



Date: 11/28/2023
Time: 10AM until 12PM
Location: 1750 West 103rd Street Chicago IL, 60643
Virtual info:
Meeting ID: 83457129193
Password: 553998
Phone Number: 312-626-6799

Community Topic: Understanding Domestic Abuse and Violence

Trainer and Presenter: Sherry Nolen

Domestic Violence hotline: 800-799-7233

What is Domestic Violence?

Also known as Intimate partner violence: A pattern of abusive behavior in any relationship used by one partner to sign or maintain control over another intimate partner.

- Physical
- Sexual
- Economic
- Psychological
- Technological
- Stalking

Physical: Hitting, biting, slapping, shoving, punching, pulling hair, cutting, etc. Any violent behavior or physical injury.

Sexual: this happens when the abusers coerce the victim into having sexual contact or sexual behavior without consent.

Psychological: Also known as emotional abuse. Emotional abuse is nonphysical behaviors that are meant for control, to isolate, and to frighten.

Economic: When the abuser uses financial gain to control or manipulate for their better good.

Technological: Social media, PS etc. is being used to threaten or control the individual.

Stalking: Unwarranted advice, and or communication after being told NO!

Common practice within domestic violence

Gas Lighting: Emotions, words, used that are twisted and used against you causing you to question reality.

Love bombing: Excessive behavior that may look different for everyone. However, it is the action or practice of lavishing someone with attention of affection especially to influence or manipulate them. Over the top excessive behavior!

Domestic Violence is a sign of:

- Trauma
- Unhealthy reactions
- Substance misuse
- Mental illness

How to combat domestic violence: Know it is not your fault:

- The person that is the abuser has their own issues that has caused them to be aggressive that has nothing to do with you. This is a SELF INTERNAL ISSUE!
- Tell someone never keep it a secret.
- Get an order of protection: Call the police and get them involved. Peruse and got to court!
- Have a safety plan.
- Get counseling!
- Work through your own issues/; trauma

Domestic violence is serious and if you or someone you know has or is experiencing it, please reach out to 800-799-7233 for assistance.

Please call 911 if you or you witness anyone experiencing domestic violence.

UNDERSTANDING

DOMESTIC

VIOLENCE

BREAKING THE SILENCE

Sherry Nolen, CEO: Saving Ourselves



INTRODUCTION

What is domestic violence?

Domestic violence, also known as intimate partner violence (IPV) or domestic abuse, is a pattern of behaviors used by one person to maintain power and control over another person in a close relationship. This type of violence can occur between spouses or partners, family members, or within a household.

TYPES OF DOMESTIC VIOLENCE

- **PHYSICAL ABUSE**
Inflicting physical harm or injury, such as hitting, slapping, punching, or using weapons.
- **PSYCHOLOGICAL ABUSE**
Manipulating and controlling someone's thoughts and perceptions through threats, gaslighting, or mind games.
- **SEXUAL ABUSE**
Coercing or forcing someone into sexual acts without their consent.
- **EMOTIONAL ABUSE**
Undermining an individual's emotional well-being through tactics like humiliation, degradation, intimidation, or isolation.
- **FINANCIAL ABUSE**
Controlling or restricting access to financial resources, employment, or education, thereby limiting the victim's independence.
- **SEXUAL ABUSE**
Coercing or forcing someone into sexual acts without their consent.



STATISTICS

PREVALENCE OF DOMESTIC VIOLENCE

According to the 2015 survey:

About 1 in 4 women (24.3%) and 1 in 7 men (13.8%) in the U.S. have experienced severe physical violence by an intimate partner in their lifetime.

Approximately 1 in 3 women (36.4%) and 1 in 4 men (28.5%) have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime.



IMPACT ON VICTIMS AND FAMILIES

IMPACT ON VICTIMS AND FAMILIES

Physical Health Consequences:

Victims of domestic violence may suffer from immediate physical injuries, such as bruises, fractures, or internal injuries. Chronic abuse can lead to long-term health issues, exacerbate existing health conditions, and, in extreme cases, result in severe harm or death.



MENTAL AND EMOTIONAL HEALTH IMPACT

Domestic violence often leads to significant psychological trauma, including anxiety, depression, post-traumatic stress disorder (PTSD), and a heightened risk of suicide. Victims may experience feelings of shame, guilt, and worthlessness.



ISOLATION AND ALIENATION

Abusers commonly use isolation as a tactic to control their victims. This isolation can strain relationships with friends and family, leading to a sense of alienation and further limiting the victim's support network.



IMPACT ON CHILDREN

Children in households with domestic violence may witness the abuse, leading to emotional and psychological trauma. They may develop behavioral issues, struggle with academic performance, and experience difficulties forming healthy relationships in the future.



STATISTICS

FINANCIAL CONSEQUENCES

Victims may face economic control and financial abuse, making it challenging to access resources for themselves and their children. Economic dependence on the abuser can be a barrier to leaving an abusive relationship.



EMPLOYMENT & EDUCATION

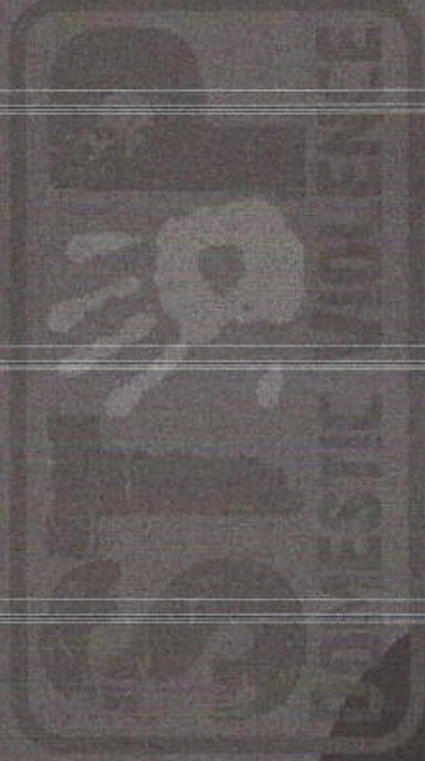
Domestic violence can interfere with a victim's ability to work or attend school. The need to address injuries, attend court proceedings, or navigate other challenges related to abuse can disrupt employment and educational opportunities.



STATISTICS

CYCLES OF VIOLENCE

Domestic violence often follows a cycle of tension-building, an incident, and reconciliation. Victims may become trapped in this cycle, making it difficult to break free from the abusive relationship.



IMPACT ON SELF-ESTEEM & EMPOWERMENT

Victims may experience a significant decline in self-esteem and self-worth due to the emotional and psychological abuse they endure. This can make it challenging for them to assert themselves, seek help, or envision a future free from abuse.



LEGAL CONSEQUENCES

Victims may be entangled in legal processes, such as obtaining protective orders or participating in court proceedings. Navigating the legal system can be stressful and overwhelming.



INTER-GENERATIONAL EFFECTS

Domestic violence can perpetuate cycles of abuse, with children who witness or experience abuse being more likely to become either victims or perpetrators in adulthood...

Recognizing and addressing the impact of domestic violence requires a comprehensive approach that includes providing support services, legal protection, counseling, and community awareness programs. Breaking the cycle of violence often involves empowering victims to seek help, raising public awareness, and holding perpetrators accountable for their actions.



CYCLES OF VIOLENCE

TENSION-BUILDING PHASE

This phase is characterized by a gradual increase in tension and stress within the relationship.

Communication may become strained, and the victim may feel as though they are “walking on eggshells”; to avoid triggering the abuser’s anger. The abuser may become increasingly irritable, controlling, or verbally abusive. During this phase, the victim often tries to placate the abuser, hoping to prevent the escalation of tension.



CYCLES OF VIOLENCE

INCIDENT OR CRISIS PHASE

The tension that has been building in the relationship reaches a breaking point, leading to an explosive incident of violence or abuse. This can involve physical, emotional, or verbal abuse.

The severity of the incident can vary, ranging from threats and intimidation to physical harm.

The incident is often fueled by the abuser's need for control and power. The victim may feel helpless and frightened during this phase.



CYCLES OF VIOLENCE

RECONCILIATION OR HONEYMOON PHASE

Following the violent incident, the abuser enters a phase of remorse, apologies, and seemingly genuine efforts to make amends. This phase is known as the reconciliation or honeymoon phase. The abuser may express regret, promise to change, and shower the victim with affection and gifts. This sudden shift in behavior can create confusion for the victim, who may want to believe that the abusive behavior will not happen again. The abuser may use this phase to manipulate the victim emotionally and maintain control.



BARRIERS TO LEAVING



FEAR

Fear is a significant barrier that prevents many victims from leaving an abusive relationship.

This fear can be multi-faceted, encompassing concerns for personal safety, the safety of children, and the fear of retaliation from the abuser.

Abusers often use intimidation, threats, and manipulation to instill fear in their victims, creating a sense of powerlessness and making it difficult for the victim to imagine a safe and secure life outside the relationship.



BARRIERS TO LEAVING

FINANCIAL DEPENDANCE

Many victims of domestic violence face financial barriers that hinder their ability to leave.

Abusers may exercise control over financial resources, making it challenging for the victim to access money, maintain employment, or establish financial independence.

The fear of economic instability, homelessness, or an inability to provide for oneself and any children can be a significant obstacle to leaving an abusive relationship.



BARRIERS TO LEAVING

A lack of support, whether from friends, family, or the community, can be a substantial barrier to leaving.

Victims may feel isolated and may not have a reliable network to turn to for assistance.

Social stigma, judgment, or a lack of understanding about the dynamics of domestic violence can contribute to the victim's sense of isolation.

Lack of support can make it harder for victims to disclose the abuse, seek help, and make the necessary arrangements to leave the abusive relationship.

LACK OF SUPPORT



MYTHS VS FACTS

MYTH

Domestic violence only involves physical abuse.

FACT

Domestic violence encompasses various forms of abuse, including emotional, psychological, sexual, and financial abuse. Physical violence is just one aspect of a broader pattern of controlling behavior.

MYTH

Domestic violence only happens in certain socioeconomic or cultural groups.

FACT

Domestic violence occurs across all socioeconomic, cultural, and educational backgrounds. It affects people of all races, ethnicities, genders, and socioeconomic statuses.

MYTHS VS FACTS

MYTH

Domestic violence is a private matter, and outsiders should not get involved.

FACT

Domestic violence is a public health issue that requires intervention and support. Community awareness and involvement are crucial to breaking the cycle of violence and supporting victims.

MYTH

Domestic violence only happens in heterosexual relationships.

FACT

Domestic violence occurs in relationships of all sexual orientations and gender identities. Abuse is not limited to heterosexual couples.

MYTHS VS FACTS

MYTH

Victims of domestic violence provoke or deserve the abuse.

FACT

No one deserves or provokes abuse. Responsibility for abusive behavior lies with the perpetrator, not the victim. Victim-blaming perpetuates the cycle of violence.

MYTH

Domestic violence is always physical and obvious.

FACT

Abuse can be subtle and not immediately visible. Emotional, psychological, and financial abuse can be just as damaging as physical violence. Abuse is not limited to heterosexual couples.

MYTHS VS FACTS

MYTH

Leaving an abusive relationship is easy, and victims who stay are weak.

FACT

Leaving an abusive relationship is a complex process that involves various barriers, including fear, financial dependence, and lack of support. Victims who stay are often making the best decisions for their safety given their circumstances.

MYTH

Abusers cannot change.

FACT

While changing abusive behavior is challenging and requires commitment, some individuals can change with appropriate intervention, therapy, and accountability. However, change is not guaranteed, and safety measures should be prioritized.

MYTHS VS FACTS

MYTH

Domestic violence only affects women.

FACT

Both women and men can be victims of domestic violence. It is essential to recognize and address abuse regardless of the gender of the victim.

MYTH

Domestic violence is a one-time event.

FACT

Domestic violence is typically a pattern of behavior that repeats over time. It often follows a cycle of tension-building, an incident, and a reconciliation phase.

LEGAL ASPECTS

PROTECTIVE ORDERS

Protective orders, also known as restraining orders or orders of protection.

REPORTING DOMESTIC VIOLENCE

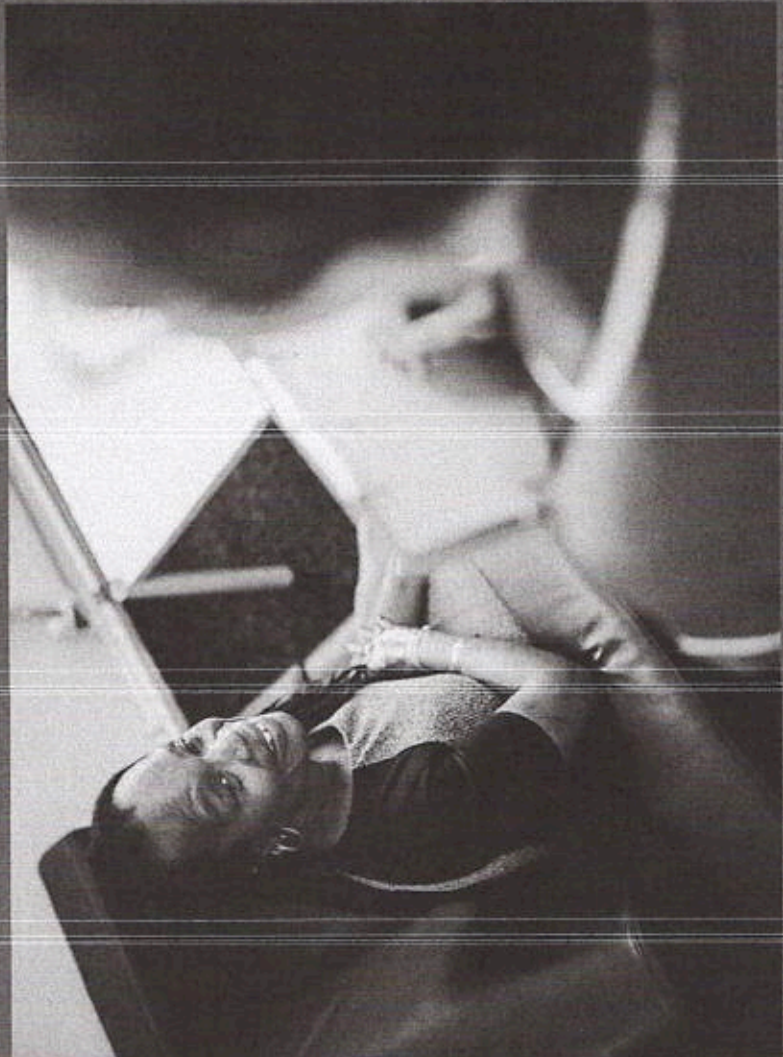
Reporting domestic violence involves notifying law enforcement or relevant authorities about incidents of abuse.

LEGAL RESOURCES

Legal resources for victims of domestic violence encompass a range of services and support mechanisms to help individuals navigate the legal system.

- Legal Aid Services
- Domestic Violence Advocates
- Shelters and Hotlines
- Legal Clinics





SUPPORT SERVICES

- Hotlines
- Shelters
- Counseling Services

PREVENTION

Community awareness in the context of domestic violence prevention refers to efforts that aim to educate and inform the public about the dynamics, signs, and consequences of domestic violence. This involves raising awareness about the prevalence of abuse, dispelling myths, and promoting a collective understanding of the issue.

Community awareness campaigns often use various channels, such as public events, social media, and educational materials, to reach a wide audience.

**COMMUNITY
AWARENESS**



PREVENTION

Domestic violence education programs are initiatives designed to provide individuals and communities with information and skills to prevent and respond to domestic violence.

EDUCATION PROGRAMS

These programs may target different audiences, including schools, workplaces, and community groups. Education programs often cover topics such as healthy relationships, conflict resolution, communication skills, and recognizing warning signs of abuse.



PREVENTION

CHANGING SOCIAL ATTITUDES

Changing societal attitudes involves challenging and transforming cultural norms and beliefs that perpetuate or tolerate domestic violence. This aspect of prevention seeks to shift public perceptions regarding gender roles, power dynamics, and acceptable behaviors within relationships.

Changing societal attitudes often involves advocacy, public discourse, and cultural initiatives that challenge harmful stereotypes and promote values of respect, equality, and nonviolence.





RESOURCES

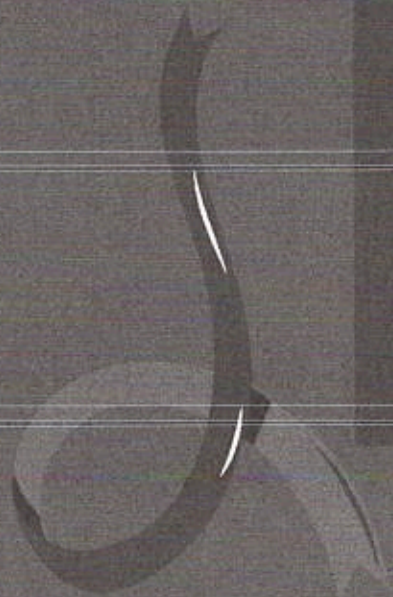
National and Local Organizations
Websites and Helplines



“Don’t judge yourself by what
others did to you.”

-CODY KENNEDY

CONCLUSION



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