



Domestic Violence Information

- [What is Abuse?](#)
- [Why Women Stay](#)
- [Range of Behavior of Domestic Violence Survivors](#)
- [Types of Domestic Abuse](#)
- [Domestic Violence Safety Plan for Stalking](#)
- [Facts About Violence Against Mid-Life & Older Women](#)
- [Warning Signs](#)
- [Myths](#)
- [MN DV Statistics](#)
- [US DV Statistics](#)
- [The Effect on Children](#)
- [Characteristics & Talking To Men Who Batter](#)
- [The Power and Control Wheel](#)
- [Are You In Danger Quiz?](#)
- [Personal Safety With An Abuser](#)
- [General Guidelines for Leaving an Abusive Relationship](#)
- [Getting Ready to Leave](#)
- [Emergency Checklist](#)
- [After Leaving the Abusive Relationship](#)
- [Problems of Rural Battered Women](#)
- [Psychological Stages of Battered Woman Syndrome](#)
- [12 Ways To Tell if He Will Batter](#)
- [Alcohol Abuse and Domestic Violence](#)



What Is Abuse?

- [The Forms of Battering](#)
- [What Causes Violence?](#)
- [Characteristics of Men Who Batter](#)
- [Roots of Battering and the Problem](#)
- [The Battered Woman](#)
- [The Batterer](#)
- [The Children](#)
- [The Myths](#)

There are four forms of battering:

1. **Physical** - includes pushing, shoving, slapping, hitting with fist, kicking, choking, grabbing, pinching, pulling hair, or threatening with weapons.
 2. **Sexual** - includes forced sex with the threat of violence, sex after violence has occurred, or the use of objects or damaging acts without the woman's consent.
 3. **Psychological/Emotional** - includes brainwashing, control of the woman's freedom to come and go when she chooses.
 4. **Destruction** of property or pets.
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What Causes Violence?

The causes are rarely physiological, nor does the use of alcohol cause the violence to occur. Alcohol and chemical abuse are often found with abusive behavior, and their use can be determined as "factors". However, the problems of violent behavior are not caused by the alcohol or chemical substance. Violence is a learned behavior or learned response to stress, frustration and anger. In a broader context, it is a result of unequal power between men and women.

Myth: It's all right to hit a loved one for their own "good".

Truth: Violence is learned, and it is passed on from generation to generation.

Characteristics of Men Who Batter

Most have been abused or neglected during their childhood, or have witnessed violence in their homes while growing up. At least 70% of the men who batter were either battered as children or saw violence occur regularly in their homes. They minimize and deny to themselves about the violence; they project blame onto the victim; it is painful if and when they fully realize what they've done.

Abusive men tend to express "hard" emotions, guilt, frustration, hurt, etc. as anger. Generally expressing either happiness or anger, but nothing in between. Everything is either fine and wonderful, or there is a violent explosion.

Batterers tend to be excessively dependent on the victim--they perceive their partner as the only person they can relate to, who understands them, etc., regardless of how much they actually share with their partner. They have an extraordinary fear of losing the relationship and can go to any lengths (even murder) to keep it.

Batterers have an exaggerated jealousy around "their woman" having any relationships with other people, i.e.; friends, family members, co-workers. They may even constantly monitor her activities. The jealousy generally escalates during the relationship, without any aggravation.

Abusers often experience themselves as powerless in the world and over themselves, regardless of actual life accomplishments or status. They personalize often--they see everything (both good and bad) in their lives, as causing the events in their lives, i.e.; "if she didn't irritate him, he wouldn't have to hit her".

They often are impulsive--move frequently, change jobs, change friends, drop in and out of treatment, etc.

Men who batter have a need to control; they define it as being in control of others--but are not in control of themselves. The control issue usually escalates in the relationship, ("Since this is the only person for me, I'd better make sure she doesn't get away".)

They view themselves as emotionally isolated, especially from other men. They have no true friends.

Abusive men hold traditional, rigid views of the world; such as, men and women have their "places", men are authority figures and have the right to be in control.

Abusers have few to no skills in reducing stress levels, other than battering.

Abusers can take responsibility for their behavior and learn how to change it, with intervention and counseling. Their behavior is learned and it can be unlearned and replaced with more appropriate behavior. He has a choice. The victim cannot make that choice for him, she cannot change him and shouldn't get caught into the trap of minimizing the violence herself, and the potential for danger.

Roots of Battering and The Problem

- Battering has cultural, social, economic and psychological roots.
- The unequal power relationship between men and women contributes heavily to the problem.
- Frequently, family violence perpetuates itself--as battered children, or children in families where battering occurred often, become batterers or battered women.
- It is a culturally accepted norm for men to use force on women.
- General social-economic conditions such as high unemployment, have an impact on battering.
- The socialization of boys and girls trains girls to be passive, and boys to be aggressive.
- There is little training or education done to help people deal with their emotions effectively, particularly the emotion of anger.
- Women are traditionally in a position of being economically dependent on men.

The Battered Woman

- Regardless of what she has done, does not deserve to be abused or beaten; nor does she like it or ask for it.
- Frequently is caught between conflicting emotions, such as love and hate.
- Frequently lives a life of almost total isolation.
- Has learned to be submissive and feel powerless.
- Feels trapped because she is economically dependent with her partner, who abuses her.

- Feels frightened to call police or leave, due to the threat of retribution or retaliation from her partner, family, or friends.
 - Often needs help or information to be aware of her alternatives, so that she may make her own decisions and choices.
 - Could have been a battered child growing up or witnessed abuse.
 - Feels embarrassed about her situation because she feels that it reflects on her abilities as a woman, wife and mother.
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The Batterer

- Can change.
 - Was frequently a battered child or witness to abuse.
 - Needs help and information in order to break the batterer's syndrome.
 - Has often been taught that he has the "right" to hit or punch his partner.
 - Usually does not think or believe he has a problem.
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The Children

- Are frequently victims of abuse also.
 - May suffer severe emotional trauma, as a result of seeing their mother hurt.
 - Are at risk of ending up in similar relationships as adults.
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The Myths

- "Good wives" and "nice girls" don't get battered.
- Batterers abuse their partners because they love them.
- Domestic abuse is confined to the poor, disadvantaged, uneducated, particular age or ethnic groups.
- Battered women provoke their own abuse and battering.
- Battered women like to be abused or battered.
- Alcohol and drugs cause battering.
- All a battered woman has to do is call the police and deal with the situation.



Why Women Stay The Barriers to Leaving

One of the most frustrating things for people outside a battering relationship is trying to understand why a woman doesn't just leave. A letter to Dear Abby on the subject was signed "Tired of Voluntary Victims."

The most important thing to keep in mind is that extreme emotional abuse is **always** present in domestic violence situations. On average, an abused woman will leave her partner 6-8 times. The reasons they return or stay in the relationship vary from case to case. Some of these include:

Situational Factors

- **Economic dependence.** How can she support herself and the children?
- **Fear** of greater physical danger to herself and her children if they try to leave.
- **Fear** of being hunted down and suffering a worse beating than before.
- **Survival.** Fear that her partner will follow her and kill her if she leaves, often based on real threats by her partner.
- **Fear** of emotional damage to the children.
- **Fear** of losing custody of the children, often based on her partner's remarks.
- **Lack** of alternative housing; she has nowhere else to go.
- **Lack** of job skills; she might not be able to get a job.
- **Social isolation** resulting in lack of support from family and friends.
- **Social isolation** resulting in lack of information about her alternatives.
- **Lack of understanding** from family, friends, police, ministers, etc.
- **Negative responses** from community, police, courts, social workers, etc.
- **Fear** of involvement in the court process; she may have had bad experiences before.
- **Fear** of the unknown. "Better the devil you know than the devil you don't."
- **Fear** and ambivalence over making formidable life changes.
- **"Acceptable violence"**. The violence escalates slowly over time. Living with constant abuse numbs the victim so that she is unable to recognize that she is involved in a set pattern of abuse.
- **Ties to the community.** The children would have to leave their school, she would have to leave all her friends and neighbors behind, etc. For some women it would be like being in the Witness Protection program--she could never have any contact with her old life.
- **Ties** to her home and belongings.
- **Family pressure;** because Mom always said, "I told you it wouldn't work out." or "You made your bed, now you sleep in it."
- **Fear** of her abuser doing something to get her (report her to welfare, call her workplace, etc.)
- **Unable to use resources** because of how they are provided (language problems, disability, homophobia, etc.)
- **Time** needed to plan and prepare to leave.

Emotional Factors

- **Insecurity** about being alone, on her own; she's afraid she can't cope with home and children by herself.
- **Loyalty.** "He's sick; if he had a broken leg or cancer--I would stay. This is no different."
- **Pity.** He's worse off than she is; she feels sorry for him.
- **Wanting to help.** "If I stay I can help him get better."
- **Fear** that he will commit suicide if she leaves (often he's told her this).
- **Denial.** "It's really not that bad. Other people have it worse."
- **Love.** Often, the abuser is quite loving and lovable when he is not being abusive.
- **Love,** especially during the "honeymoon" stage; she remembers what he used to be like.
- **Guilt.** She believes--and her partner and the other significant others are quick to agree--that their problems are her fault.
- **Shame and humiliation** in front of the community. "I don't want anyone else to know."
- **Unfounded optimism** that the abuser will change.
- **Unfounded optimism** that things will get better, despite all evidence to the contrary.
- **Learned helplessness.** Trying every possible method to change something in our environment, but with no success, so that we eventually expect to fail. Feeling helpless is a logical response to constant resistance to our efforts. This can be seen with prisoners of war, people taken hostage, people living in poverty who cannot get work, etc.
- **False hope.** "He's starting to do things I've been asking for." (counseling, anger management, things she sees as a chance of improvement.)
- **Guilt.** She believes that the violence is caused through some inadequacy of her own (she is often told this); feels as though she deserves it for failing.
- **Responsibility.** She feels as though she only needs to meet some set of vague expectations in order to earn the abuser's approval.
- **Insecurity** over her potential independence and lack of emotional support.
- **Guilt** about the failure of the marriage/relationship.
- **Demolished self-esteem.** "I thought I was too (fat, stupid, ugly, whatever he's been calling her) to leave."
- **Lack** of emotional support--she feels like she's doing this on her own, and it's just too much.
- **Simple exhaustion.** She's just too tired and worn out from the abuse to leave.

Personal Beliefs

- **Parenting,** needing a partner for the kids. "A crazy father is better than none at all."
- **Religious and extended family pressure** to keep the family together no matter what.
- **Duty.** "I swore to stay married till death do us part."
- **Responsibility.** It is up to her to work things out and save the relationship.
- **Belief** in the American dream of growing up and living happily ever after.
- **Identity.** Women are raised to feel they need a partner--even an abusive one--in order to be complete or accepted by society.
- **Belief** that marriage is forever.
- **Belief** that violence is the way all partners relate (often this woman has come from a violent childhood).
- **Religious and cultural beliefs.**



Range of Behavior of Domestic Violence Survivors

1. Protecting, defending or explaining the batterer.

Some Reasons:

Many victims learn early that “troubleshooting” for the batterer may affect their safety. If the victim can demonstrate (especially in the presence of the batterer) a loyalty and desire to help the batterer stay out or get out of “trouble”, this may translate into future compromises. It may be advantageous to the victim to remind the batterer of times of rescue or support. In turn, this may be traded for safety.

Other Reasons:

Threats, knows batterer will be back, financial dependency, need time to get organized and to secure financial security, fear of the system's response.

2. Recanting, denying, changing of mind, reluctance/refusing to cooperate. Extreme privacy (secret keeping) through withholding or protecting critical information.

Some Reasons:

No one knows more about batterers' potential than victims do. Privacy (isolation) is a key issue for most batterers. After any intervention, the risks may increase. Batterers often hold victims responsible and accountable for what happened (being arrested, embarrassed, inconvenienced). Besides protecting themselves and their children, shielding others from the batterer may direct the victims' behaviors.

3. Making custody the primary issue when applying for orders of protection.

Some Reasons:

The reality that their batterers will use the children as a way to gain power and control can be a motivating factor. Batterers frequently threaten to take the children. Victims are often eager to gain custody in order to assure their protection. This may take precedence over any fear for their own safety.

4. Not showing up for interviews or court.

Some Reasons:

The victim may be fearful of what the batterer may do to avoid prosecution or civil consequences. Additionally, many victims may have extreme difficulty trusting people they do not know, especially those in places of authority (power and control).

5. Rationalization.

Some Reasons:

A primary tool of many batterers is to blame their own violent actions on the victim. It is common for batterers to say, "If you hadn't done what you did, I wouldn't have had to do what I did." Victims may find themselves trying to figure out how to change themselves to please their partners. The pressure of victim responsibility is often reinforced by society.

6. Becoming aggressive toward the batterer after helpers arrive.

Some Reasons:

During intense emotional, physical and/or sexual violence, acts of self-defense can be dangerous for victims. When help arrives and a degree of safety is assured, victims may feel self-defense is a safer option.

Other Reasons:

Victims are aware of the opinions of many people who believe they should fight back. In fact, many victims report having been advised that fighting back would stop the abuse. In an effort to show supporters that they do not simply "take it", some victims demonstrate aggression in front of others.

7. Anger of belligerence toward police or other helpers.

Some Reasons:

a. When police or other helpers are called upon to assist victims, it is often an act that is intended to get immediate relief. Once help arrives and a sense of safety is restored, it may appear safe for victims to focus on the next stage of survival. They may act on the reality that the batterers will not willingly go away, but re-emerge and look for someone to blame. Showing support can be a valuable tool for diffusing batterers' blame.

b. The reality of batterers' threat may set in once safety is assured. Many victims call the police in order to avoid an emerging violent episode. Others want police to interrupt in-progress violence. Having batterers arrested may *not* be an expectation of those calling for help. Batterers' arrest may cause victims' behaviors to shift from defensive to pro-active. The need for future safety may rule current behaviors.



Types of Abuse

Physical: slapping, pushing, hitting, kicking, biting, etc.

Emotional: name-calling, putting down, insults, etc.

Sexual: being forced into sexual contact

Threats: "If you...I'll kill you!"

Intimidation: gestures, looks, smashing things

Isolation: being kept from seeing or talking to others, not allowed to go out.

Economic: being given an allowance, not allowed to have a job, etc.



Domestic Violence Safety Plan for Stalking

What is Stalking?

Stalking is one person's obsessive behavior directed toward another person, that causes that victim to fear for his/her safety. The stalker usually starts with annoying, obscene or threatening phone calls or written communication within a short time after harassing communication to following the victim, staking out workplaces and home. There may be acts of violence targeted at the victim's property, pets, and the victim herself/himself. However, keep in mind, human behavior cannot be accurately predicted, so it is impossible to gauge when and if a stalker will become violent. However, remember that stalking is rooted in obsessive behavior which in and of itself is dangerous.

WHAT SHOULD A STALKING VICTIM DO?

1. Do your best to safely avoid all contact with the stalker.
2. Inform family, friends, co-workers of what is going on regarding the stalking behavior.
3. Report the stalking to the police and follow their advice.
4. Keep a journal or log of all stalking incidents.
5. Keep all letters, packages, and taped telephone messages received from the stalker.

DISCLAIMER

The police department will actively investigate matters concerning_____.

Although it is our intention to provide you with a professional investigative service, please be advised that the police department cannot guarantee that your situation will be resolved, or can we guarantee your safety.

Unfortunately, there is no way to predict human behavior. Suspects may be mentally disordered or may be substance abusers. A lethality assessment is always situational, based upon an evolving and changing set of factors.

Based upon available information, the police department will provide you with security recommendations which will help you make your own decisions on how to best secure your safety. Should you feel that additional security measures are required such as a domestic violence shelter, you are certainly entitled to avail yourself of these measures.

Your cooperation by working within the criminal justice system is necessary for the proper investigation of this matter and is greatly appreciated. Please do not hesitate to contact us should any questions or concerns arise.

RESIDENTIAL SECURITY

- All adults in the house should be trained in the use of any firearm kept for protection. The firearm should be stored safely and away from children.
- Household staff/employees should have a thorough background check before employment. Institute and strictly enforce a policy that prohibits the staff from discussing family matters.
- Be aware of any unusual packages, boxes, or devices found on the premises. Do not investigate strange objects, call the police immediately.
- Install smoke detector and maintain fire extinguishers on all levels of the residence.
- Tape emergency contact numbers on each telephone in the residence.
- When leaving the residence for a period of time, have lights, television/radio on a timer.
- Have a thorough safety plan that incorporates an emergency evacuation plan.
- Purchase a dog, which is a very inexpensive alarm system. Hint: Dogs purchased or familiar with stalker provide no protection.
- Know the daily schedule/whereabouts of all family members.
- Accompany children to school or bus stops.

- Vary daily routines, such as route to work, grocery store, etc.
- Require identification from all service members and salespersons before permitting them to enter the residence.
- Try to park in a secured area such as a garage when possible. Inform a trusted neighbor of the situation and provide them with a vehicle and suspect description.

SECURITY RECOMMENDATIONS

- Be alert at all times for suspicious persons.
- Positively identify persons before opening the door – install wide-angle viewer in primary doors.
- Install a porch light at a height that discourages removal.
- Install dead-bolt locks on all outside doors. If keys are missing, replace all locks. May want to replace all locks, assuming stalker may have made a copy of the keys.
- Keep garage door locked at all times. Use electric garage door opener.
- Install floodlights around residence that are on a timer or with motion activation.
- Trim shrubbery, especially away from doors and windows.
- Keep fuse box locked. Have flashlights, candles, lanterns throughout the house.
- Install a loud exterior alarm that can be activated from several places within the residence.
- Maintain an unlisted phone number.
- Any written or telephone threats should be treated as legitimate and the police notified.
- Inform trusted neighbors of any anticipated vacation, business trips and arrange for them to pick up mail, newspapers, etc.
- If residing in an apartment complex, provide the manager and security with a picture of the suspect.
 - If you are considering purchasing a gun for your protection, weigh your decision based on these cautions:
 1. The offender may use it against you.
 2. Most people hesitate to shoot an intruder.
 3. There is a potential for accidental injury, especially if children are present in the house.

(You should consider taking handgun lessons to learn proper weapon handling, safety and familiarity, as well as the legal aspects of deadly force.)

WORKPLACE SECURITY

- If you have a security guard or agency, inform them of the situation and provide them a photograph and description of the suspect.
- Have secretary or security screen all incoming mail or packages.
- Be aware of people following you to and from work.
- Do not accept any packages unless you personally ordered them.
- Central reception should handle all visitors and packages.
- Office staff should be aware of situation so they are alert to suspicious people, parcels or packages.
- Establish lock and key control. Change locks if keys from terminated employees are not accounted for.
- Park in a secured area if possible.
- Have your name removed from reserved parking spot.

PERSONAL SECURITY

- Obtain a mailbox address and file a change of address with the Post Office.
- Send a note to friends, businesses, etc giving them your new address and request that they remove your old address from their Rolodex.
- All current creditors should be given the new address and have the old one removed from their system.
- Obtain a new driver's license and file a change of address with the motor vehicle department.
- Remove home address from personal checks and business cards.
- Destroy discarded mail.
- Telephone lines can be installed in a location other than the person's residence and calls forwarded to the residence.
- Place residential agreements in another trusted friend or relative's name.

- Your name should not appear on service or delivery orders to the residence.
- Record activities such as vandalism or property damage. Keep a log of the stalkers activities.
- Leaving a violent relationship is often times dangerous and making a safety plan is necessary.
- Discuss with the police whether you qualify for a protective order. Protective orders, properly enforced, enhance your safety and aid police in holding the offender accountable for their behavior.

WHAT IS A PROTECTIVE ORDER?

- It is a paper signed by a judge to protect a victim from certain people who have battered, threatened or stalked them. The protective order can be obtained without having a lawyer.
- Persons abused by family or household members are eligible.
- All courts can issue orders of protection.
- Process of obtaining order:
 - Victim files petition with clerk of the court
 - Clerk provides forms and assistance
 - EPO is issued by judge at ex-party hearing
 - Full hearing held within 30 days-if continuance necessary, EPO extended 30 days.
 - Full order issued after hearing, in place for 1 year, but can be renewed.
- Possible terms of the order:
 - Enjoin from abuse, harassment, direct or indirect contact
 - Stay away orders
 - Award possession of the residence
 - Temporary child custody and visitation arrangement
 - Payment of shelter costs
 - Award custody of property
 - Counseling

- The respondent (suspect) must be served before full hearing can be held. Service done by sheriff or other law enforcement officer.
- Violation of the protective order is contempt of court, a Class B misdemeanor. Subsequent violations may induce felony charges.

A State form is available with the clerk, but most counties alter it to meet their own needs.



Facts About Violence Against Mid-Life & Older Women

An estimated one million older individuals are abused or neglected each year. Abuse may be physical, financial or emotional. Neglect is the withholding of needed care. Self-neglect occurs when an older person is unable to provide for her/his own care.

Domestic Violence against older adults is devastating to the victim, robbing her/him of health, dignity, and sometimes, life. Older adults suffer physical, sexual, emotional, and financial abuse at the hands of spouses, partners, their family and others. Yet, many times they are not aware that they can or should seek help. Sometimes, the professionals and agencies to whom they turn may not be aware of the many resources available to meet the sensitive needs of older battered adults.

Many older women face challenging family relationships. Husbands, partners, or adult children may tell them they cannot make their own decisions, such as where they can go or how they can spend their money. Some older women may be isolated from supportive family members and friends. Sometimes these women are afraid and feel they do not know what to do or where to turn.

Many women who are harmed by a family member look for ways to continue the relationship while trying to stop hurtful behaviors. Some older women choose to end the relationship by getting a divorce or legal separation. Fear, love, financial, legal and health concerns often figure into a woman's decision to stay or leave. Each woman needs information to make decisions that are right for her. (This information is excerpted from the Financial Safety Planning for Older Women, published by the Wisconsin coalition Against Domestic Violence and Elder Law Center, 1998.)

For more info on elder abuse, visit www.mnall.org.



Warning Signs of Domestic Abuse

To help identify domestic violence, the following indicators are listed. Any single characteristic is not a sign of trouble, but several combined would be grounds for further investigation.

The abused woman:

- shows guilt, ambivalence, and fear over living conditions.
- feels isolated and untrusting of others, even though she may be involved in the community.

- is emotionally and economically dependent.
- has a poor self-concept (this may not have been true BEFORE the relationship).
- has observed other women in her family being abused or may have been abused as a child.
- feels angry, embarrassed, and ashamed.
- is fearful of being insane.
- has learned to feel helpless and feels powerless.
- has unexplained injuries that may go untreated.

The abusive man:

- shows extreme jealousy and wants to keep the woman isolated.
- has an inability to cope with stress and shows a lack of impulse control. (This may not necessarily appear outside the home)
- has a poor self-image and blames others for problems.
- shows severe mood swings.
- may have a history of abuse in his own family and may have been abusive in courtship.
- presents a history of personal and/or family discord; unemployment, cruelty to animals, abuse of alcohol or other substances, and other unexplained behavior.



Battering: The Facts

- There are some commonly held beliefs about battering which we feel are actually myths...that is, the facts of battering indicate that these beliefs are false. Yet people continue to believe and act on these beliefs. In a sense, they become more powerful than the facts because they influence the ways battered women, their friends and family, the professional personnel they encounter, and the general public react to specific instances of battering.
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- **MYTH: Battered women hate men. Battered women need to learn that not all men are bad.**
- **FACT:** Battered women do not hate men. They hate being battered.
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- **MYTH: A man's home is his castle. No one should interfere with the family.**
- **FACT:** Battery is a crime! No one has the right to beat another person.
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- **MYTH: A woman who gets beaten brings it upon herself by nagging or provoking her spouse.**
- **FACT:** People are beaten for reasons as ridiculous as: the dinner is cold; the TV was turned to the wrong channel; the baby was crying. Abusive people refuse to control their violent impulses. Even where the person may have reason to be angry, they have no right to express their anger violently.
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- **MYTH: A person who stays with an abuser after being beaten must like to be beaten.**

- **FACT:** Being beaten hurts and no one likes it. There are many reasons why victims remain with abusers including their fear of further violence, the financial hardship of leaving, religious reasons, their emotional attachment to their partners, and their belief that families should stay together.
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- **MYTH: Domestic violence is a "loss of control."**
- **FACT:** Violent behavior is a choice. Perpetrators use it to control their victims. Domestic violence is about batterers using their control, not losing their control. Their actions are very deliberate.
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- **MYTH: If the victim didn't like it, she would leave.**
- **FACT:** Victims do not like the abuse. They stay in the relationship for many reasons, including fear. Most do eventually leave.
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- **MYTH: Domestic violence only occurs in a small percentage of relationships.**
- **FACT:** Estimates report that domestic violence occurs in 1/4 to 1/3 of all intimate relationships. That applies to heterosexual as well as same-sex relationships.
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- **MYTH: Middle and upper class women do not get battered as frequently as poor women.**
- **FACT:** Domestic violence occurs in all socio-economical levels. Because women with money usually have more access to resources, poorer women tend to utilize community agencies, and are therefore more visible
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- **MYTH: Batterers are violent in all their relationships.**
- **FACT:** Batterers choose to be violent toward their partners in ways they would never consider treating other people.
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- **MYTH: Alcohol/Drugs cause battering behavior.**
- **FACT:** Although many abusive partners also abuse alcohol and/or drugs, this is not the underlying cause of the battering. Many batterers use alcohol/drugs as an excuse to explain their violence.
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- **MYTH: Once a battered woman, always a battered woman.**
- **FACT:** While some battered women have been in more than one abusive relationship, women who receive domestic violence services are the least likely to enter another abusive relationship.



The Effects of Domestic Violence on Children

In homes where domestic violence occurs, children are at high risk for suffering physical abuse themselves. Regardless of whether children are physically abused, the emotional effects of witnessing domestic violence are very similar to the psychological trauma of being a victim of child abuse.

- Children in homes where domestic violence occurs may "indirectly" receive injuries. They may be hurt when household items are thrown or weapons are used. Infants may be injured if being held by the mother when the batterer strikes out.
- Older children may be hurt while trying to protect their mother.
- Children in homes where domestic violence occurs may experience cognitive or language problems, developmental delay, stress-related physical ailments (such as headaches, ulcers, and rashes), and hearing and speech problems.
- Many children in homes where domestic violence occurs have difficulties in school, including problems with concentration, poor academic performance, difficulty with peer interactions, and more absences from school.
- Boys who witness domestic violence are more likely to batter their female partners as adults than boys raised in nonviolent homes. There is no evidence, however, that girls who witness their mothers' abuse have a higher risk of being battered as adults.
- Taking responsibility for the abuse.
- Constant anxiety (that another beating will occur) and stress-related disorders.
- Guilt for not being able to stop the abuse or for loving the abuser.
- Fear of abandonment.
- Social isolation and difficulty interacting with peers and adults.
- Low self-esteem.
- Younger children do not understand the meaning of the abuse they observe and tend to believe that they "must have done something wrong." Self-blame can precipitate feelings of guilt, worry, and anxiety.
- Children may become withdrawn, non-verbal, and exhibit regressed behaviors such as clinging and whining. Eating and sleeping difficulty, concentration problems, generalized anxiety, and physical complaints (such as headaches) are all common.
- Unlike younger children, the pre-adolescent child typically has greater ability to externalize negative emotions. In addition to symptoms commonly seen with childhood anxiety (such as sleep problems, eating disturbance, nightmares), victims in this age group may show a loss of interest in social activities, low self-concept, withdrawal or avoidance of peer relations, rebelliousness and oppositional-defiant behavior in the school setting. It is also common to observe temper tantrums, irritability, frequent fighting at school or between siblings, lashing out at objects, treating pets cruelly or abusively, threatening of peers or siblings with violence, and attempts to gain attention through hitting, kicking, or choking peers and/or family members. Girls are more likely to exhibit withdrawal and run the risk of being "missed" as a child in need of support.
- Adolescents are at risk of academic failure, school drop-out, delinquency, substance abuse, and difficulties in their own relationships.



Characteristics & Talking To Men Who Batter

- There are some issues to keep in mind as you work with physically abusive men.
- **This is a highly chronic group of offenders.**
You should expect high levels of recidivism in this group. We expect that 75% of men who are on supervision will assault their partners, violate protection orders, or otherwise violate terms of supervision. Also, with such a chronic problem, workers should not accept quick cures. It takes years to change deeply-rooted behaviors. Although many men can stop being violent fairly quickly while they are in a program; lasting change takes a long time.
- **Unlike in random violence, victims have ongoing relationships with offenders.**
When an unknown assailant is arrested, victims have no problems with prosecution. This is very different in domestic violence where the victim may still love and feel loyalty toward the offender. He may be a good father, the only source of support for the family, etc.

- **Offenders are likely to have continuing access to their victims.**
The offender frequently knows where the victim works, where she and her children live, and he has access to the victim when visiting children. There are multiple opportunities for intimidation, threats, and psychological pressure. It is very important to monitor the offender very closely and limit access to his partner.
- **A large number of offenders are alcohol and/or drug abusers.**
Although intoxication due to alcohol or drug use does not cause violence, offenders are prone to becoming more severely violent and more frequently violent when using. It is important to establish sobriety immediately; alcohol or drug abuse treatment should be concurrent with participation in a batterer's program.
- **Many offenders have criminal records, but many do not.**
In customary criminal justice practice, perpetrators with more extensive criminal records receive more intensive and intrusive monitoring; yet many of the most harmful and lethal domestic violence offenders have no criminal records. We advise workers to examine closely the history of violence in the relationship and to be sensitive to threats and other behaviors that suggest heightened dangerousness of the offender.
- **Men who batter are convinced they are victims.**
Although most convicted perpetrators of crime feel they are victims, batterers are particularly insistent about their "victimization." Historically, men who battered were protected by traditions of privacy and the sanctity of marriage and the family; to prosecute a man who abused his partner constituted an invasion of privacy and an assault on the family.
- Social values have changed and we are now in the process of creating and enforcing a new taboo about behavior in intimate relationships. Nevertheless, abusive men share a sense of intrusion into their private business and that they have had something taken away from them.
- **Many men who batter are persuasive and logical.**
People often expect offenders to be inarticulate and unreasonable. Instead, the abuser often is a very reasonable, persuasive character who wants someone to understand him and take him at face value. It is always important to go back to police reports, to read court documents such as medical reports, and to talk to his victims separately.
- *Adapted from a paper by Fernando Mederos, Common Purpose, P.O. Box 88, Jamaica Plain, MN*

• Talking to men who batter women

- **Offenders will try to "divide and conquer;" they will run a disinformation campaign.**
Men who batter are expert at finding divisions between people and exploiting them. They also tell different versions of the facts to different people. Make sure you (and all the staff) are consistent about the rules. It is important to be in constant communication with your batterer's program, the offender's partner, and the victim's advocate.
- **Expect the offender to continue denying his behavior and blaming his partner**
Most offenders take months or longer to admit responsibility for their behavior. Instead, many spend much energy trying to enlist you as an ally.
- **Many offenders attempt to get those working with them to back off by being constantly angry and challenging.**
Many men come across as justifiably angry. They tell you their partners are crazy, they launch into long accusatory tirades about them, giving example after example of the wrongs they have committed. Faced with constant "righteous" anger, you may find yourself shifting the discussion toward less volatile ground and listening out of polite sympathy. We advise you structure conversations carefully and to sharply limit complaints about victims. If he manages to shift the focus of the discussion onto her behavior, the offender has succeeded.
- **Other offenders attempt to get those working with them to back off by being super-placating.**
This offender gives the impression of being in complete control. He wants to do everything possible to "clear up this misunderstanding;" he may even suggest he seek help with his partner. If you take calm denials at face value, then you assume the role of judge, requiring that the victim prove she has been abused-a highly dangerous undertaking for battered women. Remember that

many abusive men are reasonable and charming with everyone except their partners. Being logical and calm with you doesn't establish innocence.

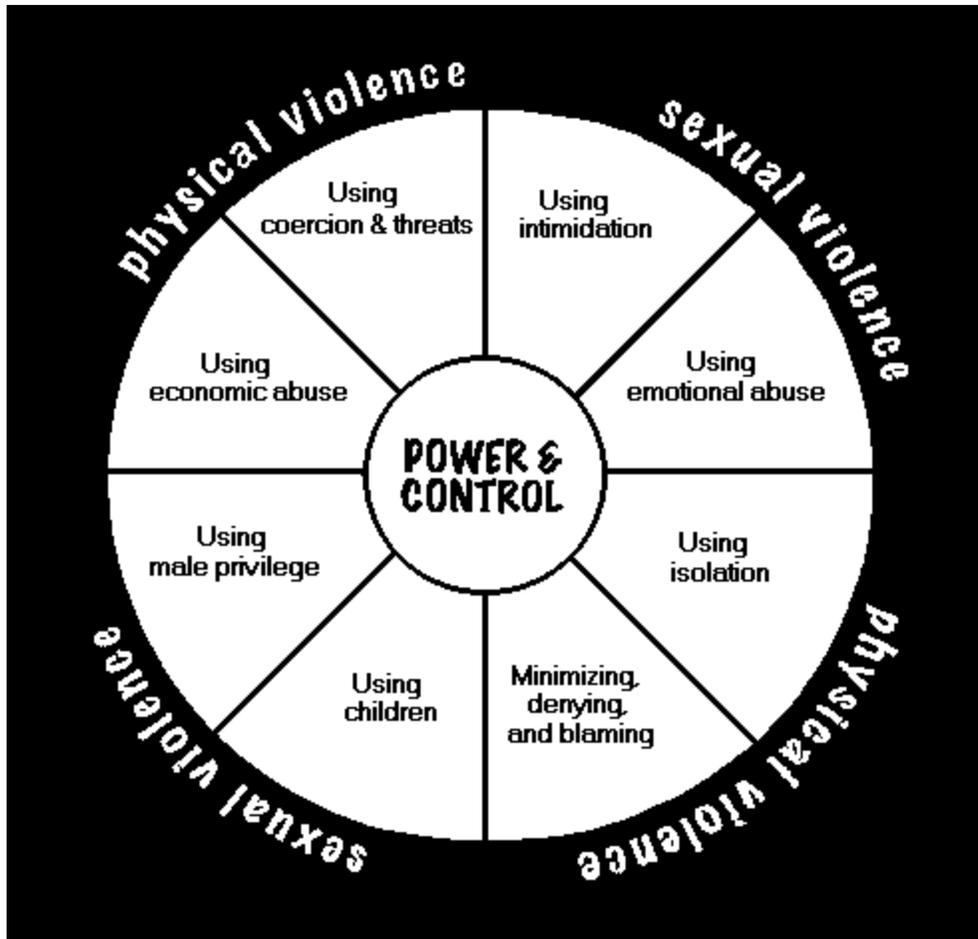
- **Intimidating offenders will try to wear you down; super-placating offenders will try to enlist you as an ally; BOTH will try to get you to do as little monitoring as possible.**

This will give the offender room to pressure his partner, ease his way back into the house, convince her that the Court is not serious, etc. We advise you to make decisions about intrusiveness and frequency of monitoring based on your assessment of his dangerousness (derived from information from his partner, police reports, the criminal record, etc.).

- Offenders may try to draw you into arguments about their blame. We recommend that workers not engage in such arguments. If there are legitimate questions about the offender's abusiveness, the women's advocate can help an evaluation.
- Do not tell the man anything the woman has told you unless you are completely sure it will not endanger her. Question each person separately; do not share information that may endanger the victim. Even if she gives you permission to share what she has told you, make your own assessment about safety.
- State rules in an impersonal fashion; focus on options and consequences. Men who batter often love arguments and struggles or dominance. You can say, "I can't argue with you about your supervision or about being sent to a batterer's program. If you do not go, I will have to report it and I can't change that."
- *Adapted from a paper by Fernando Mederos, Common Purpose, P.O. Box 88, Jamaica Plain, MN*



The Wheel of Power and Control



- **Using intimidation:** making her afraid by using looks, actions, gestures, smashing things, destroying her property, abusing pets, displaying weapons.

Using emotional abuse: putting her down, making her feel bad about herself, calling her names, making her think she's crazy, playing mind games, humiliating her, making her feel guilty.

Using isolation: controlling what she does, who she sees and talks to, what she reads, where she goes, limiting her outside involvement, using jealousy to justify actions.

Minimizing, denying, and blaming: making light of the abuse and not taking her concerns about it seriously, saying the abuse didn't happen, shifting responsibility for abusive behavior, saying she caused it.

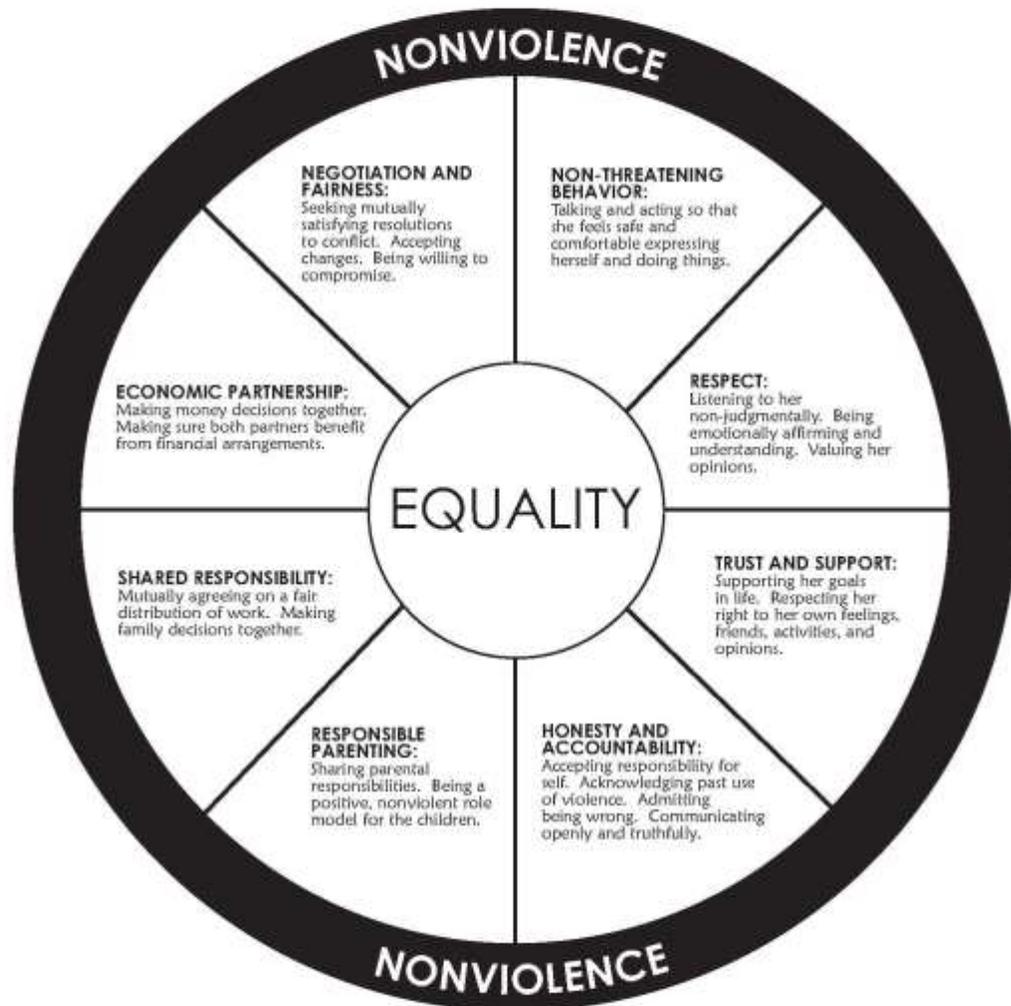
Using children: making her feel guilty about the children, using the children to relay messages, using visitation to harass her, threatening to take children away.

Using male privilege: treating her like a servant, making all the big decisions, acting like the "master of the castle", being the one to define men's and women's roles.

Using economic abuse: preventing her from getting or keeping a job, making her ask for money, giving her an allowance, taking her money, not letting her know about or have access to family income.

Using coercion and threats: making and/or carrying out threats to hurt her, threatening to leave her, to commit suicide, to report her to welfare, making her drop charges, making her do illegal things.

EQUALITY WHEEL



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Are You In Danger?

The following is a list of common things a batterer can do to their victim. An easy way to assess the danger in your relationship is to go through the following list, answering each question yes or no.

1. Has your abuser done any of the following:
 - Punched you
 - Slapped you
 - Kicked you
 - Bitten you
 - Pulled your hair
2. If you are married, did any of these things happen before you were married?
3. Does your abuser use alcohol or drugs excessively?
4. Does your abuser have intense mood swings?
5. Does your abuser stalk you?
6. Follow you?
7. Try to isolate you from others?
8. Try to dominate you?
9. Show up at your work unexpected?
10. Threatens suicide?
11. Obsessed with weapons?
12. Threatened you with a weapon?
13. Threatened you by phone or mail?
14. Threatened to kill you or someone you love?
15. Tried to hurt you when you were pregnant
16. Sexually assaulted you?
17. Kidnapped you or held you hostage?
18. Previous violent relationships?
19. Criminal record?
20. Criminal record related to violence, or sexual offenses?
21. Had a restraining order filed against him/her?
22. Violated the restraining order?
23. Intimidate or threaten you in order to control you?
24. Accuse you of being unfaithful?
25. Broken into your home?
26. Cut phone/power lines connected to your home?
27. Does your abuser have a difficult time when you are not with him/her?
28. Have frequent outbursts?
29. Tries to excuse the beatings?
30. Have the police ever been contacted?

Generally, the more questions you answer with a "yes" the more dangerous your relationship is. Please do not use this as a replacement for seeking help. Any abusive relationship, regardless of its severity, should be taken seriously.



Personal Safety With An Abuser

- Identify your partner's use and level of force so that you can assess danger to you and your children before it occurs.
- Try to avoid an abusive situation by leaving.
- Identify safe areas of the house where there are no weapons and there are ways to escape. If arguments occur, try to move to those areas.
- Don't run to where the children are, as your partner may hurt them as well.
- If violence is unavoidable, make yourself a small target; dive into a corner and curl up into a ball with your face protected and arms around each side of your head, fingers entwined.
- If possible, have a phone accessible at all times and know what numbers to call for help. Know where the nearest pay phone is located. Know the phone number to your local battered women's shelter. Don't be afraid to call the police.
- Let trusted friends and neighbors know of your situation and develop a plan and visual signal for when you need help.
- Teach your children how to get help. Instruct them not to get involved in the violence between you and your partner. Plan a code word to signal to them that they should get help or leave the house.
- Tell your children that violence is never right, even when someone they love is being violent.
- Tell them that neither you, nor they, are at fault or are the cause of the violence, and that when anyone is being violent, it is important to stay safe.
- Practice how to get out safely. Practice with your children.
- Plan for what you will do if your children tell your partner of your plan or if your partner otherwise finds out about your plan.
- Keep weapons like guns and knives locked away and as inaccessible as possible.
- Make a habit of backing the car into the driveway and keeping it fueled. Keep the driver's door unlocked and others locked—for quick escape.
- Try not to wear scarves or long jewelry that could be used to strangle you.
- Create several plausible reasons for leaving the house at different times of the day or night
- Call a domestic violence hotline periodically to assess your options and get a supportive understanding ear.



General Guidelines for Leaving an Abusive Relationship

- You may request a police stand-by or escort while you leave.
- If you need to sneak away, be prepared.
- Make a plan for how and where you will escape.
- Plan for a quick escape.
- Put aside emergency money as you can.
- Hide an extra set of car keys.
- Pack an extra set of clothes for yourself and your children and store them at a trusted friend or neighbor's house. Try to avoid using the homes of next-door neighbors, close family members, and mutual friends.
- Take with you important phone numbers of friends, relatives, doctors, schools, etc., as well as other important items, including:
 - Driver's license
 - Regularly needed medication
 - Credit cards or a list of credit cards you hold yourself or jointly
 - Pay stubs
 - Checkbooks and information about bank accounts and other assets
- If time is available, also take:
 - Citizenship documents (such as your passport, green card, etc.)

- Titles, deeds, and other property information
- Medical records
- Children's school and immunization records
- Insurance information
- Copy of marriage license, birth certificates, will, and other legal documents
- Verification of social security numbers
- Welfare identification
- Valued pictures, jewelry, or personal possessions

You may also create a false trail. Call motels, real estate agencies, and schools in a town at least six hours away from where you plan to relocate. Ask questions that require a call back to your house in order to leave phone numbers on record.



Getting Ready to Leave

- Keep any evidence of physical abuse, such as pictures.
- Know where you can go to get help; tell someone what is happening to you.
- If you are injured, go to a doctor or an emergency room and report what happened to you. Ask that they document your visit.
- Plan with your children and identify a safe place for them, like a room with a lock or a friend's house where they can go for help. Reassure them that their job is to stay safe, not to protect you.
- Contact your local battered women's shelter and find out about laws and other resources available to you before you have to use them during a crisis.
- Keep a journal of all violent incidences, noting dates, events and threats made, if possible.
- Acquire job skills or take courses at a community college as you can.
- Try to set money aside or ask friends or family members to hold money for you.



Emergency Checklist

What You Need To Take When You Leave

- ___ Identification for yourself
- ___ Driver's License and Registration
- ___ Children's Birth Certificates
- ___ Your Birth Certificate
- ___ Money
- ___ Lease, Rental Agreement, House Deed, Mortgage Payment Book
- ___ Bank Books, Savings Books
- ___ Checkbooks, ATM Card
- ___ Insurance Papers and Cards
- ___ Keys - House, Car, Office, Safety Deposit Box
- ___ Items Of Special Sentimental Value
- ___ Medications
- ___ Small Saleable Objects
- ___ Address Book
- ___ Pictures
- ___ Medical Records For All Family Members
- ___ Social Security Cards For Yourself and Children, (SSN# for spouse)
- ___ School and Vaccination Records
- ___ Work Permits
- ___ Green Card
- ___ Passport
- ___ Divorce Papers
- ___ Order For Protection/Harassment Restraining Order
- ___ Jewelry
- ___ Children's Small Toys
- ___ Computer Disks Containing Essential Information



After Leaving the Abusive Relationship

If getting a restraining order and the offender is leaving:

- Change your locks and phone number.
- Change your work hours and route taken to work.
- Change the route taken to transport children to school.
- Keep a certified copy of your restraining order with you at all times.
- Inform friends, neighbors and employers that you have a restraining order in effect.
- Give copies of the restraining order to employers, neighbors, and schools along with a picture of the offender.
- Call law enforcement to enforce the order.

If you leave:

- Consider renting a post office box or using the address of a friend for your mail.
- Be aware that addresses are on restraining orders and police reports.
- Be careful to whom you give your new address and phone number.
- Change your work hours, if possible.

- Alert school authorities of the situation.
- Consider changing your children's schools.
- Reschedule appointments that the offender is aware of.
- Use different stores and frequent different social spots.
- Alert neighbors and request that they call the police if they feel you may be in danger.
- Talk to trusted people about the violence.
- Replace wooden doors with steel or metal doors. Install security systems if possible.
- Install a motion sensitive lighting system.
- Tell people you work with about the situation and have your calls screened by one receptionist if possible.
- Tell people who take care of your children who can pick up your children. Explain your situation to them and provide them with a copy of the restraining order.
- Call the telephone company to request caller ID. Ask that your phone number be blocked so that if you call anyone, neither your partner nor anyone else will be able to get your new, unlisted phone number.



Problems of Rural Battered Women

Battered women living in rural areas have many of the same experiences as battered women everywhere. But rural battered women have certain experiences and face certain barriers which are unique to rural settings.

Rural batterers frequently isolate their partners as one tactic of maintaining power and control over their victims. They also commonly:

- Refuse access to family vehicles or prevent a woman from getting a driver's license.
- Ridicule her in front of friends and family so she's reluctant to invite them again.
- Accuse her of flirting or having affairs, and because of this suspicion beating her for even limited contact with another person.
- Remove the telephone when leaving the home or calling her every hour to monitor her whereabouts.
- Threaten or beat her when she returns from outings with women friends.
- Keep her bruised so she is ashamed to be seen in public.
- Threaten to kill her if she tells anyone.

A woman isolated in these ways has a difficult time escaping from a violent partner. She fears leaving. She fears calling someone for help. Battered women everywhere experience some form of isolation as controlled by their partners, but for rural battered women the isolation becomes magnified by geographical isolation. Other rural factors can greatly impact a rural battered woman's isolation and chances of reaching safe shelter. Consider that:

- A rural battered woman may not have phone service.
- Usually no public transportation exists, so if she leaves she must take a family vehicle.
- Police and medical response to a call for help may take a long time.
- Rural areas have fewer resources for women--jobs, childcare, housing and health care, or easy access to them is limited by distance.
- Extreme weather often exaggerates isolation--cold, snow, and mud regularly affect life in rural areas and may extend periods of isolation with an abuser.
- Poor roads thwart transportation.

- Seasonal work may mean months of unemployment on a regular basis and result in women being trapped with an abuser for long periods.
- Hunting weapons are common to rural homes and everyday tools like axes, chains, pitchforks, and mauls are potential weapons.
- Alcohol use, which often increases in winter months when rural people are unemployed and isolated in their homes, usually affects the frequency and severity of abuse.
- Travelling to a "big city" (perhaps 20,000) can be intimidating to rural battered women and city attitudes may seem strange and unaccepting.
- A woman's bruises may fade or heal before she sees neighbors, and working with farm tools and equipment can provide an easy explanation for injuries.
- Farm families are often one-income families and a woman frequently has no money of her own to support herself and her children.
- A family's finances are often tied up in land and equipment, so a woman thinking of ending a relationship faces an agonizing reality that she and her partner may lose the family farm or her partner will be left with no means of income.
- Court orders restraining an abuser from having contact with a woman are less viable for rural women because their partners cannot be kept away from the farm if it is their only source of income.
- Rural women frequently have strong emotional ties to the land and to farm animals, and if she has an attachment to her animals she fears they may be neglected or harmed.
- Rural women are usually an integral part of a family farm business, so if she leaves the business may fail.

Rural battered women have some unique problems, but alternatives to living with abuse do exist. A battered women's program can provide personal support, safety planning for you and your children, information about options available to you, transportation, legal information, safe shelter, and referrals to financial assistance, job training, and education options.



Psychology of the Battered Woman Syndrome

FOUR PSYCHOLOGICAL STAGES OF

THE BATTERED WOMAN SYNDROME	
DENIAL	The woman refuses to admit--even to herself--that she has been beaten or that there is a "problem" in her marriage. She may call each incident an "accident". She offers excuses for her husband's violence and each time firmly believes it will never happen again.
GUILT	She now acknowledges there is a problem, but considers herself responsible for it. She "deserves" to be beaten, she feels, because she has defects in her character and is not living up to her husband's expectations.
ENLIGHTENMENT	The woman no longer assumes responsibility for her husband's abusive treatment, recognizing that no one "deserves" to be beaten. She is still committed to her marriage, though, and stays with her husband, hoping they can work things out.
RESPONSIBILITY	Accepting the fact that her husband will not, or can not, stop his violent behavior, the battered woman decides she will no longer submit to it and starts a new life.



12 Ways To Tell Whether Your Partner May Turn Into An Abuser

1. Heavy drinking or drug abuse (especially if he uses substances as an excuse for what he does: "The alcohol made me do it.")
2. Abuse during the courtship period is a guarantee of further abuse that will become more frequent and severe. Don't marry him with the belief that "I can change him." You won't.
3. Morbid jealousy. This may be a bit flattering at first, but will be a curse later on. You will never convince him that you are innocent of his accusations.
4. Past child abuse and/or witness of marital violence. This happens in some cases. Children learn what they live. Boys tend to copy their fathers. Abused children discipline their own children as they were taught. He may be a "violence carrier".
5. Inability to handle frustration. If he blows up and explodes at small things, and reacts with a tantrum over minor things, he may act out frustration with violence in a marriage. How he deals with anger is the key.
6. A violent temper. This speaks for itself. If you feel fear when he acts out his anger, that fear is a warning signal. **Listen to it!**
7. Cruelty to animals, abuse and mistreatment of pets, great enjoyment of hunting for the sake of killing animals could help you to face this question: What makes you know he will treat you any differently?

8. Preoccupation with weapons. They are an extension of self. A person is what she/he lives. If he ever "playfully" points a gun at you or ever gestures at you with another weapon, what could happen if he became very angry with you?
9. Mental illness. A person with an unsound mind or without any sense of moral responsibility or guilt may not be in control of his actions. Does he act in ways that you feel are abnormal or strange?
10. A poor self-image; insecurity about his own masculinity. If he feels compulsive about always being "one up" and dominating and he lives out a macho role at all times, you will be subject to his control and possibly treated like one of his possessions. He may feel he has the right to treat you like his property, to do as he pleases.
11. A pattern of blaming others, particularly his wife, for his problems. If he never accepts his faults and responsibilities when things go wrong, be ready to be blamed for everything.
12. Acceptance of violence as an appropriate problem-solving method. Do you want a man who talks out or acts out his anger?



Alcohol Abuse and Domestic Violence

Many studies show a high rate of alcohol abuse among men who batter their female partners. Yet is there really a link between alcohol abuse and domestic violence? No evidence supports a cause-and-effect relationship between the two problems. The relatively high incidence of alcohol abuse among men who batter must be viewed as the overlap of two widespread social problems.

Efforts to link alcohol abuse and domestic violence reflect society's tendency to view battering as an individual deviant behavior. Moreover, there is a reluctance to believe that domestic violence is a pervasive social problem that happens among all kinds of American families. For these reasons, it is essential to emphasize what is known about the relationship between alcohol abuse and domestic violence.

- Battering is a socially learned behavior, and is not the result of substance abuse or mental illness. Men who batter frequently use alcohol abuse as an excuse for their violence. They attempt to rid themselves of responsibility for the problem by blaming it on the effects of alcohol.
- Many men who batter do not drink heavily and many alcoholics do not beat their wives. Some abusers with alcohol problems batter when drunk, and others when they are sober.
- In one batterers' program, 80% of the men had abused alcohol at the time of the latest battering incident. The vast majority of men, however, also reportedly battered their partners when not under the influence of alcohol.
- Data on the concurrence of domestic violence and alcohol abuse vary widely, from as low as 25% to as high as 80% of cases.
- Alcoholism and battering do share some similar characteristics, including:
 - both may be passed from generation to generation
 - both involve denial or minimization of the problem
 - both involve isolation of the family
- A battering incident that is coupled with alcohol abuse may be more severe and result in greater injury.
- Alcoholism treatment does not "cure" battering behavior; both problems must be addressed separately. However, provisions for the woman's safety **must** take precedence.
- A small percent (7% to 14%) of battered women have alcohol abuse problems, which is no more than that found in the general female population. A woman's substance abuse problems **do not** relate to the cause of her abuse, although some women may turn to alcohol and other drugs in

response to the abuse. To become independent and live free from violence, women should receive assistance for substance abuse problems in addition to other supportive services.

- Men living with women who have alcohol abuse problems often try to justify their violence as a way to control them when they're drunk. A woman's failure to remain substance-free is **never** an excuse for the abuser's violence.