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LEARNING VIOLENCE

Children who are the direct targets of abuse or who witness abuse may grow up to be abusers or may marry abusers. They accept this as “normal”.

EMOTIONAL AND ECONOMIC ATTACKS:

Destructive criticism, verbal abuse, pressure tactics, abusing authority, disrespect, breaking promises, emotional withholding, denying, blaming, economic control, self-destructive behavior, isolation, harassment, these are only a few.

ACTS OF VIOLENCE:

Intimidation, destruction, threats, sexual violence, physical violence, weapons are some of the acts that may be used.

SUGGESTIONS FOR HELPING

APPROACH the victim and let them know they are not alone.

ACKNOWLEDGE that it is scary and difficult to talk about

SHARE information

SUPPORT them as a friend and be a good listener. Allow them to make their own decisions.

ASK if they have suffered physical abuse and go with them to the hospital/doctor. Also encourage them to talk to the police.

PROVIDE information on help available

INFORM them about the legal protection available.

PLAN safe strategies for leaving an abusive relationship.



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WHEN VIOLENCE HITS HOME

A brochure on domestic violence for survivors, friends and the community to help stop the violence.

Have you or has someone you know ever experienced the following;

- name calling or put-downs
- isolation from family/friends
- withholding of money
- actual or threatened physical harm
- sexual assault

The above are examples of domestic violence, which includes partner violence, family violence, child abuse, battering and wife beating. This violence takes many forms, and can happen once in a while or all the time.

Battering is the establishment of control and fear in a relationship through violence and other forms of abuse. It is used to control the other person. The violence may not happen often, but it remains as a hidden and constant terrorizing factor.

CYCLE OF DOMESTIC VIOLENCE:

The Cycle of Domestic Violence shows how domestic violence often becomes a pattern made up of three stages.

- 1.) **Tension Building:** Criticism, yelling, swearing, using angry gestures, coercion, threats.
- 2.) **Violence:** Physical and sexual attacks and threats.
- 3.) **Seduction:** Apologies, blaming, promises to change, gifts. It also explains how three dynamics, love, hope and fear, keep the cycle in motion and make it hard to end a violent relationship.

LOVE/HOPE/FEAR keep the cycle in motion.

LOVE for your partner as the relationship has its good points, its not all bad.

HOPE that it will change as it didn't begin like this.

FEAR that the threats to kill you or your family will become a reality.

THE CHILDREN:

Whether the children observe the violence, hear it, learn about the violent incident after it has occurred, or are physically hurt themselves, the effects are always serious. These children try to protect their parents or younger siblings.

EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN:

- **Physical Abuse:** Any injury a victimized parent suffers may also be suffered by the child as well.
 - **Physical Neglect:** Often times the victimized parent will be abused economically and emotionally. The children may be effected by lack of resources, intentionally withheld.
 - **Sexual Abuse:** All batterers do not sexually abuse children but many do. The adults are responsible for the abuse and have the power over children.
 - **Emotional Abuse:** Whether the child is a direct target of emotional abuse or witnesses it, it will leave a long lasting effect.
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