

## DV101

1 hour

### INTRODUCTION (5 minutes)

1. **Presenter**
2. **AWAP**
  - Brief description
3. **Audience**
4. **Brief overview of presentation**
5. **Messages**
  - Take care of yourself
  - Confidentiality / personal sharing
  - 95% DV is male to female. DV does happen in all kinds of relationships. Language in presentation reflects statistic.

### REVIEW OF BASIC DYNAMICS

6. ***What is Abuse? (10 minutes)***
  - Use P&C wheel as illustration.
  - Ask participants for examples.
  - Which of these are illegal? Circle. Only some tactics of abuse are illegal.*
  - Abuse is:*
    - DV is a pattern of coercive behavior in which one person attempts to control another through threats or actual use of physical violence, sexual assault, and verbal or psychological abuse.
    - A choice. Not about anger management or being "out of control." In fact the abuser is very much "in control."
  - Why abuse? Sense of entitlement (ex: Martial rape not illegal until 1980)
  - Need to control others.
7. **Statistics**
  - In Maine, the crime of domestic assault is reported to police every 104 minutes.
  - In Maine in 2006, 31% of homicides were related to domestic situations.
  - Almost one-third (31%) of American women report being physically or sexually abused by a husband or boyfriend at some point in their lives.

- Estimates of annual violence against men perpetrated by intimate partners (male or female) range from 5-15%.
- 1 in 3 teen relationships is abusive.
- Women age 16-24 have the highest per capita rate of intimate partner violence.
- Domestic violence occurs in approximately 25%-33% of same-sex relationships.

### 8. Commonly Held Beliefs (Discussion, Agree/ Disagree)

- People become abusive because they have too much stress in their lives.
- Alcohol and drug use can cause a person to act abusively.
- People who are abused as children or who witness abuse between their parents are going to be in abusive relationships as adults.
- Women end up in abusive relationships because they have low self-esteem.
- It's easy to spot people who are abusive and to avoid getting involved with them.

### 9. Nineteen-Person Skit (15 minutes)

- Explanation: The victim's remarks may be her thoughts. The abuser's remarks may be what the victim is hearing in the victim's mind.
- *What are people's first reactions?*
- *What messages is the victim getting from the community?*
- *How did you feel hearing these things?*
- *How did you feel hearing the abuser's thoughts?*

### 10. Risks and Barriers (10 minutes)

- *What are the possible risks if the victim stays?* (Both in regards to the skit and to any victim.) List.
- *What are the possible risks if the victim leaves?* List.

## RESPONDING TO DOMESTIC VIOLENCE

### 11. Reporting

- Brief summary

### 12. Ways to Help / Safety Planning

- Many of you are probably asking by this point, 'What can I do?'
- *What do you think you can do? What do you think would be helpful?*
- Always talk privately
- Express concern for a person's well-being
- Never blame the victim

- Person-defined advocacy, meet them where they are at
  - Offer resources and information
  - Offer a private place to call helpline
  - Personal experience can be a valuable thing to draw upon, but remember that your experience/circumstances/resources may not be the for others
  - Create interventions/safety planning
  - Flexibility
  - Honor confidentiality
- Be supportive each time someone needs it.

## **RESOURCES**

17. **AWAP Services**
18. **Questions**
19. **Evaluations**

# Domestic Violence and How to Respond



The Abused Women's Advocacy Project

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## Introduction

- ❖ The Abused Women's Advocacy Project
- ❖ Safety/ Confidentiality/ Personal Sharing
- ❖ Statistics Reflecting Language

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## Overview & Process

- ❖ Please participate as you feel comfortable as it supports our collective education (in other words share your thoughts & ask questions!)
- ❖ We will spend about 1 hour talking about the dynamics of domestic abuse, the barriers to someone effected by abuse, and how each of us can help those impacted by domestic abuse.

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## What Is Domestic Abuse?

Domestic Abuse is a pattern of coercive behaviors in which one intimate partner chooses to control the other through threats or actual use of physical violence, sexual assault, and verbal and/or psychological abuse.

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Why would someone choose to be abusive?

- ❖ Sense of entitlement
- ❖ "Rule of Thumb"

How do we know it's a choice?

Because people who choose to be abusive do so only to their intimate partners, not their boss at work, or random people on the street. It is chosen, often planned and controlled by the individual.

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## Statistically Speaking...

- ❖ In 70-80% of intimate partner homicides, no matter which partner was killed, the man physically abused the woman before the murder.
- ❖ One in every four women will experience domestic violence in her lifetime.
- ❖ There are 16,800 homicides and 2.2 million (medically treated) injuries due to intimate partner violence annually, which costs \$37 billion.

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## Community Voices Matter

### 19 Person Community skit

Created by Spruce Run Association (Bangor, ME)

- ❖ How did the character you played place a barrier to the victim leaving?
- ❖ What surprised you about the skit? Was there any language you feel was blaming without intention?

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## Risk Analysis

stay	leave
-injury -death -continued exposure to abuse for victim as well as children -emotional harm -impact on mental health -risk to children -property damage -unemployment -isolation -poverty -exposure to STD's	-injury -death -continued exposure to abuse for victim as well as children -emotional harm -impact on mental health -risk to children -property damage -unemployment -isolation -poverty -exposure to STD's

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## What You Can Do...

### What might you might look for and be aware of?

- ❖ "Subtle (or not so subtle) controlling behaviors
- ❖ "Velcro" partner
- ❖ Partner answers for them ("she fell")
- ❖ Belittling ("she's really clumsy")

### Identifying People Affected by DV

- ❖ No mandatory law for reporting DV
- ❖ Child abuse/neglect, actual threat of harm to self or someone else & gunshot wounds ARE mandatory reports

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## Safety Planning

- ❖ Always talk privately
- ❖ Express concern for a person's well being
- ❖ Never blame the victim
- ❖ Listen
- ❖ Offer resources and information
- ❖ Offer a private place to call a helpline
- ❖ Volunteer with a domestic violence agency

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## Safety Planning (cont.)

- ❖ Personal experience can be a valuable thing to draw upon but remember that your circumstances/experience may not be the same as for others
- ❖ Flexibility
- ❖ Honor confidentiality
- ❖ Be supportive each time someone needs it

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## What to do if you think someone is choosing to be abusive...

- ❖ Be direct and clear about what you see and what worries you
- ❖ Suggest that there are places to get help
- ❖ Speak up when you hear degrading, hurtful jokes & threats of violence

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### AWAP Services

- ❖ 24hr helpline (1-800-559-AWAP)
- ❖ Emergency Shelter
- ❖ Transitional Services
- ❖ Androscoggin Justice Project
- ❖ DHHS Liaison
- ❖ Support Groups
- ❖ Voices Committed to Change (School Based Education)
- ❖ Community Education
- ❖ Batterers Intervention Program

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### Thank you!

*Thank you for your time.*  
*For more information please contact*  
Kelley Glidden  
Director of Community Education  
(207)795-6744 ext.22

[www.awap.org](http://www.awap.org)  
Helpline: 1-800-559-2927

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# Statewide Domestic Violence Helpline: 1.866.834.HELP

## Member Projects

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### ABUSED WOMEN'S ADVOCACY PROJECT (Androscoggin, Franklin & Oxford Counties)

P.O. Box 713, Auburn, ME 04212-0713

Admin.: 207-795-6744

Hotline: 1-800-559-2927 or 207- 795-4020

Send E-mail to: [awap@awap.org](mailto:awap@awap.org) or look on the web at: [www.awap.org](http://www.awap.org)

### BATTERED WOMEN'S PROJECT (Aroostook County)

421 Main St., Suite 2, Presque Isle, ME 04769

Admin.: 207-764-2977

Hotline: 1-800-439-2323

Send E-mail to: [BatteredWomensProject@hotmail.com](mailto:BatteredWomensProject@hotmail.com)

### CARING UNLIMITED (York County)

P.O. Box 590, Sanford, ME 04073

Admin.: 207-490-3227

Hotline: 1-800-239-7298 or 207-324-1802

Send E-mail to: [caring@gwi.net](mailto:caring@gwi.net) or look on the web at: [www.caring-unlimited.org](http://www.caring-unlimited.org)

### FAMILY CRISIS SERVICES (Cumberland & Sagadahoc Counties)

P.O. Box 704, Portland, ME 04104

Admin.: 207-767-4952

Hotline: 1-800-537-6066; 207-874-1973

All numbers TTY accessible

Send E-mail to: [familycrisis@familycrisis.org](mailto:familycrisis@familycrisis.org) or look on the web at: [www.familycrisis.org](http://www.familycrisis.org)

### FAMILY VIOLENCE PROJECT (Kennebec & Somerset Counties)

P.O. Box 304, Augusta, ME 04332

Admin.: 207-623-8637

Hotline: 1-877-890-7788; 207-623-3569

Send E-mail to: [fvp@familyviolenceproject.org](mailto:fvp@familyviolenceproject.org) or look on the web at: [www.familyviolenceproject.org](http://www.familyviolenceproject.org)

### NEW HOPE FOR WOMEN (Knox, Lincoln & Waldo Counties)

P.O. Box A, Rockland, ME 04841-0733

Admin. & Hotline: 207-594-2128 or 1-800-522-3304

Belfast area hotline 207-338-6569

Damariscotta area hotline 207-563-2404

Send E-mail to: [newhope@newhopeforwomen.org](mailto:newhope@newhopeforwomen.org) or look on the web at: [www.newhopeforwomen.org](http://www.newhopeforwomen.org)

### SPRUCE RUN (Penobscot County)

P.O. Box 653, Bangor, ME 04402

Admin.: 207-945-5102

Hotline: 1-800-863-9909 or 207-947-0496

TTY: 207-955-3777

Send E-mail to: [sprucerun@sprucerun.net](mailto:sprucerun@sprucerun.net) or look on the web at: [www.sprucerun.net](http://www.sprucerun.net)

**THE NEXT STEP (Hancock & Washington Counties)**

**Hancock County:**

**P.O. Box 1465, Ellsworth, ME 04605**

**Admin.: 207-667-0176**

**Hotline: 1-800-315-5579 or 207-667-4606**

**Send E-mail to: [nextstep@midmaine.com](mailto:nextstep@midmaine.com)**

**Washington County:**

**P.O. Box 303, Machias, ME 04654**

**Admin: 207-255-4934**

**Hotline: 1-888-604-8692 or 1-207-255-4785**

**Send E-mail to: [lfogelman@nextstepdvproject.org](mailto:lfogelman@nextstepdvproject.org) or look on the web at:**

**[www.nextstepdvproject.org](http://www.nextstepdvproject.org)**

**WOMANCARE (Piscataquis County)**

**P.O. Box 192, Dover-Foxcroft, ME 04426**

**Admin & Hotline: 207-564-8165**

**Hotline: 1-888-564-8165**

**Send E-mail to: [wmncare@wmncare.org](mailto:wmncare@wmncare.org) or look on the web at: [www.wmncare.org](http://www.wmncare.org)**

**All 800, 877, and 888 numbers are toll-free. Collect calls are accepted at all 207 hotline numbers.**

**[Print \(PDF\) list of domestic violence projects.](#)**

**Culturally Specific Organizations Providing Domestic Violence Services:**

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**Aroostook Band of Micmacs Family Violence Prevention Services**

**Admin: 207-764-2977**

**Hotline (Battered Women's Project): 1-800-439-2323**

**Maliseet domestic Violence & sexual assault Program**

**Admin & Hotline: 207-532-6401**

**Cell phone: 207-694-1353**

**Passamaquoddy Peaceful Relations Domestic Violence Program**

**Hotline: 1-877-853-2613**

**Admin: 207-853-2600**

**Penobscot Nation**

**Hotline (Spruce Run): 1-800-863-9909, 207-947-0496**

**Sudanese Development Institute of Maine**

**Admin & Hotline: 207-879-2281**

**Tengo Voz**

**Admin & Hotline: 207-553-2252**

**United Somali Women of Maine**

**Admin & Hotline: 207-753-0061**