#### **Understanding Domestic Violence:**

#### Why you should care, what you should know and how to help

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• What should you know?

• Why should you care?

 What can you do to help?



### **Know: DV definition**

 Intimate partner violence is a pattern of assaultive and coercive behaviors that may include inflicted physical injury, psychological abuse, sexual assault, progressive social isolation, stalking, deprivation, intimidation and threats. These behaviors are perpetrated by someone who is, was, or wishes to be involved in an intimate or dating relationship with an adult or adolescent, and are aimed at establishing control by one partner over the other.

Family Violence Prevention Fund. National Consensus Guidelines on Identifying and Responding to Domestic Violence Victimization in Health Care Settings.

http://www.endabuse.org/userfiles/file/Consensus.pdf



#### **Know: Key Aspects**

Pattern of
 Coercive
 Behavior



### Know: Power and Control Wheel



PHYSICAL

**USING COERCION** 

AND THREATS

VIOLENCE

USING

INTIMIDATION

SEXUAL

http://www.ncdsv.org/publications wheel.html

### Think About: Equality Wheel

#### Negotiation & Fairness

NON

Seeking mutually satisfying resolutions to conflict • Accepting change • Being willing to compromise.

#### Economic Partnership

Making money decisions together • Making sure both partners benefit from financial arrangements.

#### Shared Responsiblity

Mutually agreeing on a fair distribution of work • Making family decisions together.

#### Responsible Parenting

EQUALITY

NONVIOLENCE

Sharing parental responsibilities Being a positive non-violent role for the children.

#### Non-Threatening Behavior

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

#### Respect

Listening to her nonjudgmentally • Being emotionally affirming and understanding • Valuing opinions.

#### **Trust & Support**

Supporting her goals in life • Respecting her right to her own feelings, friends, activities and opinions.

#### Honesty & Accountability

Accepting responsibility for self • Acknowledging past use of violence • Admitting being wrong • Communicating openly and truthfully.

http://www.ncdsv.org/publications\_wheel.html

### Know: DV can happen to

 Generally MEN'S **VIOLENCE AGAISNT WOMEN**  Among violent crimes against a spouse, 86.1% of the offenders were male; against a boyfriend or girlfriend, 82.4%\*

 Bureau of Justice Statistics, Family Violence Statistics (2005, NCJ 207846)

- Teens
- Senior citizens
- All classes
- All races
- All religions
- Gays/lesbians
- Men in heterosexual relationships

### Know: Sexual Assault

Any sexual act committed without consent, through force, coercion or intimidation and/or when an individual is unable to freely and knowingly give consent

- Wives can be raped by husbands
- According to Michigan law, people who are drugged, incapacitated or under the age of 16 are deemed unable to give consent.

#### Know: DV is hidden

- Guilt
- Shame
- Denial
- Fear of retaliation
- Fear of blame
- Privacy



### Why Care: It is a violent crime!

- Violence causes trauma. Without proper support, the result can be
  - Hallucinations and dissociation
    Depression, suicidal tendencies
  - Chronic anxiety
  - Hostility
  - Chronic fatigue syndrome
  - •Eating disorders
  - •Sexually Transmitted Diseases

Migraines
Substance abuse disorders
Indigestion, diarrhea, chronic irritable bowel syndrome
Self-injury
Cognitive impairments
Disease
Disability and premature death.

Witness Justice. Trauma – the "Common Denominator,"

http://download.ncadi.samhsa.gov/ken/pdf/NCTIC/The Science of Trauma.pdf. Family Violence Prevention Fund, National Consensus Guidelines on Identifying and Responding to Domestic Violence Victimization in Health Care Settings. http://www.endabuse.org/userfiles/file/Consensus.pdf

# Why Care: Prevalence

- More than 1 in 3 women (35.6%) and more than 1 in 4 men (28.5%) have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime
- Nearly 1 in 5 women

   (18.3%) and 1 in 71 men
   (1.4%) have been raped
   at some time in their lives
  - Perpetrators are mostly partners or acquaintances



Centers for Disease Control and Prevention, National Intimate Partner and Sexual Violence Survey, 2010 Report http://www.cdc.gov/violenceprevention/pdf/nisvs\_report2010-a.pdf

# Why Care: health impact on pregnancy

"Six percent of all pregnant women are battered and pregnancy complications, including low weight gain, anemia, infections, and first and second trimester bleeding, are significantly higher for abused women, as are maternal rates of depression, suicide attempts, and substance abuse."

Family Violence Prevention Fund, National Consensus Guidelines on Identifying and Responding to Domestic Violence Victimization in Health Care Settings. http://www.endabuse.org/userfiles/ file/Consensus.pdf



### Why Care: Effect on children

 Children who witness domestic violence may suffer: PTSD, nightmares, depression, learning difficulties, aggressive behavior and substance abuse.



U.S. Department of Health and Human Services. *Mental Health: A Report of the Surgeon General.* http://www.surgeongeneral.gov/library/mentalhealth/home.html Family Violence Prevention Fund, *National Consensus Guidelines on Identifying and Responding to Domestic Violence Victimization in Health Care Settings.* http://www.endabuse.org/userfiles/file/Consensus.pdf

#### Why Care: Economic Costs

- The costs of intimate partner rape, physical assault, and stalking exceed \$5.8 billion each year (2003 \$)
- nearly \$4.1 billion is for direct medical and mental health care services.
- nearly \$1.8 billion is indirect costs of lost productivity and earnings

National Center for Injury Prevention and Control. Costs of Intimate Partner Violence Against Women in the United States. Atlanta (GA): Centers for Disease Control and Prevention; 2003. http://www.cdc.gov/ncipc/pub-res/ipv\_cost/ipvbook-final-feb18.pdf

CDC, Intimate Partner Violence: Consequences, http://www.cdc.gov/violenceprevention/intimatepartnerviolence/consequences.html

#### Why Care: Battered Women Need Your Help

On Sept 17, 2013 [one day!]



	Whole US	Michigan
Victims Served	66,581	2,293
Emergency Shelter	23,517 (50% children)	801
Hotline calls	20,267	409
Unmet Requests	9,641 (5,778 for shelter*)	200

\* 60% return to abuser, 38% homeless or live in car

National Network to End Domestic Violence, Domestic Violence Counts 2013. http://nnedv.org/projects/census.html

### Help: Key messages

- You are not alone
- This is not your fault
  - How much do you blame the victims of other crimes?
- There is help available
- You [no one] deserves to be treated this way
- "Would you like to tell me what happened?"
  - Don't trigger blame: Why did you do that, wear that, say that, go there...



### Help: How is a survivor feeling?

- Responsible
- Angry
- Hopeful
- Scared
- Unsteady
- Determined
- Resilient
- Victimized



#### Help: Understand Love

- She may love him, not the abuse
- She wants the abuse to end, not the relationship

SafeHouseCenter.c I LOVED YOU YOU WERE THE DADDY I NEVER BUTYOU TOOK ADVANTAGE @ FIRST , THOUGHT IT WAS MY FAUST & YOU LET ME BELIEVE BUT FOR A LONG TIME. BUT IT AINT MY FAULT. I STILL LOVE YOU BUT YOU HURT ME \$ IT WILL NEVER BE THE SAME.

### Help: Empower, don't order

 DV or SA means person is experiencing profound loss of control over life.

Orders or appeals to authority will not be effective.

 Empower person by providing options and information so they can choose.



# Help: Safety Plan

- Leaving is the most dangerous time.
  - Abuser escalates to reestablish control



- "I'm worried about your safety and would like to help you make a plan so it will be there if/when you want to leave"
  - Keys, \$, ID, clothing, personal items

#### Help: Understand ("over") reactions

- May still be minimizing or not sharing all aspects of abuse (esp. sexual abuse)
- Past traumas (abuse, incest, rape) and current situations (workplace sexual harassment) can factor into current

response

Is it really that bad?"

# Help: Ask for help yourself

#### Call DV hotline

"This is a nonemergency call. I'm trying to help a friend. Is this a good time for you?"

1-800-799-7233 SAFE



#### Help: Don't Give Up

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have Faith	SafeHouseCenter.org

Paul's Domestic Violence class webpage: http://paulsjusticepage.com/emu/crm550.htm Dr. Paul Leighton is a professor in the Department of Sociology, Anthropology & Criminology at Eastern Michigan University. He has been teaching a graduate level course on domestic violence and sexual assault for most of the 17 years he has been at EMU. Leighton served six years, including two as president, on the board of SafeHouseCenter.org.

More information about him is available on his website, <a href="http://paulsjusticepage.com/paul/pauls-cv.htm">http://paulsjusticepage.com/paul/pauls-cv.htm</a>

His DV and SA class

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