

DOMESTIC VIOLENCE

What you need to know and why you
need to know it!

WHAT IS DOMESTIC VIOLENCE?

- ▣ Domestic violence is an inequality of power within any given domestic relationship and leads to abuse of power
- ▣ Family violence is all about power and control and one person exerting control over another or the whanau

Who suffers from Domestic Violence?

- ▣ Women
- ▣ Children
- ▣ Partners of **any** sexual orientation
- ▣ Men
- ▣ Flatmates
- ▣ Elderly
- ▣ Any significant others living within the same dwelling – including pets.

Not Limited to.....

- ▣ Marital Status
- ▣ Gender
- ▣ Age
- ▣ Sexual Orientation
- ▣ Socio-economic status
- ▣ Ethnicity
- ▣ Religion

Physical overview of Domestic Violence:

- ▣ Punching
- ▣ Slapping
- ▣ Kicking
- ▣ Spitting
- ▣ Strangulation
- ▣ Pushing and shoving
- ▣ Destruction of Property

Emotional / Psychological overview of Domestic Violence:

- ▣ Yelling and Swearing
- ▣ Coercion
- ▣ Threats and Intimidation
- ▣ Humiliation
- ▣ Isolation
- ▣ Stalking
- ▣ Tracking your phone, car, movements
- ▣ Control over personal relationships
- ▣ Irrational Mood Swings
- ▣ Threats of self harm

Other types of Domestic Violence:

▣ Financial

- Controlling all cards and spending

▣ Sexual

- Coercion
- Use of Force
- Unlawful sexual assault (rape)

MYTHS OF DOMESTIC VIOLENCE

Prepared for Eastern Refugee Society by
Rhonda Cox-Nissen, Operations Manager

- ▣ Just a Family Matter
- ▣ Only affects low income / working class
- ▣ A Maori and Pacifika problem
- ▣ Victim wants it / asks for it / deserves it
- ▣ It is easy for victim to leave
 - “It cant be too bad or else she’d leave”
 - “Mustn’t be that bad if she chooses to stay”
- ▣ Drinking and Drugs causes Family Violence
- ▣ Perpetrators are violent in all their relationships
- ▣ Boys from violent homes do it
- ▣ All girls become victims
- ▣ All battered woman hit their kids.
- ▣ “It doesn’t happen in our social sphere”

Characteristics of Victims:

- ▣ Possibly a history of childhood violence
- ▣ Believes that violence is normal and controllable
- ▣ Has lack of Trust
 - In Police and Support Agencies
- ▣ Chronic apprehension
 - Agitation, anxiety, inability to relax, sleep or maintain control of situation

Characteristics of an offender:

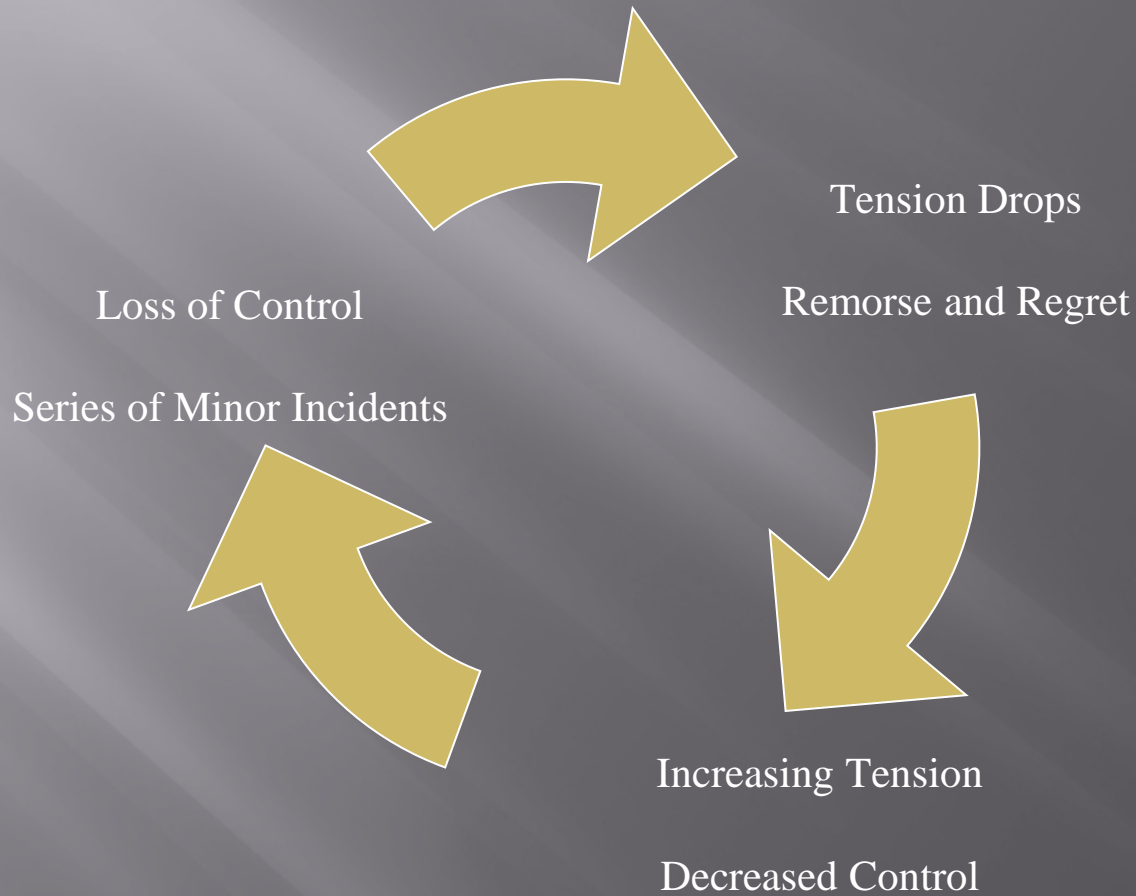
- ▣ Any socio-economic, ethnic and religious background
- ▣ Majority are violent only with partners
- ▣ Believe in Dominance
- ▣ Controlling behaviour
- ▣ Generally impulsively violent
- ▣ Uses Threats and Mind Games

- ▣ Uses blame as a tool of control
- ▣ Persuasive and logical
- ▣ Use of force or Coercion for Sex
- ▣ Charming
- ▣ Unrealistic expectations:
 - Of themselves and others

Common Behaviours of Offenders:

- ▣ Denial of Violence
- ▣ Refusal to take responsibility for their actions
- ▣ Minimises his violence
- ▣ High Levels of re-offending
- ▣ Obsessive
 - Stalking & harassment
- ▣ Extreme Jealously
- ▣ Manipulation of the system
- ▣ Hold traditional views
 - Sex
 - Parenting
 - Household Chores
- ▣ Are Controlling

Explosion



Three points to the Cycle of Domestic Violence:

- ▣ Tension Phase:
 - Decreased Control
 - Series of Minor Incidents
 - Increasing loss of Control
- ▣ Explosion:
 - Violent Incident
- ▣ Honeymoon Period:
 - Remorse & Regrets
 - Flowers & Chocolates
 - Charming & helpful behaviour

Why they Stay:

- ▣ Fear / Shame
- ▣ Lack of perceived alternatives
- ▣ Love their partner
- ▣ Hope things will change, or think they can change the behaviour
- ▣ Low self-esteem
- ▣ Blame
- ▣ Children
- ▣ Safety vs Survival
- ▣ Denial
- ▣ Isolation
- ▣ Practical considerations
- ▣ Separation
- ▣ Not free to leave if / when they choose.

What is Social Change?

Agencies that work with Victims of Domestic Violence have a responsibility to ensure that the best possible service is delivered.

This includes ensuring that personal judgements and beliefs are kept just that.

It begins with an analysis of Domestic Violence which challenges the dynamics of power and the societal institutions which support it.

Who can Assist?

- ▣ Refuge
- ▣ Police
- ▣ Lawyers
- ▣ Victim Court Advisors
- ▣ WINZ
- ▣ HNZ
- ▣ Counselling Agencies

You

Crisis Intervention

Emotional First Aid:

- ▣ Verbal & non verbal communication
- ▣ Use of Self
- ▣ Model coping Behaviour
- ▣ Responsive listening skills
- ▣ Expressing Feelings
- ▣ Communicating Support & Reassurance
- ▣ Physical Touch
- ▣ Focus on Present Problem
- ▣ Confrontation
- ▣ Exploration of Alternatives for coping
- ▣ Giving Information & Options
- ▣ Taking Direction & Action

Seven Stages of Crisis Intervention:

- I. Good Assessment and Planning inclusive of risk assessment
- II. Establish Rapport
- III. Identify major problems
- IV. Deal with Feeling and Emotions
- V. Explore Alternatives
- VI. Develop an Action Plan
- VII. Follow Up

What is Paramount?

- ▣ Your Safety!
- ▣ The Safety of victims and / or Children.
- ▣ You have Identified a plan for action based on information provided and safety plans have been established

How is a Family Admitted to Refuge?

- ▣ The Victim/Support person/Police officer must phone the 24 hour crisis line 09 378-1893.
- ▣ The crisis line will want some details, they may wish need to speak with the victim.
- ▣ They may ask if someone can call you back. This person **will want** to speak to the victim.
- ▣ They will then be referred to the refuge with appropriate room space.

What Does Refuge Do?

- ▣ 24 Hour crisis line service (09) 378 1893
- ▣ Safe Housing
- ▣ Provide Residential and Community based Social Work
- ▣ Maori and Tau iwi appropriate services
- ▣ Specialist Refuges (ie Gang Women, Mental Health, Perpetrator programmes)
- ▣ DVA approved programmes – for both Women and Children –
- ▣ Residential Programmes
- ▣ Advocacy
- ▣ Assistance with Housing, Lawyers, Police, Govt and NG Organisations
- ▣ Residential Counselling
- ▣ Referral to external Counselling agencies
- ▣ Daycare facilities

If Going to Refuge Residential Care:

- ▣ Victim where possible should take:
 - ID, Birth Certificate, Passport, for herself and any children.
 - Cashflow cards, Credit cards
 - Any documentation regarding current Protection Orders and or custody
 - Any documentation regarding tenancy or property ownership
 - Clothing and Food (Where Possible)
 - Children's special toys
 - Photographs or small precious items

NB: Pets are not permitted at Refuge Safe Houses. However we have a relationship with the SPCA to assist if families wish to seek safety for their family pets and can assist in facilitating this process

- Many refuges will NOT admit boys over the age of 14.