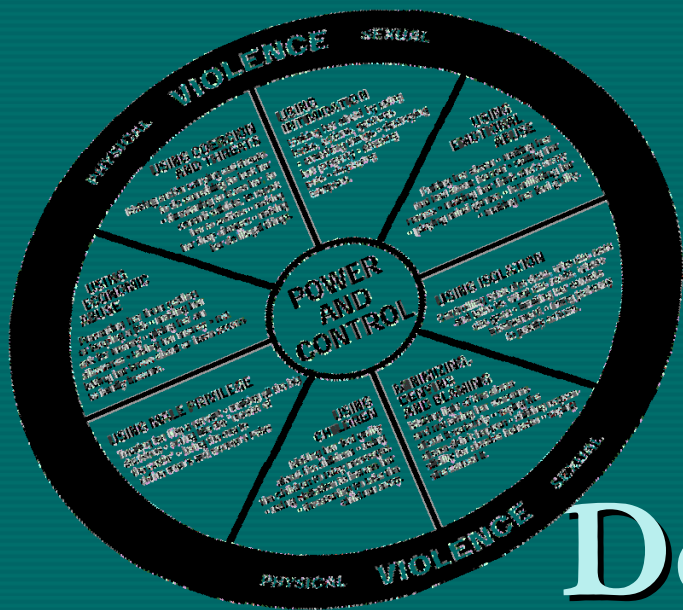




- ACCESS Services
 - 24- hour Crisis Line
 - 1-800-203-3488 or 29-ALERT (292-5378)
 - Shelter
 - Children’s Programs
 - Individual Counseling
 - Support Groups
 - Advocacy
 - Community Education
 - Medical Advocacy
 - SART
- Volunteering Opportunities (Contact Nikki)
volunteer@assaultcarecenter.org or 292-0500



Domestic Violence



Presented by: Tara Fisher

ACCESS

(Assault Care Center Extending Shelter and Support)

DISCLAIMER

- Throughout this presentation I refer to the batterer as he/him and the victim as she/her and that is based on statistics. I do recognize that this is not always the case.
- Survivor vs. victim

Survivors Served

Fiscal Year 2006

Domestic Violence	
Female	506
Male	28
Children	94
Sexual Assault	
Adult (18+)	102
13-17yrs	43
0-12yrs	25
Incest Survivor	6

THAT'S A TOTAL OF 828 PEOPLE SERVED BY ACCESS!

Reality



- A women is beaten every 9 seconds
- Battering causes more injury to women than auto accidents, street muggings, and rape COMBINED.

- One third of men who batter are professional men who are well respected in their jobs and community
- Domestic violence is the single greatest cause of injury to women
- 7 animal shelters for every 1 domestic violence shelter
- In Iowa, 3 women contact a safe shelter every hour

Definition

- Pattern of coercive behavior aimed at gaining power and control over an intimate partner



- A one-time incident does not always indicate domestic violence.
- It MAY be a warning sign... but look for the PATTERN!

What Should YOU KNOW

- Domestic Violence is:
 - Power and Control
 - It robs a person of their inner strength, self worth and the ability to make their own choices
 - Chosen behavior
 - Crosses all class, race, lifestyles and religious lines.
 - 95% of victims are women battered by men.

Prevalence

In an average year in the US: 4,000,000 women

835,000 men

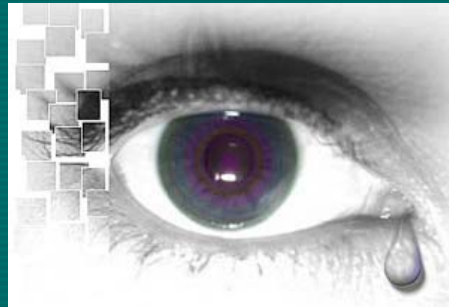
Are abused by an intimate partner.



Definitions

May include any or all of the following:

Emotional

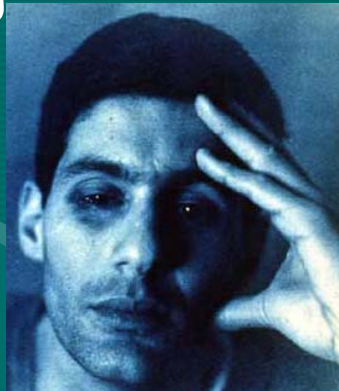


Sexual



Mental

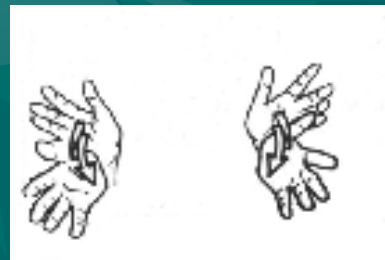
Physical

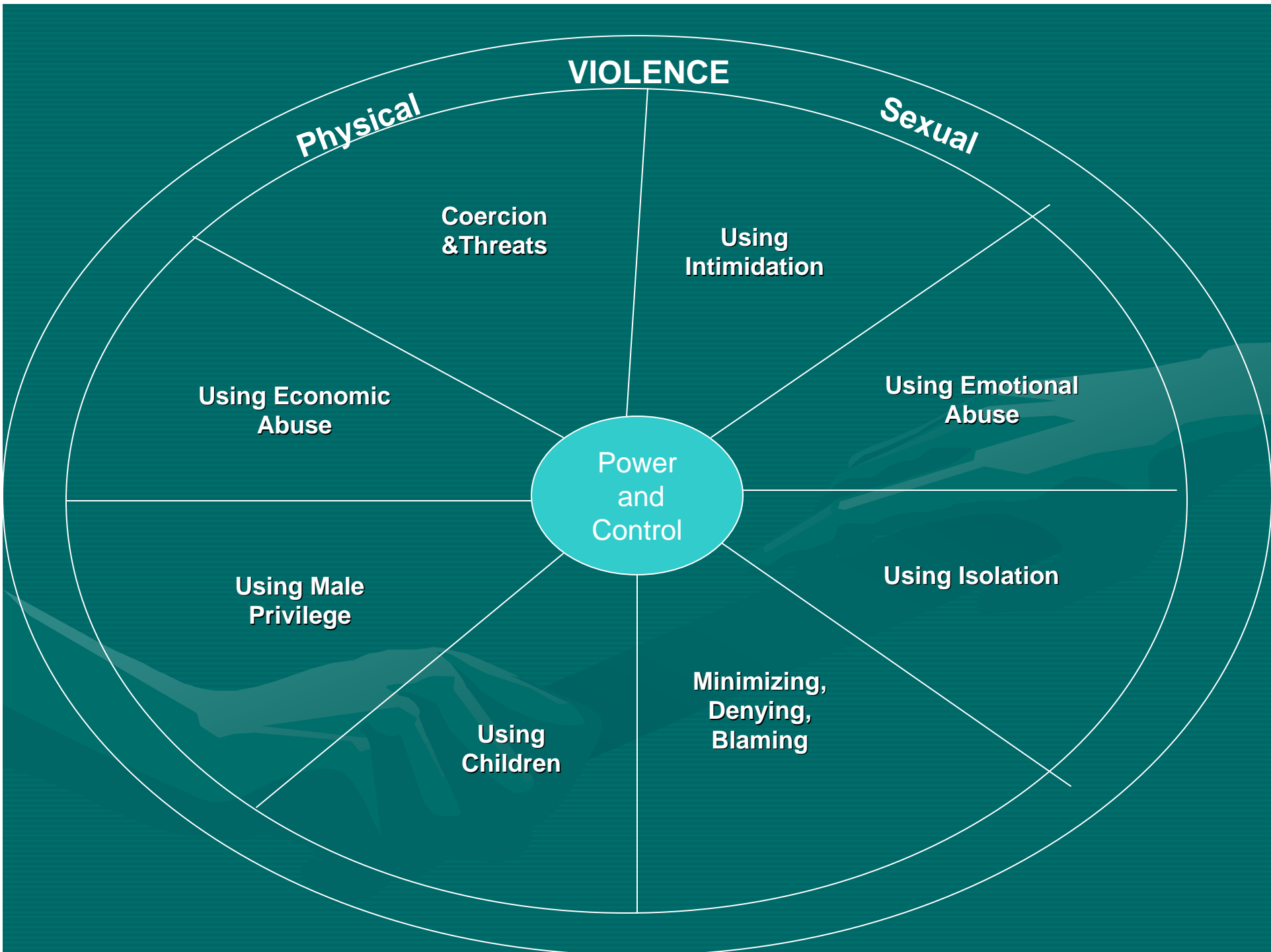


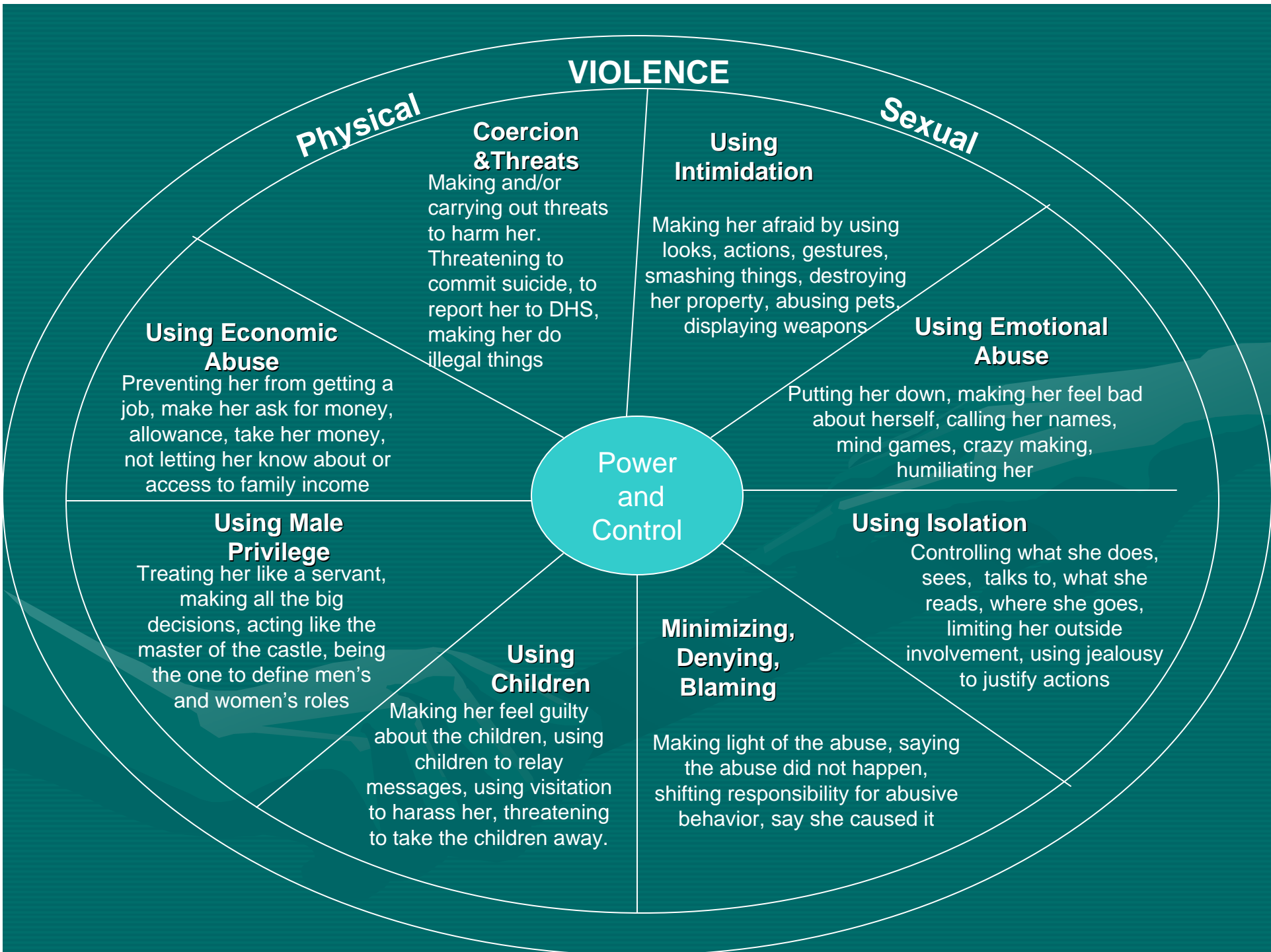
Economic



Communication



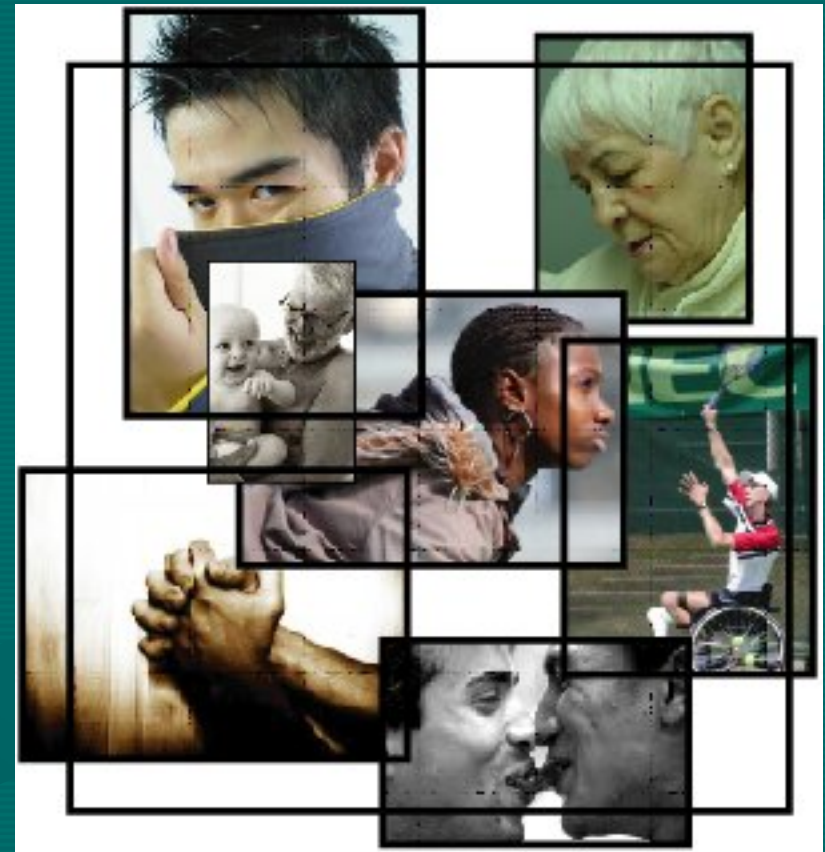




Who are they?

Survivors and their batterers are:

**male, female,
transgender,
lesbian, gay,
straight, bisexual,
all ages, races,
ethnic origins,
of every
socioeconomic
class**



**DOMESTIC VIOLENCE IS A SOCIAL
PROBLEM.**

Who are they?

83% of victims of domestic violence are female.
This includes victims of same-sex DV.

At least 30% of all women will be victimized by
DV in their lifetime.

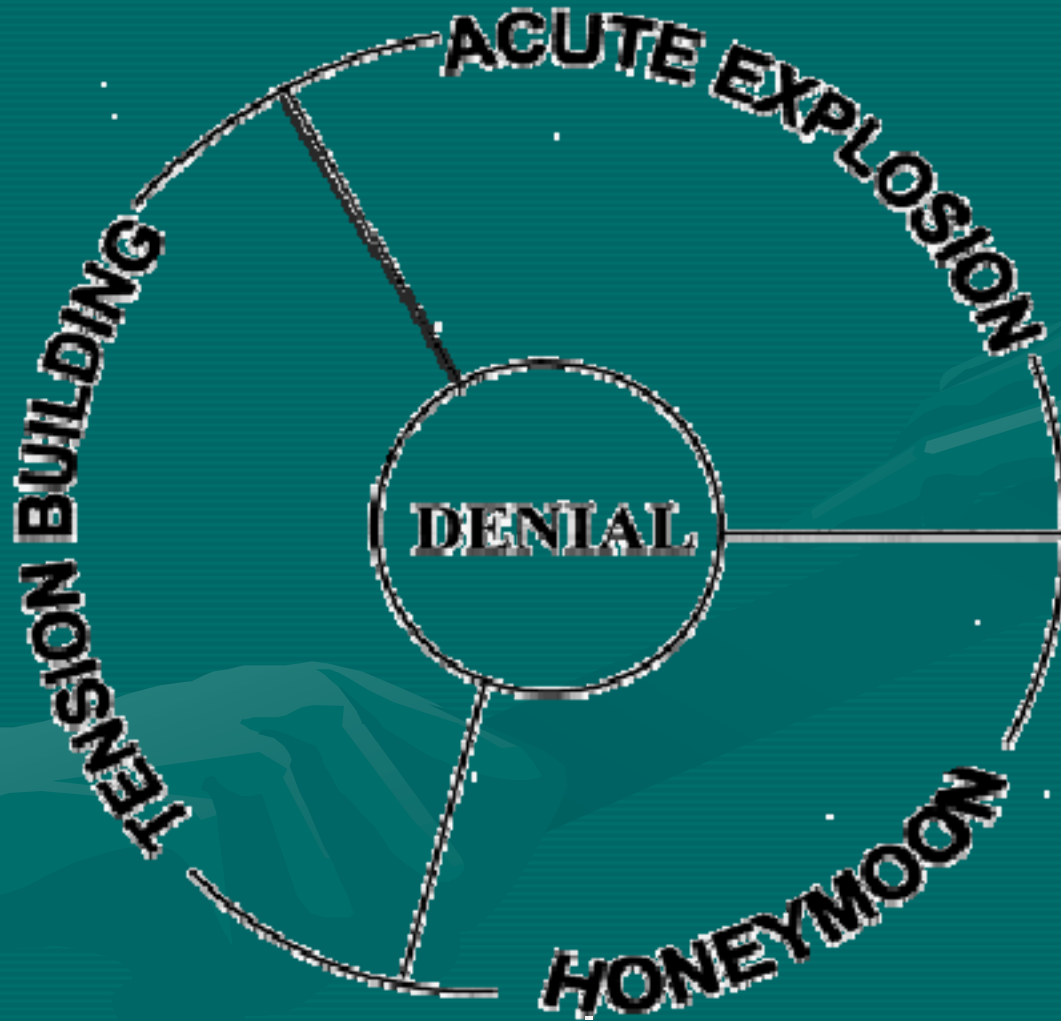
Who are they?

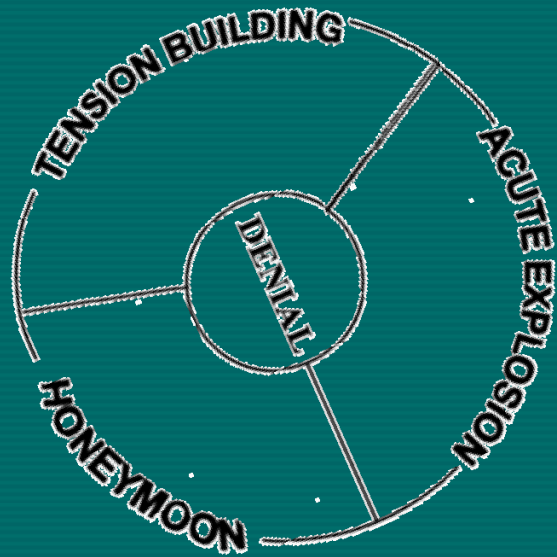
- Combined Studies:
20%-35% of all people in
LGBT relationships will
experience DV in their
lifetime.



60% of people with
disabilities will be
victimized by DV in their
lifetime.

Cycle of Violence





Tension Building



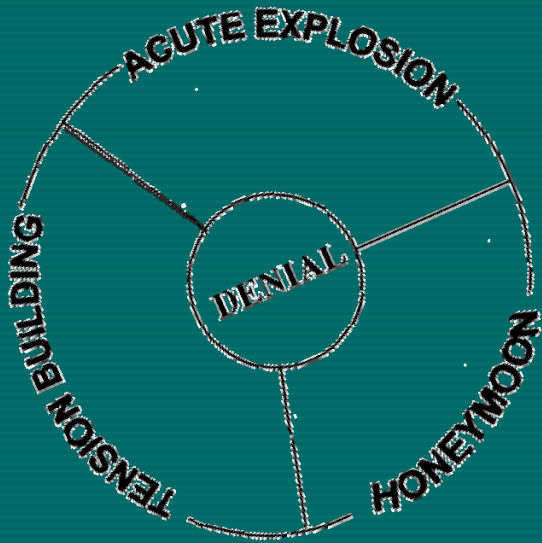
- **Batterer**

- Moody
- Nitpicking
- Isolates her
- Withdraws affection
- Puts down
- Yelling, Criticizes
- Drinking or drugs
- Threatens
- Destroys Property
- Crazy-making

- **Her Response**

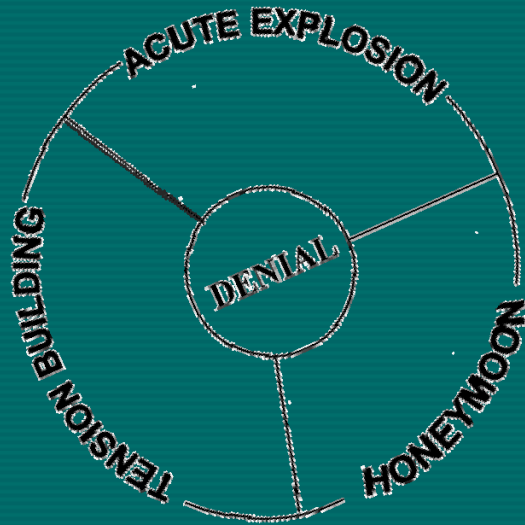
- General feeling of walking on eggshells
- Attempts to calm him
- Nurturing
- Silent/talkative
- Stays away from family and friends
- Keeps kids quiet
- Agrees
- Withdraws
- Tries to reason
- Cooks his favorite meal

Acute Explosion



- His Response
 - Hitting
 - Choking
 - Humiliation
 - Imprisonment
 - Rape
 - Use of weapons

- Her Response
 - Protects herself anyway she can
 - Police called by her kids, family, friends, neighbors
 - Tries to calm him down
 - Tries to reason
 - Leaves
 - Fights back



Honeymoon Stage



- His Response

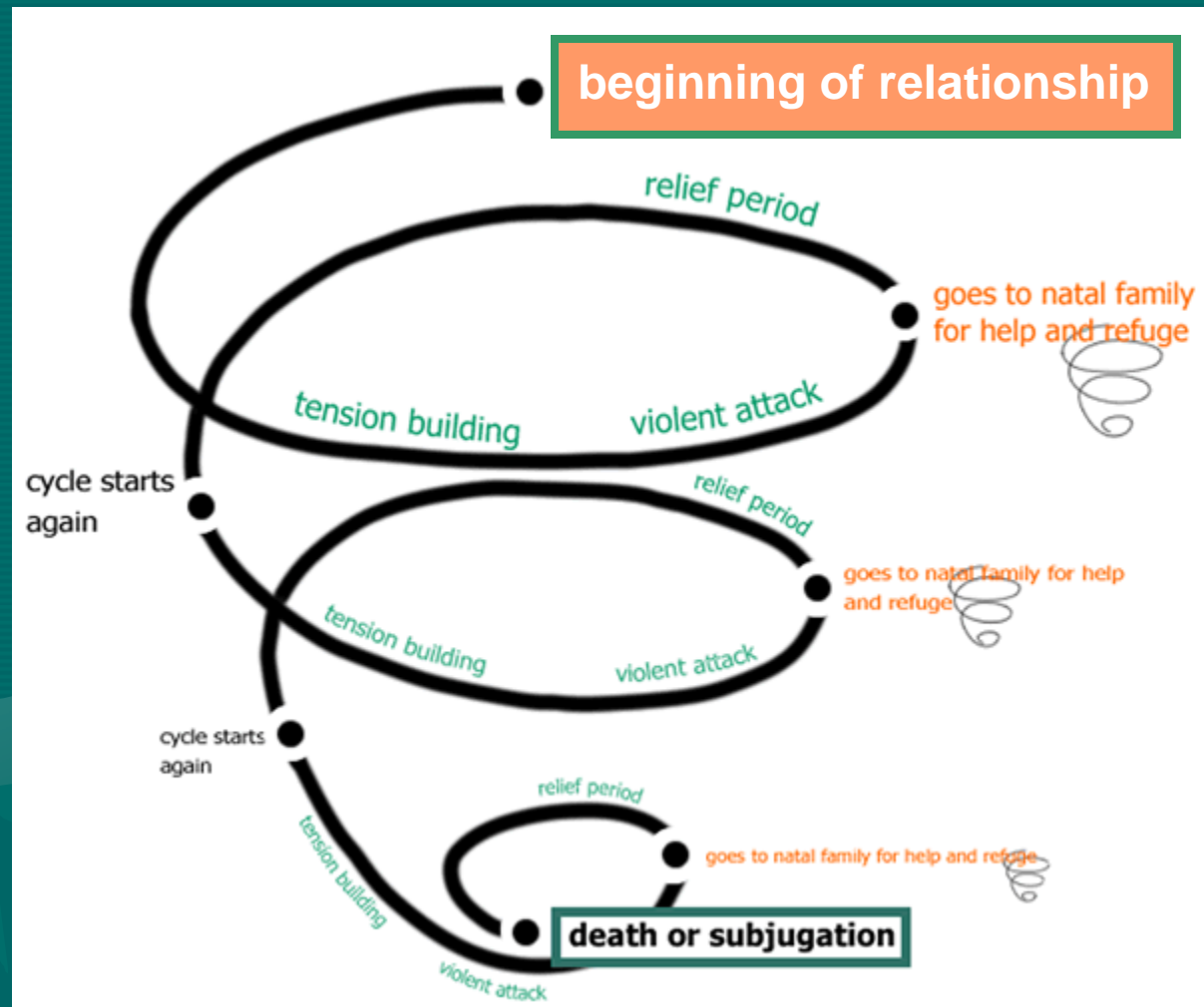
- I am sorry, begs for forgiveness
- Promises to get help
- Gifts

- Her Response

- Agrees to stay
- Attempts to stop legal action
- Set up counseling appointments for him
- Feels Happy and hopeful

Spiral Effect

The time between explosions grows shorter and shorter until the cycle is stopped either by death or leaving the relationship.



Is there perhaps something which the victims of domestic violence have in common- some clue as to why they are being abused?

Yes. The one element consistently present in ALL cases we studied, was a violent partner.



Batterer characteristics

There are no racial, social, economic, or geographical characteristics common among batterers. There are, however, some warning signs:



Batterer characteristics

- Controlling
- Distorted perception of his rights - entitlement
- Possessive, jealous – may couch it in terms of “I love you SO much...”
- Believes he is the victim – beware of stories about past relationships that place all the blame on the other person
- Good public image – may be a pillar of society

Batterer characteristics

- Skillfully dishonest (detailed lies)
- FABULOUS early in relationships
- Disrespectful, superior, depersonalizing
- Does **NOT** accept responsibility
- Punishes, retaliates
- **Batters serially** – there will always be other victims before and after this one

Remember:

If your partner is abusive while dating... he or she will continue to be abusive after marriage

Dating violence is also domestic violence.



Causes of Battering

- **Learned Behavior**
 - Observation, experience and reinforcement, culture, family, communities, schools, peer groups, etc.
- **NOT caused by**
 - Illness, genetics, alcohol and drugs, anger, stress, behavior of the victim or problems in the relationship

Remember:

Abuse will eventually affect all members of a family, even if they are not directly victimized.

Children of domestic violence are profoundly affected even if they are not physically abused.



What makes an abuser change?

Short answer:

NOT MUCH!

**Batterer's
education
programs have a
return rate of 80-
95%.**



What about couples counseling?

- Not recommended
 1. Different playing fields
 2. Counselors try to divide the responsibility for the abuse evenly between the partners.
 - BUT VIOLENCE IS THE RESPONSIBILITY OF THE PERSON WHO IS VIOLENT

What makes an abuser change?

Longer answer:

- Abuser must accept that what he/she did was wrong
- There must be recognized consequences for his/her actions (i.e. jail/prison)
- There must be social sanctions – society must reject this behavior
- There must be long-term accountability – a year is optimal

Many BEPs last six weeks.

We always ask why she didn't
leave.

Why don't we ask,
“Why doesn't he stop
battering?”

"Why doesn't the abused person just leave?"

- This question shows a **misunderstanding** of the dynamics of domestic violence
- It **puts the responsibility on the victim** and reveals a tendency to blame the victim.
- A more appropriate question would be:
 - "Why does he abuse her?" or
 - "Why can't he be stopped from hurting his family?"

Leaving the relationship is not equal to safety

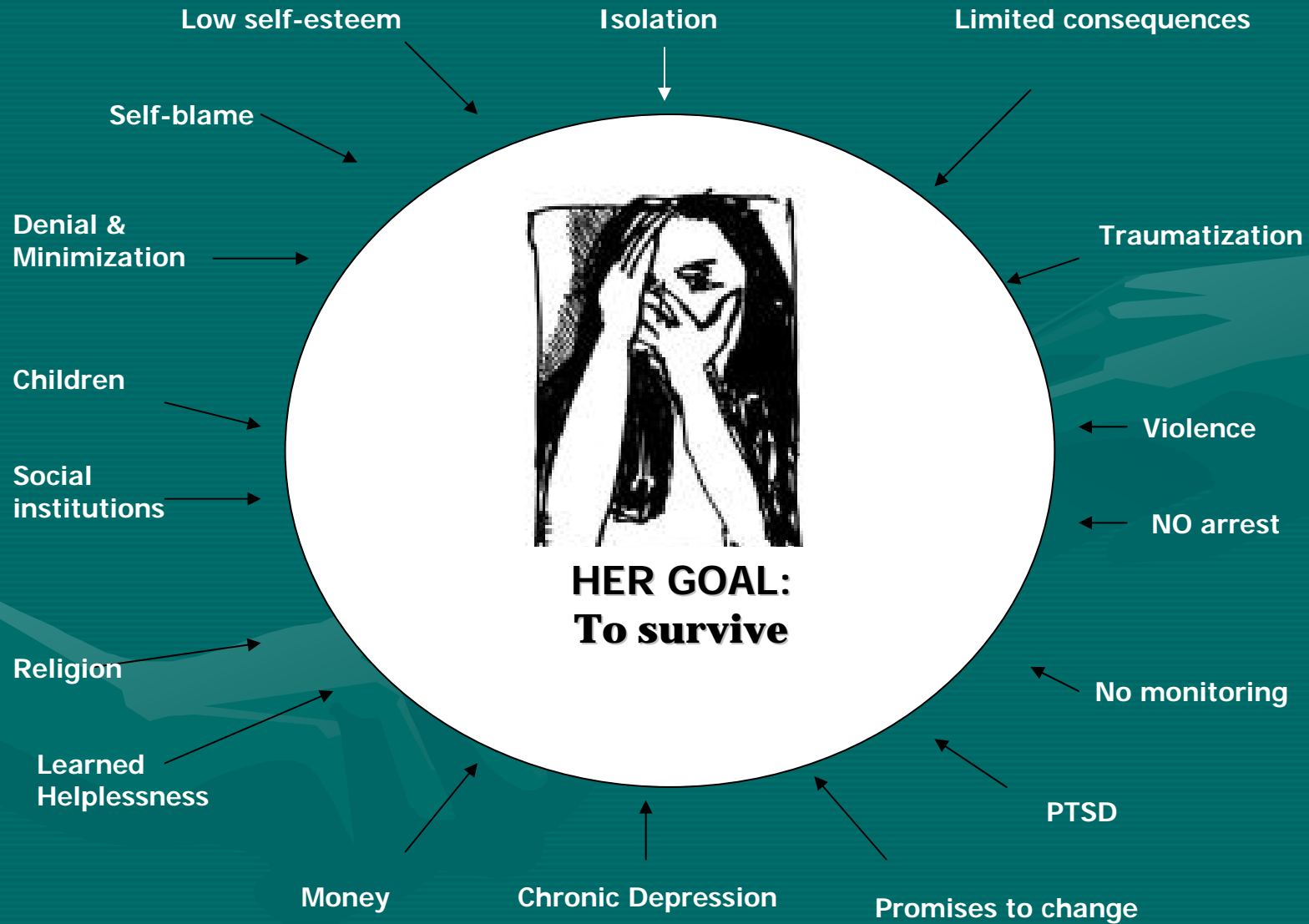
Women are 70x more likely to be killed in
the first two weeks after leaving than at any
other time during the relationship



Reflect on your own life.

- Have you ever maintained a relationship with a difficult relative or friend? Or stayed too long in a job with a difficult manager?
- People in an abusive relationship face even more difficult choices when leaving.

WHY SHE STAYS...



What Allows her to Leave

- Leaving an abusive relationship is a process, not an event.
 - It takes time for victims to examine their options and make plans for their escape.
- Three major factors that affect women's decision to come into shelter
 - She established a limit
 - Something makes her aware of the impact of the abuse
 - Survival instincts kicked in

What can you do?

If someone you know is in a violent relationship, use the **BASER** model:

Believe what she says

Affirm it is good she is talking about what happened and is seeking help

Support her by reminding her that what happened wasn't her fault

Empower her by helping her to educate herself on available resources

Refer: help her find additional support

What else can you do?

- Just listen!
- Trust your instincts
- It's ok for you to call ACCESS to ask for advice or just to talk.

29-ALERT (Crisis line)

292-0500 (Business line)

www.assaultcarecenter.org

ACCESS TO PREVENTION



A training and awareness program for Greek Students

- For Greek students who want to be active in confronting behaviors that are associated with sexual assault
- For Greek students that want to learn about ways to help peers recover from sexual assault
- For Greek students who want to be a liaison between your chapter members and sexual assault services and support
 - For Greek students who want to be active in the prevention of dating violence

Saturday, March 3
9am – 5 pm
East Hall 119
Lunch provided!

For an application or information:

Visit: www.assaultcarecenter.org
Or e-mail Tara at tfisher@iastate.edu
Or Angie at angie@assaultcarecenter.org



In partnership with **Iowa State University**
& **The Office of Greek Affairs**

Sexual Assault 101

The background is a solid teal color. In the lower half, there is a faint, semi-transparent illustration of two hands shaking, symbolizing agreement or support. The text 'Sexual Assault 101' is centered in the upper half in a white, serif font with a subtle drop shadow.

Rape Culture

“where sexual violence is possible because women are perceived to be inferior, unworthy of respect, and even inhuman. When we see people as having so little value, as worthless, it becomes much easier to harm them, damage them, or even rape them”

-Men Can Stop Rape Org.

Rape Culture

in addition to attitudes about women as victims of rape, the attitude about rape itself is a part of rape culture.

It is not seen as seriously as it is. It is often associated with consensual sex...rather than a violent crime.

Rape Culture

“ But if you can't rape your wife, who can you rape?”

-Senator Bob Wilson

Democrat, California

1979

Rape Culture

Among students in grades seven through nine, 24 percent of the boys and 16 percent of the girls said it was acceptable for a man to force a woman to have sex with him if he has spent money on her

- survey taken by Rhode Island Rape Crisis center, administered to 1700 students, 1988

Rape Culture



Another example?



Sex Offenders

- “He’s mean looking and he carries some type of weapon. He stalks his victims like a predator, attacking women at night in parks and dark streets, or breaking into their homes. He leaves them physically brutalized and emotionally scarred.”

Why do false stereotypes still exist?

- The stereotype of the rapist is actually comforting
- Fed by high profile cases
- Research has been on incarcerated rapists.

Truths about Sex Offenders

- 85% Know their victims
- Premeditation
- Instrumental Violence
- Multiple victims
- Escalate in their behavior
- Can look like anyone
- Motivated by Power & Control

Other Facts

- On a campus the size of ISU there are 4 rapes or attempted sexual assaults per day
- 1 in 10 victims report a sexual assault
- Nearly 30 ISU students report a sexual assault per year

BASER

Believe

Affirm

Support

Empower

Refer



SART

- Sexual Assault Response Team
 - Advocacy
 - Law enforcement
 - Medical (SANE)
- ❖ Coordinated response for the victim.
- ❖ Give the power & choice back to the victim!