An Integrated Response to Dating Violence

Brian Pinero, MSW
Director, National Dating Abuse Hotline

Tonya Turner, Esquire
Director of Legal Services
Break the Cycle
Learning Objectives

By the end of this training you will be better able to:

• Identify the warning signs of an abusive relationship
• Assist victims of dating or domestic violence effectively and safely
• Develop a safety plan for a victim of dating or domestic violence
Defining the Problem

• **One in three** teens experience some kind of abuse in their romantic relationships, including verbal/emotional abuse.

• **One in ten** teens experience physical abuse in dating relationships.

• **Nearly 80%** of young women who have been physically abused in their intimate relationship continue to date their abuser.

• **59%** of female stalking victims were stalked by an intimate partner*

*Source: Love is Respect.org*
It Can Happen to Anyone

• Both boys and girls are victims of abuse.
• Both boys and girls are perpetrators of abuse.
• Dating violence occurs in all neighborhoods, income levels, and ethnic groups.
• Dating violence happens in straight and same-sex relationships.
• Most abuse gets more severe over time.
Key Players

- Relatives
- Coworkers
- Teachers
- Doctors

- Police
- Prosecutors
- Judges

- Advocates
- Lawyers
- Grassroots Orgs.

Survivor
An Integrated Response

**Awareness**
- Educate Survivors, Family Members, Clergy, Advocates

**Prosecution**
- Train Police Officers, Prosecutors and Judges to understand unique needs of survivors of domestic violence so a not to re-victimize and discourage victim cooperation
- Batterer Accountability

**Support**
- During the process of prosecuting
- After survivor returns to the community (Safe Housing/ Financial Support/Enforcement of Judicial Orders)
What is Dating Violence?

A pattern of abusive behaviors used to exert power and control over a dating partner.
“...of abusive behaviors...”

**Physical Abuse**
- Any intentional unwanted contact with the victim’s body by either the abuser or an object within the abuser’s control.

**Sexual Abuse**
- Any unwanted sexual behavior or anything that interferes with the victim’s right to control the conditions of sexual activity.

**Emotional/Verbal Abuse**
- Anything an abuser says or does that manipulates or controls the victim’s feelings or behavior.
# Obstacles to Getting Help

<table>
<thead>
<tr>
<th>Lack of relationship experience</th>
<th>Embarrassment and fear of social consequences</th>
<th>Fear of losing independence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isolation from support network</td>
<td>Distrust of adults</td>
<td>Desire to stay in their relationship or protect their partner</td>
</tr>
<tr>
<td>Limited financial resources</td>
<td>Unaware of Legal Rights</td>
<td>Love</td>
</tr>
</tbody>
</table>
Take out a sheet of paper and fold it in half.

When I say “begin” you’ll start writing your first and last name on the left column and copy the sentence **I HAVE THE RIGHT TO A HEALTHY RELATIONSHIP** on the right column.

Every time you hear a “buzz” stop writing and start all over, starting with your first name.

You’ll repeat these steps until I say “stop”
The Relationship Spectrum

Healthy
- Trust
- Communication
- Respect
- Healthy boundaries
- Autonomy
- Supportive
- Commitment
- Mutual Comprising

Unhealthy

Abusive
- Extreme Jealously
- Possessive
- Explosive Temper
- Big Mood Swings
- Stalking

Cold/Flu
Unhealthy?
Texting a lot following on Twitter
Waiting for me after class liking
All my comments on Facebook asking
Me for provocative photos talking
Negatively about my friends teasing
Me calling me at work
Visiting my job unannounced buying me gifts
Calling me late at night accusing me of cheating
telling me what to do
A healthy relationship means that both you and your partner are...

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoy personal space
- Make consensual sexual decisions

An unhealthy relationship starts when even just one of you is...

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Feeling smothered or forgetting to spend time with others
- Pressuring the other into sexual activity or ignoring consequences

An abusive relationship starts when just one of you...

- Communicates abusively
- Is disrespectful through abuse
- Falsely accuses the other of flirting or cheating
- Doesn’t take responsibility for the abuse
- Controls the other partner
- Isolates the other partner
- Forces sexual activity
Unhealthy...ToAbusive?

• Are boundaries respected?
• Have you communicated your concern?
• Can you disagree without negative consequences?
• Can you turn your phone off without a blow up?
• Can you express yourself and your options?
• Do you always have to compromise or concede?
• Do you discuss the same issues repeatedly?
Patience

• Everyone responds to crisis differently: Hostile, tearful, belligerent, SILENT, boisterous, angry, NERVOUS, giggly, WITHDRAWN, DETACHED, apologetic, disinterested.

• Don’t take it personally! Attribute it to the stress of the situation.
Safety and Security

• Make sure abuser or abuser’s friends and family are not in close proximity when speaking to victim/survivor
• Provide victim with a “safe space” to talk
• Explain when you have limited time to talk so as to not appear callous or disinterested
• Understand it is difficult to re-live events and hear 911 tapes
• Reluctance to go forward is not an indication of indifference it is often a by product of fear
Assurance

• Leaving is the most dangerous time
• Victims/Survivors have REAL safety concerns
• Know local resources
• Work with your victim’s advocate
• Explain Explain Explain
Evidence

Ensure Preservation of Subsequent Evidence

- Take digital pictures of evidence
- Make recordings via digital voice recorder
- Print out emails or social media postings

Make sure that you have ALL evidence

- Saved text messages/Emails on smartphones
- Screen shots of social networking sites
- Instagram pictures
- Saved Voicemails
- Saved photographs of injuries
Lethality Assessment

- Has the abuser:
  - ever tried to strangle you?
  - ever injured or killed a pet?
  - ever threatened to kill you?
  - ever threatened or attempted to commit suicide?
- Do you have a child with someone other than the abuser?
- Have you separated or tried to separate from the abuser in the past 12 months?
- Does the abuser own, carry, or have ready access to a gun?
- Are you being stalked by the abuser?
- Does the abuser have a history of substance abuse?
Safety Planning

A safety plan is an individualized set of actions, strategies, and resources that addresses safety both during an abusive relationship and after leaving the relationship.
Safety Planning

- Where will victim go in a moment of danger?
- How will victim travel to/from court or your office safely? Can victim afford transportation?
- Where will victim sit while waiting to testify?
- Request victim leave children at home if possible or use daycare center if court has one
- Request victim plan to take the day off from work or school if proceeding will be extended
- Do victim and abuser attend the same school? participate in any joint activities? live in close proximity or share a residence (i.e. dorm or group home)?
Technology and Safety Planning

• Memorize important numbers
• Phone charger available
• Save people under other names
• Don’t save passwords on phone
• Ask friends not to tag at locations
• Use highest privacy settings
• Block abuser’s cell number
• Beware of saved recordings or pics
• Save and track abusive communication
SAFETY ALERT: The Interactive Guide to Safety Planning requires you to enter information into an online form. Before you begin, be sure that the computer you are using is in a safe location and is not being monitored by your partner. Click here to learn more about how an abusive partner can monitor your computer.

If you are using a school or work computer, remember that the information you enter may be monitored by your school or employer.

If it is not safe for you to enter information into the computer, you can still read through the safety plan and think about your answers to the questions.

When you exit the safety plan, your information will not be stored on the website. If you need to exit the safety plan quickly, click on the "Escape" button at the top right of the page. If you are in danger, call 911 immediately.

If you have questions about your situation or your safety plan, you can talk to an advocate.
Consider the Connection

- Dating Violence
- Drug Abuse
- Truancy
- Pregnancy
- Poor Grades
- Suicide Attempts/Depression

DATING VIOLENCE
Group Activity
Resources

Live Chat ON!

“loveis” to 77054

1-866-331-9474 or 1-866-331-8453 TTY

love is respect.org
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