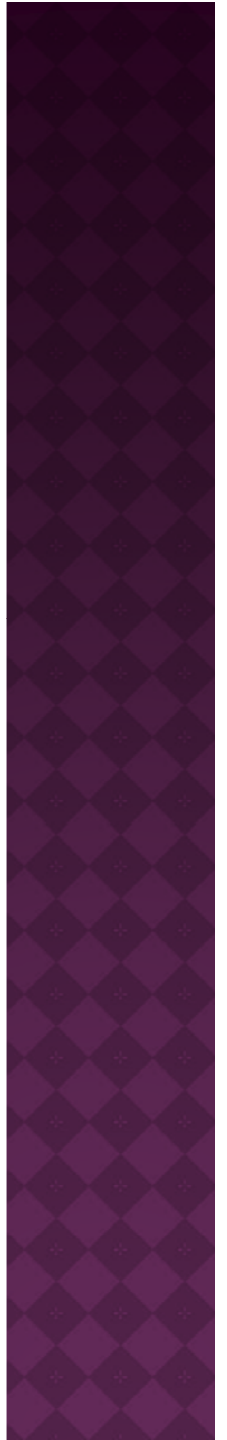
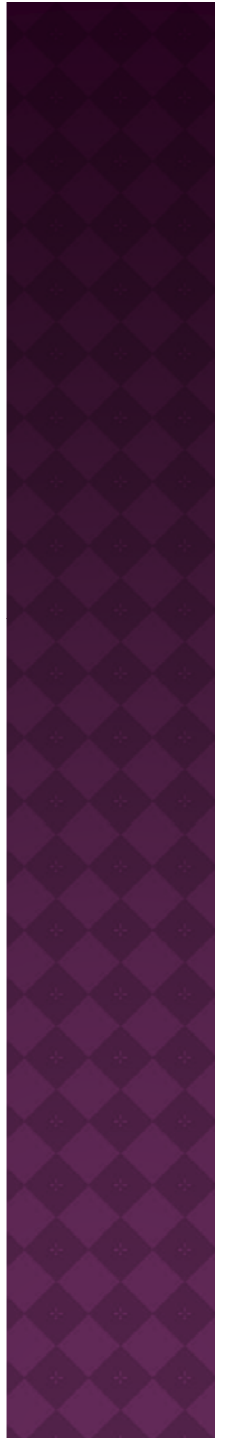


**HEALTHY RELATIONSHIPS
AND
DOMESTIC ABUSE
PREVENTION**



WHAT IS DOMESTIC ABUSE?

- ◉ In dating violence, one partner tries to maintain power and control over the other through abuse
- ◉ Involving physical harm, sexual assault, or fear of physical harm
- ◉ Domestic Abuse can include verbal abuse, emotional abuse or physical assault



DOMESTIC VIOLENCE AFFECTS EVERYONE

- There is a 30% rate of domestic violence cases involving men being abused by women.
- Men have as much difficulty leaving abusive relationships as do women and remain despite ongoing abuse.
- Domestic violence of all types does not discriminate. Families from all ethnic and racial groups are affected by domestic violence.
- Men embrace their vital role as allies with women and girls in fostering healthy relationships and gender equity.
- The Men of Strength Club is the nation's premier primary prevention program for male youth in the country: E-mail: info@mencanstoprape.org

-The American Journal of Preventive Medicine (May 2008)

-[http://www.mencanstoprape.org/info-url2696/info-](http://www.mencanstoprape.org/info-url2696/info-url_list.htm?section=Men%20of%20Strength%20%28MOST%29%20Clubs)

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SOME TYPES OF DOMESTIC ABUSE



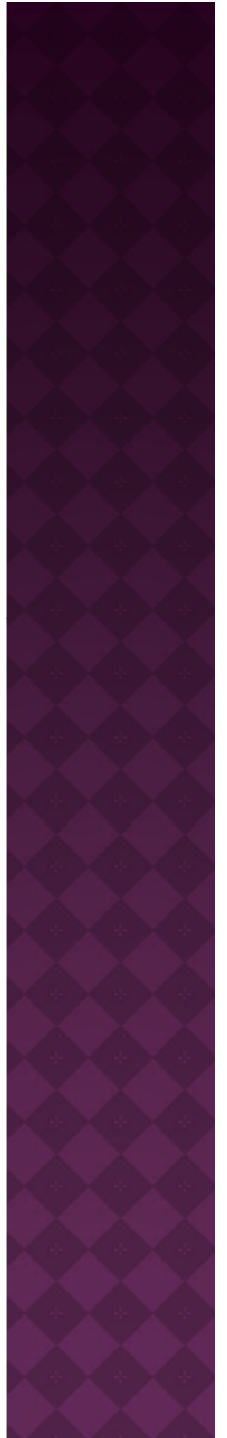
- Physical Abuse
- Emotional & Psychological
- Verbal & Nonverbal Abuse
- Sexual Abuse

PHYSICAL ABUSE



➤ “Physical abuse is the use of physical force against someone in a way that injures or endangers that person.”
-Helpguide.org

➤ Also includes striking, kicking, burning, biting, or any action that results in a physical impairment



EMOTIONAL & PSYCHOLOGICAL ABUSE

- ❑ “The aim of emotional abuse is to chip away at your feelings of self-worth and independence.” -Helpguide.org
- ❑ Makes you lose your sense of self-worth
- ❑ Can be Verbal or Nonverbal

Examples:

- ❑ yelling
- ❑ name-calling,
- ❑ blaming and shaming.
- ❑ Isolation
- ❑ Intimidation and controlling behavior



VERBAL & NONVERBAL ABUSE

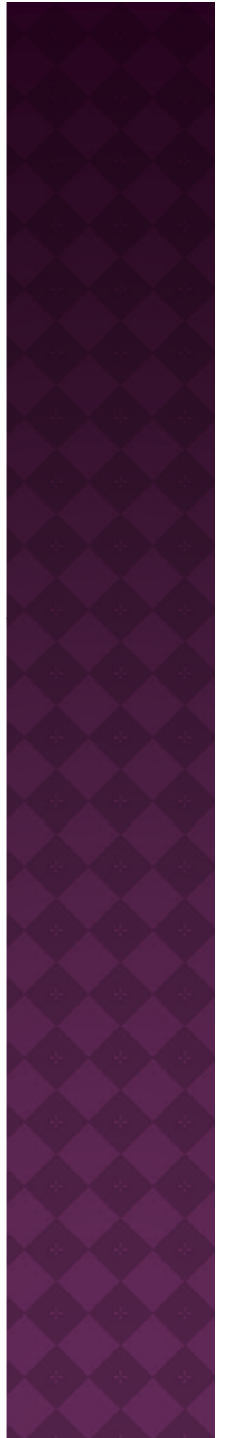
❑ Verbal and nonverbal abuse have more subtle actions or behaviors than physical abuse.

Could Include some of the following or more:

- threatening or intimidating
- as a way of instilling fear
- yelling or screaming (name-calling)constant
- harassment
- Embarrassment (making fun of, or mocking)
- criticizing or diminishing the victim's accomplishments or goals
- not trusting the victim's decision-making

SEXUAL ABUSE

- Any sexual encounter without consent that includes any unwarranted touching or forced sexual activity.
- Has a greater impact on women, but is not limited to women.
- Includes: Inappropriate touching, Sexual demands, Forced sex...etc.



HEALTHY VS. ABUSIVE RELATIONSHIPS

Healthy

- Trust Respect and Support
- Honesty and Accountability
- Responsible Parenting
- Shared Responsibility

Abusive

- Using Intimidation
- Using Emotional Abuse
- Using Isolation
- Minimizing, Denying and Blame Shifting

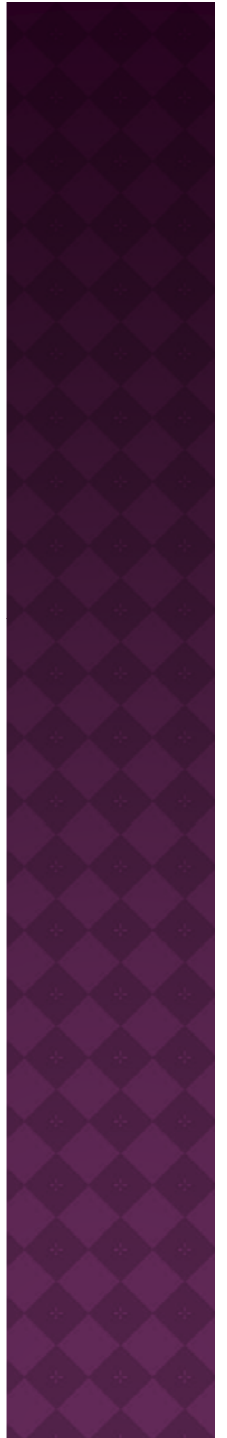
WHY DO PEOPLE ABUSE AND WHY DO ADULTS STAY IN ABUSIVE RELATIONSHIP?

○ Abusers:

- Grew up with abuse/learned from the parents.
- Mental health issues
- Empathy deficit
- Drinking and drug problems
- Looks to reap benefits

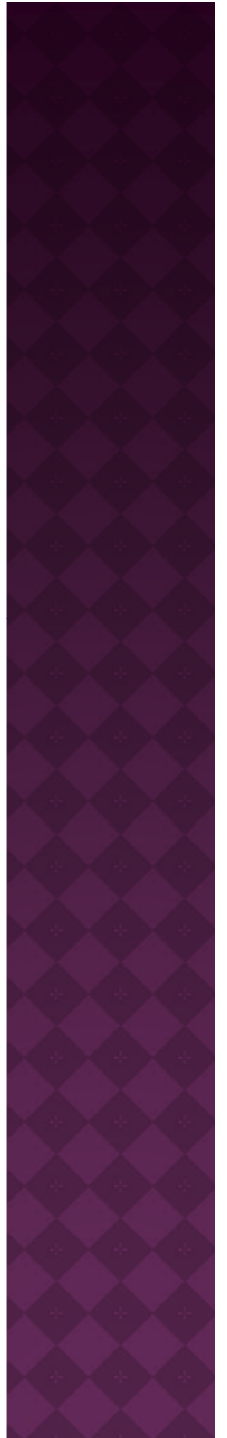
○ Why Adults Stay:

- Vulnerable or weak
- Convince themselves it's their fault
- Convince themselves the abuser loves them
- Stay for the children
- Want to maintain dignity and self-worth



CHARACTERISTICS OF ABUSERS

- ◉ Ability to deceive others
- ◉ The abuser was abused as a child or witnessed it in their own family
- ◉ Extremely possessive and jealous
- ◉ Males-sense of masculinity is dependent on their partner
- ◉ Have superficial relationships with other people
- ◉ Low self-esteem
- ◉ Great capacity for self deception
- ◉ Dual Personality



PREVENTING DOMESTIC ABUSE

DOES YOUR PARTNER...

- ▶ Embarrass you with put-downs?
- ▶ Look at you or act in ways that scare you?
- ▶ Control what you do, who you see or talk to?
- ▶ Stop you from seeing your friends or family members?
- ▶ Take your money or Social Security check?
- ▶ Make all the decisions?
- ▶ Threaten to hurt or take away your children?
- ▶ Prevent you from working?
- ▶ Act like abuse is no big deal or your fault?
- ▶ Destroy your property?
- ▶ Intimidate you?
- ▶ Shove you, slap you, etc?
- ▶ Threaten to commit suicide?
- ▶ Threaten to kill you?

If you answered “yes” to any of the above questions you may be in an unhealthy relationship. Consider talking to a friend or counselor about your relationship.



IF YOU, OR SOMEONE YOU KNOW IS BEING ABUSED...

- ◉ Stonehill Counseling Center
 - Free and confidential counseling
 - 508-565-1331
- ◉ Women's Place Crisis Center
 - Confidential 24hr Crisis Hotline
 - 508-588-8255
- ◉ National Domestic Violence Hotline
 - 1-800-799-SAFE
 - Help is offered 24 hours a day, 365 days per year, and in over 170 languages
 - NDVH encourages anyone to call the hotline
 - Provides information on crisis intervention, safety planning, and referrals

Help is a phone call away.

