

# When Someone You Know is Being Hurt



If you or someone you know may be a victim of domestic violence, there is help



PO Box 208 Union City, PA 16438 (814) 438-2675  
mysafejourney.org



A domestic violence safe place.

purpleOne.org

# What is Domestic Violence?

Relationship abuse, or domestic violence, is a pattern of controlling behaviors that abusers use against their intimate partners. Abuse can cause injury and even death, but it doesn't have to be physical. Domestic violence also includes sexual, verbal and emotional abuse, as well as economic control.

Relationship abuse can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or just dating. It affects all people of all educational backgrounds and income levels.



The U.S. Department of Justice estimates that more than 90 percent of all victims of domestic violence are women and most perpetrators are men.

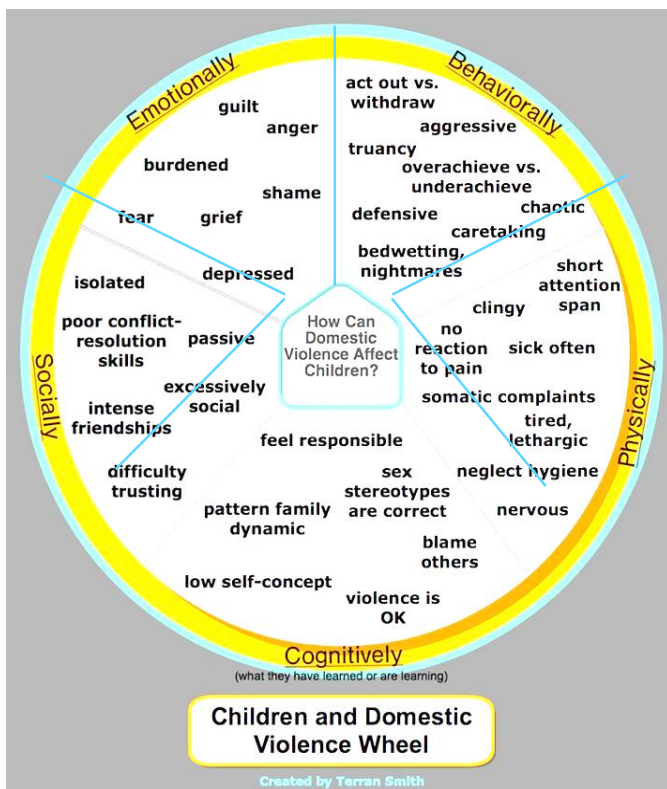
Because of this, this booklet uses "she" when referring to victims and "he" when referring to abusers. Reverse the pronouns when applying to male victims.

# How common is living in violence?

- 15.5 million U.S. children live in families in which partner violence occurred at least once in the past year, and seven million children live in families in which severe partner violence occurred. (*Futures Without Violence*)
- Abusers often abuse the children.
- Many of those children are hurt physically.
- Those who are not hurt physically, still experience emotional hurt from witnessing the abuse in their homes.

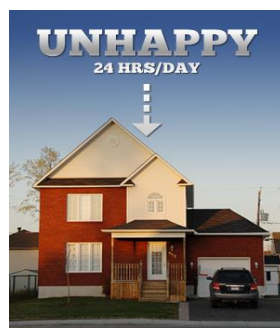
## What are some of the effects on children, who have lived in abusive homes?

Children/teens who chronically witness abuse in their homes may be at higher risks for some of the following characteristics:



*"Families under stress produce children under stress..."*

(Ackerman & Pickering, 1989)



# What Can I Do to Help?

Bringing up a delicate subject like relationship abuse can be difficult. Bring it up gently, and don't force it if she doesn't want to talk. Chances are, when she is ready and she knows she can trust you, she will open up.

**One of the most important thing you can say to someone in an abusive relationship is that there is help. Safe Journey is not just a shelter. Our main service is a counseling center.**

It is normal to be afraid for her and you may want to tell her what she should do. There may also be the temptation to try to solve her problems for her. You can help by:

- Let her know that there is help available. You can give her the number of **Safe Journey (814) 438-2675** for free and confidential services, which may or may not include shelter. We're here to listen. They can reach our trained advocates 24/7 to get the support they deserve. There are no fees and no judgement. We are here to help!
- Believe her. Be there to support her. With the nature and of abuse, a victim can be isolated from having close relationships with her friends and family. You may be the one person that she is able to tell what is happening to her behind closed doors.
- Give unconditional acceptance. She needs to know that you will not judge her for the decisions she makes and that you will still be there to support her even if you don't agree.
- Let her know that the abuse is not her fault. Many victims believe that they deserve the abuse. You can help by assuring her that she doesn't deserve to be abused.
- Be someone in her life she can trust. She needs to know that you will not gossip about what she has told you. Victims live with fear - fear of someone finding out what is happening and paradoxically, fear of no one knowing.
- It is very important that you do not confront her abuser. By confronting the abuser, you may put yourself in danger and the victim will also be in more danger because she has broken the pact of unwilling silence.

Safe Journey's primary focus is that of a Counseling Center and support is provided to friends and family as well as survivors. Call for more information if you are not certain of what to do.



# HELPING

Because she may be isolated from other supports, an open line of communication can be a lifeline. It is very important to consider your own safety.

- Let her know that there is help available at Safe Journey. Make sure she understands that clients do not need to stay at the shelter. She can receive counseling as a walk-in and she can call anonymously on the hotline for phone counseling.
- Counselors at Safe Journey provide options and support for the clients' decisions and choices, and they never pressure clients into anything.
- Safe Journey may also be able to provide financial assistance.
- Express disapproval of her partner's abusive behavior, but try not to be critical of him. Focus on how the behavior affects her.
- Have domestic violence materials available for her to read while she is at your home/work. It may not be safe for her to take them with her. Don't force materials or information on her if she doesn't want them.
- Do not demand instant decisions.
- Help the victim label and identify her feelings. This may be difficult because abused women often *feel* a numbness.
- Do not deny any of the victim's feelings; she may feel anger, sorrow, and love for her abuser.
- Another reason to suggest domestic violence services is that it provides the victim with the support of other women, especially other abused survivors. This will help her to gain confidence and to be less isolated.
- Be prepared to say the same things many times. Every time you take time to explain and validate her, you help to build up the victim's self-image a little bit more.
- Keep the door open. Let the victim know that whatever she does or decides about her abusive relationship, it is her decision and that you will not judge her.

## Isolation is the KEY to Manipulation.

**Isolation.** The act of isolating, or the state of being isolated, insulation, separation; loneliness.

**Manipulation.** A method of changing an individual's attitudes or allegiances through the use of drugs, torture or psychological techniques, any form of indoctrination, alluding to the literal erasing of what is in or on one's mind.

**Brain Washing** used to be associated exclusively with the act or practice of manipulating. The state of being manipulated. Shrewd or devious management, especially for one's own advantage. Indirect control, as of an advisor; power to affect the opinions.

If you isolate the target  
You can say what you want about them.  
If you isolate the victim and only allow  
Contact with allies You have complete control

**An Alienation Tactic**

# Leaving is a Process

Try not to get frustrated if the victim stays with, or returns to the abuser. Ending any relationship is hard and ending an abusive relationship is even harder. After being emotionally drained from the abuse, it may be difficult to break out of the isolation that has virtually imprisoned her. Some common reasons why a woman may stay or return include:

- Many believe that the abuser will change. Abusers sometimes promise over and over to get help to change. The partner may not always be abusive and she remembers the good times.
- Victims may believe that if they become a model wife, partner or mother... of if they love the abuser enough... and if they work hard enough to help their partner overcome the effects of their childhood, or drug and alcohol, stress or other problems, then the partner will change.
- Many are afraid to leave because they fear that he will follow through on his threats to commit suicide... or afraid he will follow through on his threats of the harm that he will commit against her or her family if she leaves or press charges.
- Because of religious, cultural, or socially learned beliefs, victims may feel that it's her duty to keep the marriage together at all costs.
- Some will endure abuse to keep the children safe or keep the family together for the children's sake. Very often, she will leave when the abuse starts to be directed at her children.
- Financially, victims may believe that they have to choose between being abused, or being unable to provide for herself or her children.

## **Again, Leaving is a Process - Her Process**

**An abused woman is in a process and she will move through that process when she has sufficient strength and safety to take that next step.**

- **Many abused women leave and then return several times before permanently separating from the abuser.**
- **Most abused women do eventually leave for good and they go on to become strong survivors.**
- **Abused women are more likely to leave and secure protection for themselves and their children when friends, family, or helping agencies, such as police, shelters, clergy, courts, medical personnel, educators or therapists - assist them in the leaving process.**
- **It may also help you to remember that every time the victim talks to you about the abuse - or leaves, even if only temporarily, she reclaims strength that has been taken from her by the abuse.**

# Getting Beyond Abuse

Over time, little by little, the effects of the abuse smother the inner flame until she feels as though the 'her' in her is nearly dead.

However... there is that small spark in her flame that hasn't been entirely snuffed out and at some point.... that spark, when nurtured and supported, creates enough strength that motivates her to leave and victims most often go on to become strong survivors.

For many women, the trauma is not a onetime event and Often they have experienced trauma since childhood. Trauma can influence the way people think, feel, and behave and it affects a woman's identity, relationships, expectations of herself and others and her ability to regulate her emotions. Their journey of healing leads to not only surviving trauma or PTSD but it also provides an opening to the possibility of thriving.

It Only Takes a Spark



The mission of Safe Journey is to enhance empowerment, self-direction, safety and justice for victims of domestic, dating, sexual and stalking violence by providing free and confidential support services and offering education and information to the public.

# Techniques of Control

Abuse is about power and control. An abusive partner uses various methods to establish and maintain control in the relationship. The methods of control are as broad as the abuser's imagination, but the following examples are areas that may be used to maintain control.

## Control through Shifting Responsibility

- Threatens to commit suicide if you ever leave
- Says that everything would be fine, if you: kept the kids quiet, didn't act stupid, cooked or cleaned better, etc.
- Is good natured with other people, and says it must be what you do that causes problems.

## Control through Isolation

- Starts a fight when you want to go out
- Doesn't like you to spend time with your family or friends
- Accuses you of having affairs
- Makes you late for work

## Control through Physical Intimidation

- Blocks the door so you can't leave during an argument
- Scares you by standing close to you with clenched fists when angry
- Makes you afraid when you are arguing, so you give in to his wishes
- Drives recklessly and scares you to death
- Harms or threatens to harm your pets
- Destroys your clothes and favorite things
- Refuses to leave when asked
- Won't let you sleep

## Control through Sexual Humiliation

- Pressures you to have sex in ways that make you uncomfortable
- Makes sexual jokes about you in front of the children or others
- Makes fun of your body
- Forces you to dress in ways that make you feel uncomfortable
- Tells dirty jokes that are degrading to you, or to women in general

## Control through Criticism

- Makes you feel like you never say or do anything right.
- Calls you names: dummy, whore, bitch...
- Humiliates you in front of the children, family and friends



## **Control through Physical and Sexual Violence**

- Throws things
- Hits your head against the wall
- Chokes
- Shoves and pushes
- Hits
- Forces you to have sex with others
- Rapes
- Threatens you with weapons
- Injures you and then won't let you go to the hospital or to a doctor

## **Control through Moodiness, Anger and Threats**

- Is angry if you are five minutes late
- Is unpredictable and you are always afraid of a blow-up
- Withdraws into silence, and you have to figure out what you've done wrong
- Threatens to tell social services that you are an unfit mother
- Says you'll never be allowed to leave

## **Control through Overprotection and Caring**

- Worries about you so much that you can't be away from home much
- Is jealous when you talk to others
- Often phones or unexpectedly shows up where you are
- Takes you to work and picks you up
- Pressures you to take drugs so that you can share the high

## **Control through Decision Making**

- Has to have the last word
- Makes all the decisions

## **Control by Ignoring Your Needs and Opinions**

- Constantly interrupts you, twists your words, or forgets what you just said
- Shows up unannounced or fails to show up at all so it's hard for you to make plans
- Goes out alone, but you're not permitted to

## **Control through Money**

- Makes you account for every dime you spent and also expects you to figure out how to make ends meet
- Spends money freely, and gets angry at you when there's no money left
- Makes you ask for money whenever you need it
- Doesn't work, but takes money out of your pocketbook or steals your stuff and sells it



## PROFILE OF THE BATTERER

R. Lundy Bancroft, 1998 (Excerpts)

People outside of a batterer's immediate family do not generally perceive him as an abusive person, or even as an especially angry one. They are as likely to be very popular as they are to be "losers," and they may be visible in their communities for their professional success and for their civic involvement. Most friends, family, and associates in a batterer's life find it jarring when they hear what he has done, and may deny that he is capable of those acts.

**The batterer is controlling;** he insists on having the last word in arguments and decision-making, he may control how the family's money is spent, and he may make rules for the victim about her movements and personal contacts, such as forbidding her to use the telephone or to see certain friends.

**He is manipulative;** he misleads people inside and outside of the family about his abusiveness, he twists arguments around to make other people feel at fault, and he turns into a sweet, sensitive person for extended periods of time when he feels that it is in his best interest to do so. His public image usually contrasts sharply with the private reality.

**He is entitled;** he considers himself to have special rights and privileges not applicable to other family members. He believes that his needs should be at the center of the family's agenda, and that everyone should focus on keeping him happy. He typically believes that it is his sole prerogative to determine when and how sexual relations will take place, and denies his partner the right to refuse (or to initiate) sex. He is highly demanding.

**He is disrespectful;** he considers his partner less competent, sensitive, and intelligent than he is, often treating her as though she were an inanimate object. He communicates his sense of superiority around the house in various ways.

**The unifying principle is his attitude of ownership. The batterer believes that once you are in a committed relationship with him, you belong to him.**

**Although a percentage of batterers have psychological problems, the majority do not.**

They are often thought to have low self-esteem, high insecurity, dependent personalities, or other results from childhood wounds, but in fact batterers are a cross-section of the population with respect to their emotional make-up. .... most batterers do not have an inordinate need for control, but rather feel an inordinate right to control under family and partnership circumstances.

They may use their childhoods and emotions as an excuse, to divert attention from their entitled and possessive attitudes.

**The abuser tends to be comfortable lying,** having years of practice, and so can sound believable when making baseless statements. The abuser benefits to the detriment of his children if the court representative fails to look closely at the evidence - or ignores it - because of his charm. He also benefits when professionals believe that they can "just tell" who is lying and who is telling the truth, and so fail to adequately investigate.

**Because of the effects of trauma, the victim of battering will often seem hostile, disjointed, and agitated, while the abuser appears friendly, articulate, and calm.**

Evaluators are thus tempted to conclude that the victim is the source of the problems in the relationship.

***Abusers increasingly use a tactic I call "preemptive strike," where he accuses the victim of doing all the things that he has done. He will say that she was violent towards him and the children, that she was extremely "controlling" (adopting the language of domestic violence experts), and that she was unfaithful.***



Some people think that anger or stress causes domestic violence, or that batterers simply “lose control of their temper”.

Domestic violence is defined as a pattern of intentional coercive behavior used to gain or maintain power and control over an intimate partner.

***Battering is not about a loss of control, but rather about the exertion of power and control.***



### **The Dangerous Side of Cyber/Electronic Technologies**

Advances in technology provide greater tools to harass, stalk, inflict fear and control victims. It is a growing concern and some of the cyber/electronic tools include computers, Smart and I phones, email threats and address spoofing, GPS tracking capabilities, Internet, social networking, Chat/IM, wireless cameras, screen readers, TTY, faxes, webcams, answering machines, Caller ID spoofing, spyware, identity theft and the like.

### ***A Protective From Abuse Order***

- A Protective From Abuse Order, (PFA) is one option for victims to consider in seeking safety from the abuser.
- A Safe Journey legal advocate can make getting a PFA less confusing.
- The legal advocate will assist in filing for a PFA and transport and accompany the victim to the courthouse for the temporary and then the final hearings.
- The victim will go before a judge, who will ask questions about her safety and has the authority to grant a temporary order and she will be given a copy to carry with her at all times and a copy to file with the police.
- Within 10 days she will attend a hearing for the final PFA and it helps to have the legal advocate present for support.

***To get information or assistance with a PFA,  
call the Safe Journey Hotline (814) 438-2675***

### ***Why Do Abusers Hurt Pets?***

To demonstrate power and control over the family.

To isolate the victim and children.

To enforce submission. To perpetuate an environment of fear.

To prevent the victim from leaving or coerce her to return.

To punish for leaving or showing independence.



# My Abusive Partner:

- Makes me feel like nothing I say or do is ever good enough
- Calls me dummy, stupid, whore, etc
- Keeps me on pins and needles when we are with my friends or family
- Doesn't want me to spend time with my friends or family
- Is jealous when I talk to friends or family
- Accuses me of being in love with someone else or cheating
- Expects to have all of my attention
- Threatens to commit suicide if I leave
- Drives recklessly and it scares me
- Throws things around

## Abuse is not about being out of control.

Abusers deliberately choose:  
who they abuse,  
when they abuse,  
where they abuse,  
the severity and frequency of the abuse,  
the method they use,  
& who witnesses the abuse.



## Abusers do NOT "just snap"

- Despite the abuse endured, abused women usually become strong survivors
- Alcohol or drug use, childhood experiences, stress, insecurities... those types of things, are just excuses... they may escalate the abuse more quickly, but they do not cause people to hurt others
- Abusing others is a choice
- Abuse is not about being out of control
- Abusers often promise over and over..., to get help or to change

## Abuse affects every part of life

- Relationships with
  - friends*
  - family members*
  - those at school*
  - those at your workplace*
- How you handle your emotions
- Your thinking processes
- Your choices and decision making





# Safe Journey & You



<u>See It!</u>	<ul style="list-style-type: none"> <li>• Absenteeism or lateness.</li> <li>• Obvious injuries, often attributed to being clumsy or accidents/ minimization of injuries.</li> <li>• Isolation/ prevents contact and communication with friends and family/ pulling away from you.</li> <li>• Emotional distress.</li> <li>• Change in appearance.</li> <li>• Threatens suicide.</li> <li>• An unusual number of phone calls, emails or texts.</li> <li>• Delivery of gifts and flowers after an argument or obvious physical violence. Acts like the abuse was not a big deal, or denies it happening.</li> </ul>
<u>See It! - regarding abusers</u>	<ul style="list-style-type: none"> <li>• Checks up on partner frequently</li> <li>• May receive several texts or phone calls from the abuser.</li> <li>• Puts partner down publicly or privately about appearance and/or behavior. May control what she wears.</li> <li>• She talks about controlling partner/ he controls money and important identification, such as driver's license, social security cards and birth certificates.</li> <li>• Exhibits jealous and obsessive behavior.</li> <li>• Blames partner and others for problems.</li> <li>• Partner may be always close to the victim. (ex. Dr's office, family events...)</li> </ul>
<u>Say It!</u>	<ul style="list-style-type: none"> <li>• "I'm concerned for your safety and the safety of your children."</li> <li>• "This is not your fault."</li> <li>• "It will only get worse."</li> <li>• "You don't deserve to be abused."</li> <li>• "I will support you and your decisions."</li> </ul>
<u>What can you do?</u>	<ul style="list-style-type: none"> <li>• See It! Notice the signs.</li> <li>• Say It! Tell her what you are seeing.</li> <li>• Educate! Learn about resources; distribute hotline numbers, posters, and brochures.</li> <li>• Show concern &amp; be supportive! Listen. Provide info. Support whatever decision she makes. Do not try to physically intervene.</li> <li>• Refer! Let her know there is help.</li> </ul>
<u>What we can do?</u>	<ul style="list-style-type: none"> <li>• Become educated/trained about domestic violence.</li> <li>• To be there as a resource for you. We can respond to your community to meet with a victim or be there to answer questions from the employer or victim either in person or on the phone.</li> <li>• Provide resource materials to employees or employers about domestic violence, to put in break rooms, to put in with paychecks, etc.</li> <li>• Employer's response to domestic violence.</li> <li>• Help develop domestic violence policies and procedures.</li> </ul>

# TOGETHER

*we can make a difference*

## **Community Education and Training**

*available to those who come in contact with victims*

### ***Speakers are available.***

#### **Healthcare Workers**

Domestic violence is a health care problem of epidemic proportions.

#### **Clergy & Faith Community**

Recent studies show that victims of domestic violence often turn to clergy seeking support.

#### **Workplace/Employers**

DV often follows their employees to work and it affects the workplace in many ways.

#### **Educators, Child Care, Day Care, & Preschools**

15.5 million U.S. children live in families in which partner violence occurred at least once in the past year, and seven million children live in families in which severe partner violence occurred. (*Futures Without Violence*)

#### ***Youth Prevention Programs***

- Strong Kids Journey - elementary
- Good Hands Club - pre-school and primary
- Hands Are Not For Hitting - pre-school
- Girl Power - late elementary and middle school
- Teen Dating presentations in area middle and high schools

#### **Law Enforcement**

#### **Mental Health**

#### **Drug and Alcohol**

#### **Coaches**

#### **Community Clubs and Organizations**

#### **Social Service Agencies**

#### **Community Members**



**Domestic Violence.**

**Ignore it and it will  
go away...**

**one LIFE at a  
time.**

# Our Services

## Counseling Services

- Individual counseling via telephone, at the main office, and at locations in various communities.
- Daily Survivor Support Groups. Support groups are guided by compassionate staff members who understand the value of listening to victims share their experiences of domestic violence. Victims are empowered by sharing their stories with other victims.
- Domestic violence education for victims. Knowledge is power.
- Safety planning.
- Empowerment groups.
- Individual and group counseling for children. All children who live with domestic violence are deserving of trauma-informed support.
- Parenting After Domestic Violence classes support the mother-child relationships hurt by domestic violence.

## Legal Services

- Assistance with attaining Protection From Abuse orders (PFA).
- PFA court accompaniment and transportation.
- Custody and Support process assistance and referrals.

## Supportive Services

- Emergency shelter, if needed.
- Accompaniment and transportation for other court and social services matters, including DPW, OCY, WIC, Social Security and Housing.
- Safe Journey encourages survivors to stop by at any time to visit with staff over a cup of coffee. Ongoing support promotes healing.
- Survivors may join us for lunch and dinner for social interaction and support. They also have access to the agency's laundry facility.
- Family Advocacy Center. This where victims and their children can bond and strengthen relationships that have been impacted by domestic violence.
- Information and referrals. Staff members are knowledgeable about resources in our communities that may be available for victims. Staff will help victims through the processes, if needed.
- Possible financial assistance.
- Financial empowerment counseling.

## Prevention and Education

- Children and youth programs, including Good Hands Club, Violence Free Starts with Me, Mystery of the Strong Kids Club, Timothy Turtle, and Capt'ns Jane and Jack.
- Girl Power and YES (You Empower Self) after-school prevention programs.
- Coaching Boys Into Men program that helps boys understand domestic/dating violence. The program teaches athletes about healthy relationships and stresses that violence never equals strength.
- Safe Dates is a curriculum that addresses teen dating violence and healthy relationships.
- Ongoing education, training, and domestic violence awareness events in the community.

Services provided are not only for crisis situations but also for those currently living in domestic violence, or those who have experienced it in the past.

We have a 24-hour hotline. **(814) 438-2675**



**mysafejourney.org**  
**(814) 438-2675**

Safe Journey is a counseling center and safe shelter is available if needed.

**Free Confidential Services**

- A 24-Hour Hotline
- Individual Counseling/Advocacy
- Survivor Support Groups
- Emergency Shelter (if needed)
- Safety Planning
- Assistance in Filing Protection from Abuse (PFA)
- PFA Court Accompaniment & Transportation
- Other Court Accompaniment & Transportation
- Custody/Support Paperwork & Referrals
- Information & Referral
- Possible Financial Assistance
- Family Advocacy Center

**Children & Youth Services**

- Individual Counseling
- Support Groups

**Outreach Sites**

Union City, Corry, Edinboro, Wattsburg,  
and Waterford

**We also serve:**

- Children
- Teens
- Elderly/ Later in Life
- Adult Children of Family  
Violence
- LGBTQ
- Persons with Disabilities

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Support given by:



Elmer C. Carrier  
Post 365



Zonta Club of Corry



Scan for  
Facebook

Check out our website,  
[www.mysafejourney.org](http://www.mysafejourney.org) ,  
or our Facebook page for  
information about our many  
support groups.



Scan to go directly  
to our website page.