



Violence Intervention Program

What is Domestic Violence?





Domestic Violence

It is a pattern of abusive behavior in a relationship, used by a person to exercise power and control over their partner.

Domestic violence can affect anyone regardless of age, race, religion, national origin, education, sexual orientation, gender, or economic status.

Did you know...

- Every minute, 24 people are victims of rape, physical violence or stalking by an intimate partner in the United States. That is more than 12 million people a year.
- 1 in 3 Latina women (34.4%) will experience domestic violence in her lifetime and 1 in 12 Latinas (8.6%) have experienced domestic violence in the past 12 months



- Between 30% and 50% of transgender people experience domestic violence at some point in their life compared to 28-33% of the general population.

Do you feel fear in your relationship?

Does your partner...

- Critique you constantly? Humiliate you?
- Control your finances?
- Keep you distanced from your friends and family?
- Frequently check your text messages, call logs, and social media?
- Physically hurt you or threaten to hurt you?
- Pressure you to partake in sexual acts you do not want to participate in?



These can be signs of abuse!

What types of abusive behaviors or tactics are most common in domestic violence?



Intimate partner violence is a pattern of behaviors that an abuser uses to maintain control and power over a partner. This comes in different ways.

There is often more than one form of abusive behavior occurring at the same time in an abusive relationship. Many types of are also part of other abuses.

Verbal Abuse

- They call you offensive nicknames, they insult you, they belittle you.
- They yell at you.
- They tell you what to do and who you can see.
- They constantly critique you.



Digital Abuse

- They are constantly texting or calling you and they urge you to respond immediately.
- They frequently check your phone to check text messages and call log to see who you're talking to
- They spy on your social media activity.
- They ask you send them sexual messages, photos, or videos to them against your desires.
- They share your private affairs on social media without your permission.
- They pressure you to share your passwords with them or they do it without you knowing.

Digital abuse consists of the use of digital technology through, for example, telephone texts or social networks, to intimidate, harass, stalk or intimidate a person.



Emotional Abuse

- They make you feel bad for having friends and partaking in activities that don't include them.
- They make inappropriate comments and go through your belongings.
- They act in a very jealous manner.
- They constantly criticize your intelligence, your appearance, your skills as a mother or father, etc.



- They insult you and tells you that nobody loves you and that you are crazy.
- They make fun of you in front of other people.

Emotional abuse is related to verbal abuse, but non-verbal actions can also be included. For example, the abusive partner may begin to ignore and refrain from affectionate behaviors as punishment for the victim.

Gaslighting

(Manipulate the perception of reality)

- They lie to you constantly.
- Denies facts and actions that have actually happened.
- They underestimate you and those you trust.
- When confronted, they try to act the victim.



Gaslighting is a tactic that someone uses to control another person, questioning and doubting their reality. The key to this abusive behavior is emotional manipulation.



Physical Abuse

- They do things to scare or intimidate you (they shove you, they grab you forcefully, they hit things).
- Physical assaults of any kind- beatings, assault with weapons, run over by vehicles, throwing furniture or decor at you, etc.
- They parade weapons in front of you and threaten to use them.
- They harm your family pets.

Throwing things or hitting walls around is also considered physical abuse. They are actions that, although they may not hurt directly, are used to scare and intimidate.



Sexual Abuse

- They obligate you to have sex or watch sexual acts without your consent.
- They force you to partake in humiliating or potentially life threatening sexual acts.
- Forces you to have sexual relations with other people without your consent.
- They forbid you from using contraceptives.

Sexual abuse refers to any behavior that pressures or forces someone to do something sexual that they don't want to do.



Financial Abuse



Economic or financial abuse is control over another person's financial resources. Withholding access to money or trying to prevent the person from working or going to school, all to create a dependency as a means of control.

People are often forced to choose between staying in relationships or poverty, and even homelessness.

- They prohibit or obligate you to work.
- They pressure you to give them access to your bank accounts.
- They use your credit card and refuse to pay the balance of their spending.
- They control how you spend your money
- Refuses to work in order to help support the family
- They demand you pay their expenses.

Power and Control Wheel



This tool explains some of the ways that an abusive partner can use power and control to manipulate a relationship.

Remember!



Abusive behavior patterns are a cycle, but even one incident of abuse is one too many!

Health and Domestic Violence



Research consistently finds that the more severe the abuse, the greater its impact on women's physical and mental health. In addition, the negative health consequences can persist long after abuse has stopped. The consequences of violence tend to be more severe when women experience more than one type of violence (e.g. physical and sexual) and/or multiple incidents over time.

Pregnancy and Domestic Violence

- People who are abused during pregnancy are more likely to receive no prenatal care or to delay care until later than recommended.
- People experiencing domestic violence during pregnancy are three times more likely to report symptoms of depression in the postnatal period than women who did not experience domestic violence while pregnant.
- Maternal exposure to domestic violence is associated with significantly increased risk of low birth weight and preterm birth.



Source:

Goodman, Shaina. Intimate Partner Violence Endangers Pregnant People and their Infants. National Partnership for Women & Families. 2021

Latinas and Intimate Partner Violence Evidence-Based Facts Esperanza United. 2021

Don't blame the person experiencing abuse!

There are many factors to consider when helping someone who may be experiencing domestic violence.



Why do people stay in these abusive situations?



- Children
- Lack of information or culturally competent services

- Fear
- Normalized abuse
- Shame
- Intimidation
- Low self-esteem
- Lack of financial resources
- Migratory status
- Cultural context

What to do if you are experiencing domestic violence



- Call our helpline at 1-800-664-5880 or visit our webpage vipmujeres.org
- Try to locate any other resources in your community.
- Try to get rid of any weapons that may be in the house.
- Have the phone number of a trusted person you can call on hand.
- Show your children and family members what to do in case of an emergency.
- If you think your life or your children's lives may be in danger, call 911.

How can you help someone else?

- Believe them
- Listen to them without interrupting.



- Give them the phone number of our helpline.
- Do not judge them.
- Tell them it is not their fault. They are not responsible for someone else's actions against them.
- Do not minimize what they are going through.
- Emotionally support them, even if they decide to stay in the relationship.

A Healthy Relationship!

- Communication
- Mutual respect
- Understanding: offering and receiving support when needed.
- Must be built on trust for one another that is based on boundaries that have been set within the relationship.
- Respect their privacy: Being in a relationship does not mean you have to share everything and be together 24/7. Healthy relationships require space.
- Not having to share email, passwords, etc.
- Establish and respect sexual limits.





Do You Need help?

Do you know someone who does?

To find help in the case of domestic violence
call our bilingual helpline and talk to one of our counselors

1-800-664-5880

Lunes - Viernes | 9 am - 11 pm

or use the text feature in our webpage vipmujeres.org

VIP offers the following services to survivors of domestic violence

Housing: Emergency DV shelter, transitional housing and help with vouchers like CityFHEPS.

Counseling: Short-term counseling and safety planning in English and Spanish.

Support Groups: Survivor-informed healing groups that build community and break isolation.

Economic Justice Services: Creative and culturally specific approaches to increasing income and savings.

Advocacy: Help with public benefits, legal referrals, court accompaniment and more!.

Leadership Development: Our Promotora Program supports the leadership of survivors who use their own story to educate and encourage other Latinx immigrants to seek support for abuse.

Sexual Violence Project: Provides trauma-informed, supportive services to survivors of sexual violence.

Child and Adolescent Program: Provides trauma-informed services to children and adolescents between the ages of 3-18 survivors of trauma. Our services aim to strengthen parent-child bonds through individual, group, and parent-child counseling.

Workshops and Presentations: We provide education that empowers our communities to recognize the signs of abuse and to seek help including a youth curricula that uplifts the experiences of immigrant and Latinx youth to explore gender dynamics, healthy relationships, and consent.