested in exploring
 3. May show various social delays; may not pay attention to new faces, or may seem very frightened by new faces or surroundings; and may be slow to develop a social smile

DEVELOPMENTAL EFFECTS

1. Toddlers/Preschoolers

A. Emotional and Physical Consequences

1. May suffer serious emotional and/or physical consequences; may be neglected, physically abused; may try to intervene to defend mother
2. Somatic complaints
3. Irritable
4. Reluctant to leave mother
5. Fearful of being alone
6. May feel responsible for what is happening
7. Open about the violence in the family

A. Developmental

1. May regress to earlier stages of functioning
2. May show some language delay
3. May show some cognitive delay

1. Elementary School Age

A. Emotional and Physical Consequences

1. Significant emotional difficulties
 - a. Shame (hidden violence)
 - b. Embarrassed (family secret)
 - c. Guilt (somehow prevented violence)
 - d. Fear/anxiety (waiting for next violent episode; feel no safety in their own home; spend most of their hours in school inattentive, distracted)
 - e. Divided sense of loyalty (want to protect mother yet respect/fear father's "right" to control the family)
 - f. These feelings fluctuate with the idea someone will rescue them
 - g. Few opportunities to develop outside the family (few extracurricular activities) due to batter's domination and control
 - h. Undermines self-esteem
 - i. Undermines confidence for their future
1. May suffer serious emotional and/or physical consequences; may be neglected, physically abused; and/or try to intervene to defend their mother
2. Look to their parents as significant role models: boys may learn that violence is an appropriate way of resolving conflict; girls may learn that victimization is inevitable, and no one can help change this pattern

DEVELOPMENTAL EFFECTS

A. Developmental

1. Verbal about home life
2. May feel responsible for what is happening
3. Boys begin showing more aggressive, disruptive behavior (fighting with siblings/peers; girls begin showing an array of somatic complaints and may be more withdrawn, passive, clinging and anxious)
4. Bedwetting

1. Adolescents

A. Emotional, Physical and Developmental Consequences

1. Guarded/secretive about family situation
2. May deny violence occurred
3. May feel anger or loss of respect for mother
4. May confront mother with the fact that they cannot live with violence anymore
5. May fear yet respect father's power
6. May runaway (interviews of runaways point to family conflict and exposure to violence as a major factor on their decision to run away)
7. May take on additional responsibilities to keep family peace and try to provide safety for their family (may feel they cannot leave home in order to protect their mother, sisters, brothers, and may feel they have to calm batterer)
8. Many males begin to identify with father (become abusive themselves e.g. dating violence and/or abuse their mother)
9. Many females have a generalized distrust of men and view violence as inevitable
10. Begin to develop intimate relationships outside the family and begin to practice the sex roles and communication patterns they have learned.

A. Dating Violence

1. Abusive teen dating relationships generally exhibit a pattern of repeated verbal, sexual and physical violence that escalates and increases in severity the longer the relationship continues.
2. Most teens do not seek help from adults; therefore, many abusive relationships are never uncovered
3. FBI reports that 20% of female homicide victims are between 15 and 21 years old
4. Date rape accounts for 60% of all reported rapes. The majority of victims are between the ages of 16 and 24.

DEVELOPMENTAL EFFECTS

1. For all ages
 - A. A sense of isolation and helplessness
 - B. Learning that an effective method of problem solving is hitting
 - C. A tendency to have some developmental delays
 - D. Suffering from a high degree of anxiety
 - E. As the child matures, the degree of sympathy towards the mother begins to wane and may be replaced by overt hostility

Children Who grow up in Violent Homes Are:

4X More likely to be arrested by police

6X More likely to commit suicide

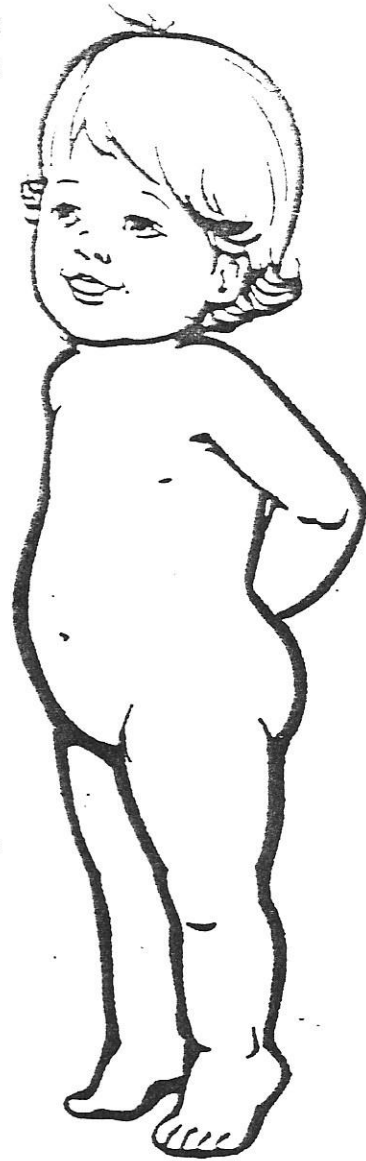
24X More likely to commit sexual assault

50X More likely to abuse drugs or alcohol

70% of men who batter their wives, also batter their children.

Boys who witness domestic violence are more likely to batter their female partners as adults than boys raised in nonviolent homes. And thus, the generational cycle continues.

62% of sons over age 14 were injured when they attempted to protect their mothers from attacks by abusive male partners.



The more battered women and children we help to live safely, the less children we will have who feel they need to turn to drugs, violence or gangs as alternatives to their violent homes. The way to help these children is to hold batterers accountable, and provide adequate support services to their mothers.

My Daddy is a Monster



He hurts my mommy
He hurts me too
Sometimes he hits
Sometimes he says things
that scare me and
make my mommy cry
after he leaves
Sometimes I wish he
won't come back ...ever.
I love my daddy.

Compelling Reasons that Keep Women in Abusive Relationships

The one question our culture generally asks of victims/survivors of domestic abuse is: "Why do/did you stay in an abusive relationship?" Sometimes the question is meant as an honest inquiry, though at other times it is spoken with an undercurrent of hostility or disbelief, e.g.: "It couldn't have been *that* bad, you must have liked it," or "If you *really* wanted to leave, you would have."

The following list is a composite of views from women in our groups over the past several years. They invited us into their lives and helped us to answer the question: "What keeps women in abusive relationships?"

Fear of Partner's Actions:

- He'll threaten to leave me.
- He said he'll "Hunt me down and kill me."
- He'll kidnap the children and disappear.
- He will spread horrible rumors about me.
- I will never be safe, I might as well live with him.
- She'll "out" me at work or to my family.

Effects of Abuse:

- Depression.
- Feelings of immobility.
- Can't face making decisions.
- I was brainwashed to believe I couldn't cope without him.
- I am so used to life being this way.
- I have no other real choices or options.

Roles the Culture Forces on Women:

1. Guilt

- I will ruin his life if I leave.
- He will have nowhere to go.
- She'll lose her job if I report this.
- He'll start drinking again.
- I will disappoint my family.
- I can't admit that my relationship is a failure.
- I have to take care of him.
- She wouldn't hurt me if I was better at keeping the house up.

2. Economic Dependence

- He has all the money.
- I've never had a good job, how would I make care of my kids alone?
- It's better to be beaten up at home than to be out on the street.
- I'd rather die than be on welfare.

3. Our Subordination

- He keeps me together; I'll fall apart if I leave.
- I have to have a man by my side.
- People will call me a slut, a whore, or sleazy.
- I'll be an old maid.
- I am afraid to be on my own.
- Who will protect me?
- Everyone is coupled. I need to be in a relationship.
- He gives me a sense of security.
- A "white knight" will come and rescue me if I just wait.
- Fear that I'll never be in a relationship again.
- I don't want to be a "divorced woman."
- Not enough men out there, I'd better stay.
- If something happened to me, who would know? Or care?

The Children:

- My children will blame me and resent me.
- The kids need a father.
- Children need a "real family."
- Unwilling to give up on the "House with a white picket fence, 2.2 perfect children" dream.
- He will steal the children.
- He will turn the children against me.
- Sons need male role models.
- She is the biological mother; I have no legal rights

Isolation:

- He doesn't let me out of the house; I don't even have any friends to call for help.
- If I *ever* tell *anyone* about this, he'll kill me.
- My sister said I couldn't come stay with her, anymore, after the last time....
- He said he'd teach Heien a lesson if I went over there again.

Personal History:

- My father beat my mom — it just goes with being in a relationship.
- Getting hit isn't the worst thing that can happen in a family — I know of worse things...

Love and Hope:

- I keep hoping he'll change.
- I believe him when he keeps saying that it will never happen again.
- I don't want to give up the good times.
- She promised she'd go into therapy.
- Sex and intimacy.
- My marriage vows.
- My religion.
- I love him.

Note: Not all of these reasons are found in each case. A combination of some of them can often be found and can be compelling enough to keep a woman in the relationship.

Sexual Assault Quiz

- T F All the victims of sexual assault are women; all perpetrators are men.
- T F Rape is an impulsive act.
- T F Rape is motivated by sexual desire.
- T F Real rape only happens when a stranger attacks a woman.
- T F A woman who truly resists can't be raped. If she didn't fight back she must have wanted it.
- T F "No" doesn't really mean "no".
- T F She got drunk she deserved it.
- T F She went to his room after the party. She was asking for it.
- T F If (s)he agrees to some degrees of sexual intimacy, (s)he wants to have intercourse.
- T F Some women and men have rape fantasies, and sometimes they come true.
- T F They weren't hurt they'll get over it.
- T F If the patient was not a virgin, it is not a big deal.
- T F Wives can't be raped by their husbands.
- T F Prostitutes can't be raped.
- T F Men can't be raped, especially by women. If the man does not have an erection, it can't happen.
- T F Women "cry rape" after consenting to sex and later changing their minds.

Dynamics of Sexual Assault

Sexual Assault is the penetration of another person's vagina, anus, or mouth without consent.

Rapist Profile:

- Power Offender seeks control over their victim through intimidation by means of a weapon, physical force or threat of bodily harm. (75%)
- Anger Offender expresses rage, contempt and hatred for victims by physically beating and sexually degrading them. (24%)
- Sadistic Offender is characterized by ritualistic behavior, fantasy and physical force. (1%)

Myths:

- The primary motive for rape is sexual
- Rape is provoked by the victim
- Most rapist are black men; their victims, white women
- Rape is an impulsive act
- Anyone could prevent sexual assault if they really wanted to
- Women frequently cry rape

Effects of Sexual Assault/Date Rape:

- Trauma
- Denial
- Resolution

Assisting The Victim:

- Listen, do not judge
 - Be attainable
 - Show empathy
 - Be patient and understanding
 - Encourage action
 - Empower; do not be overprotective
 - Accept her choice of solution to the rape
 - Remain professional
-
-

Notes:

HOW SEXUAL ASSAULT IS PERPETRATED IN OUR SOCIETY

"A CONTINUUM OF VIOLENCE"

HARRASSMENT

- Whistling
- Off-color jokes
- Pinching
- Suggestive remarks
- Job advancement
- Loss of job
- Threats of harm

SEXIST ADVERTISING

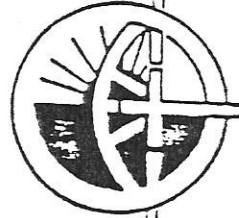
- Suggestive clothing ads
- Ads using only women in domestic scenes
- Ads depicting children in inappropriate roles
- Perfume ads with a theme of sexual urgency
- Videos portraying violence/bondage/perversion
- Pornography (using adults and children)

SEXUAL ASSAULT

- Marital rape
- Date/coercion rape
- Child molestation
- Child sexual assault
- Aggravated sexual assault
- Rape/murder

DESENSITIZATION

Attitudes toward sex roles and the pre-dominance of violence as an acceptable problem solver are elements that contribute to the continuation of sexual assault in our society. *The Bridge* is committed to education in regard to the underlying causes of sexual assault and support to the victim of that assault.



The Bridge

A Refuge for Women



A United Way Agency

Pasadena, Texas 77501
 P.O. Box 3488
 HOTLINE: 473-2801
 Shelter/Counseling

"All Services Provided Without Regard to Race, Color, National Origin, Age, Sex, Handicap or Religion"