BEHIND CLOSED DOORS

“The Silent Victims of Domestic Violence”

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Training Objectives

• Learn the effects of domestic violence on children and their development

• Learn the importance of proper assessment to the safety planning process in domestic violence cases

• Safety planning for service providers

• How to access appropriate services for survivors of domestic violence
Domestic Violence turns my world upside down

Children Coping with Domestic Violence

- Developmental Stages Interrupted
- Behavioral Problems
- Academic Problems
- Social and Emotional Skills Impaired
- Health Problems
Domestic Violence turns my world upside down……..

Effects every developmental stage:

- Teens
- School-agers
- Preschoolers
- Toddlers
- Infants
- Prenatal
PRENATAL

- MISCARRIAGES
- DEVELOPMENTALLY DELAYED
- BIRTH DEFECTS
INFANTS

• IRRITABLE (CRIES MORE THAN OTHER INFANTS)
• POOR DIGESTIVE SYSTEM
• DEVELOPMENTALLY DELAYED (FAILURE TO THRIVE)
• SLEEP DISTURBANCE
TODDLERS AND PRESCHOOLERS

- MORE AGGRESSIVE OR WITHDRAWN THAN NORMAL
- LOW SELF-ESTEEM & LACK OF SELF CONFIDENCE
- HIGH LEVELS OF ANXIETY & FEARFULNESS—PHYSICAL MANIFESTATIONS SUCH AS:
  - STOMACH ACHES
  - NIGHTMARES
School-agers

- More aggressive with anger outburst
- Low self-esteem & lack of self confidence
- High levels of anxiety & fearfulness--physical manifestations such as:
  - Stomach aches
  - Nightmares
  - Headaches
- Suicidal
- Poor social skills
- Poor grades
- Eating disorder
- Juvenile deliquency
- Batterring in their own dating relationship
TEENAGERS

Similar experiences during the school age years including:

• JOINING IN ON THE BEATING OF MOTHER
• RUNAWAYS
• DRUG USAGE
• SEVERE ACNE
• EVERY NINE SECONDS A TEENAGE GIRL IN AMERICA IS BATTERED
• BED WETTING
• ONE IN THREE TEEN GIRLS WILL EXPERIENCE A VIOLENT RELATIONSHIP BEFORE THEY GRADUATE
HEALTHY VS. UNHEALTHY RELATIONSHIPS

Threats / Intimidation
Uses threats to harm you or your family. Threats to harm themselves if you break up with them. Uses looks, actions or weapons to scare you. Smashes or destroys things.

Emotional / Verbal and Physical Abuse
Plays mind games. Criticizes or humiliates you. Yelling and name calling. Hitting, pushing or grabbing you.

No Respect for your Privacy
Reads your emails. Goes through your bag or purse. Listens to your voicemails and looks through your call log. Checks your TXT msgs.

Using Male Privilege
Acts like the man is the boss. Insists on making all the decisions. Defines men's and women's roles. Makes you get permission from them before doing things.

Jealousy / Isolation
Pressures you to choose between them and your family and friends. Controls who you see and where you go. Always accuses you of cheating. Acts as if jealousy is a sign of their love.

Peer Pressure / Humiliation
Puts you down in front of others. Makes fun of your race, class or family. Exposes your weakness and spreads rumors or threatens to do so. Harasses you Online.

Sexual Abuse
Manipulating or making threats to get sex. Forcing sex or getting someone drunk or drugged to get sex. Forced to watch or have sex filmed. Refusing to use protection.

Minimize / Deny / Blame
Makes light of the abuse. Says the abuse did not happen. Shifts the responsibility for the abusive behavior to something or someone else. Insists the other person caused them to be abusive.

No Respect for your Privacy
Reads your emails. Goes through your bag or purse. Listens to your voicemails and looks through your call log. Checks your TXT msgs.
HEALTHY VS. UNHEALTHY RELATIONSHIPS

Honesty & Accountability
Accepting responsibility for self—Acknowledging if there has been a past use of violence—Being accountable for the choices we make

Non-Threatening Behavior
Talking and acting to make your partner feel safe to express themselves—Choose not to use threats or manipulation

Individual Separateness
Accepting individuals as separate people—Not trying to “change” people—Enjoy the differences

Negotiation and fairness
Seek to resolve conflicts to satisfy both partners—Accept change—Be willing to compromise

Trust and Support
Supporting each others goals—Respecting each others rights to their own feelings, friends, opinions, activities—overcome jealousy issues

Communication
Communicate openly and truthfully—Be honest to oneself and to one’s own feeling’s—Listen to partner

Respect
Listening without judgment—Valuing what partner thinks and feels

Shared Responsibility
Accept that both partners must work to have a good relationship—Make decisions together

Teen Relationship Equality Wheel
WAYS TO HELP CHILDREN

• UNDERSTAND HOW DOMESTIC VIOLENCE EFFECTS THEM
• BE NON-JUDGEMENTAL
• ACTIVE LISTENER
• LINK THEM WITH RESOURCES IN THEIR COMMUNITY
WAYS TO HELP CHILDREN

• Be sensitive to the feelings that a child is communicating nonverbally as well as verbally.
• Help children learn to talk about their feelings rather than acting them out.
• Model talking about feelings by expressing your own feelings and ask the child if they have ever felt like that.
• Young children need help in learning to label their feelings. This helps them tap into emotions, and identify them more accurately, which will make the child better able to deal with them.
• Help children learn what they can do to calm themselves down when they’re upset.
SAFETY PLANNING
Safety Planning with Children

• Once they have found a safe place and it is safe to do so, call 911 for help.

• Remind the child that the fighting in their home is not their fault. When someone hurts someone else, they are responsible, not you.

• Ask the child to list at least five people they can trust to talk to about the fighting in their home.

• If the adult they tell doesn’t listen find another adult they can talk with.
Safety Planning with Teens

- Encourage them not to get in the middle of the fight. It’s their job to stay safe.
- Ask them to tell an adult they can trust about the fighting in their home.
- If they are in an abusive relationship, please tell someone. No one deserves to be abused.
- When on a date, let someone know who they are going out with, where they are going and when to expect them back.
- Let the know they do not “owe” their date anything for going out on a date.
- Have cash or funds with them in order to take a cab or bus if the date starts to get uncomfortable or scary.
- Do not use drugs or alcohol while on a date.
SAFETY PLANNING WITH SERVICE PROVIDERS

• Avoid colluding
• Review the case prior to meeting with the family (medical records, mental health issues, substance abuse history, criminal records, child welfare priors, etc.)
• Keep your cell phone charged (have an extra charger)
• Inform supervisor and/or coworkers where you are going and who you are meeting with.
• Know your surroundings (especially offsite)
• Wear comfortable clothing and shoes
• Sit where you can easily escape
• If you feel uncomfortable, STOP the meeting/session
Websites~Resources~References

• Hubbard House, Inc.
  www.hubbardhouse.org
• Florida Coalition Against Domestic Violence
  www.fcadv.org
• Department of Children and Families
  www.myflfamilies.com
• David Mandel & Associates, LLC
  www.endingviolence.com
• Allies in Change Counseling Center
• Non-Violence Alliance
• Battered Woman Justice Project
  www.bwjp.org
• National Center for Victims of Crime
  www.victimsofcrime.org
• Office of Child Abuse and Neglect, U.S. Children’s Bureau