

# Parents Page

APRIL 2016



## WHAT IS DOMESTIC VIOLENCE?

Domestic Violence is about power and control. Batterers maintain control over their victims through physical, sexual, emotional and/or economic abuse. Here are some forms that domestic violence can take:

- Sexual assault
- Verbal abuse
- Emotional abuse
- Psychological abuse
- Social control (often isolation)
- Financial control
- Spiritual control
- Stalking & harassment
- Threats and other intimidation

### Danger Checklist:

- Does your partner try to prevent you from seeing your friends & family?
- Does your partner constantly criticize you & your abilities?
- Does your partner intimidate or threaten you?
- Does your partner hit, punch, slap or kick you?
- Has your partner ever prevented you from leaving the house, getting a job or continuing your education?
- Has your partner ever destroyed things that you cared about?
- Has your partner ever threatened you with a weapon?
- Has your partner ever forced you to have sex, or forced you to engage in sexual acts that make you feel uncomfortable?

### Children and Domestic Violence

Children can be deeply affected by violence in the community and at home. They see violence on TV and in video games and hear it in music. Children may also witness fights that involve yelling, screaming or hitting. Sometimes these fights end with someone getting hurt, badly beaten, stabbed or even shot. But, witnessing violence in the home is especially troubling for children.

### Did you know?

- Children see, hear and remember more than adults think they do. Parents may think that their children are asleep or watching TV, but children often know when their parents are fighting.
- Children are sensitive to the tone or volume of a parent's voice. A parent who yells a lot in the home is upsetting to a child.
- Children react differently at different ages, but all children – even infants and toddlers – can be affected by witnessing violence.

### Common reactions when children witness violence:

- Difficulty with sleeping, poor appetite, stomachaches, headaches, nightmares, and bedwetting
- Become fearful or moody
- Worrying about the safety of loved ones
- Trouble with concentration, learning and behavior at school
- Trouble making or keeping friends
- Running away
- Involvement with drugs and alcohol

Children learn from what they see. When children grow up seeing others acting violently, they are more likely to use violence themselves.

Every 15 seconds in the United States, a woman is battered and approximately 4 are killed per day by their husband, boyfriend or live-in partner. This epidemic of violence can touch any of us.

### A safety plan is important.

If someone you know plans to leave her home, make sure she has a safety plan before she leaves. If she is unsure about her safety, encourage her to call a domestic violence program where she can get help to put together a safety plan. Never encourage her to follow plan she doesn't consider "safe."

### What is Heart of Grant County?

Heart of Grant County is a Domestic Violence and Sexual Assault program. As a private non-profit organization serving all of Grant County, Heart works closely with a network of local supporters to help families break the cycle of violence. Heart delivers a wide range of crisis & educational services to adults, teens & children.

### Confidential and Free

Heart's services are designed to help survivors of abuse regain control of their lives, start the healing process, develop self-esteem and break the cycle of violence so that future abuse can be prevented.

### Services include:

- 24 hour hotline
- Crisis counseling & referrals to other services
- Temporary safe housing
- Emergency transportation
- Court, legal and medical advocacy
- Self-help materials
- Individual peer advocacy
- Empowerment groups
- Prevention presentations and community outreach

If you or someone you know is a victim of domestic violence, call Heart of Grant County at 541-575-4335 or our 24 hour hotline at 541-620-1342

(We refer to a female victim because the overwhelming majority of domestic victims are women. However, these guidelines apply equally to all genders.)



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