

Domestic Violence

***Provided by the Fairfield County Prosecuting Attorney's Office – Kyle Witt
Office of the Victim Assistance Division***

What is it?

Domestic Violence is abuse of a family member, intimate partner or ex-partner. It takes many forms. The abuser uses many methods to gain power and control over a victim. He/she may knowingly cause or attempt to cause physical harm to another or by threat of force causing another to believe the offender will cause physical harm. It is common and is dangerous and hurts the entire family. Both men and women can become victims of Domestic Violence.

If you are a victim please consider:

- *Seeking medical attention for all injuries.*
- *Housing in a Domestic Violence Shelter.*
- *Counseling*
- *Speaking to a Victim's Advocate*
- *Reporting the Crime*

Fairfield County Prosecuting Attorney's Office Victim Assistance Division

Telephone: 740-652-7560 (main office line)

Email: vicwit@fairfieldcountyohio.gov

Website:

http://www.co.fairfield.oh.us/prosecutor/prosecuting_victim_advocates.htm

Survival Tips

- Keep spare house & car keys hidden in case you need to leave quickly or get back into the house.
- Keep copies of marriage license, insurance cards, children's birth certificates, check stubs, bank statements, income tax records, and other important papers hidden in an accessible place.
- Keep list of telephone numbers handy, including friends, neighbors and police.
- Establish credit in your name.
- Don't keep the violence a secret. Tell your friends, family, neighbors, doctor and attorney.
- Do not lose contact with your family.
- Keep cash hidden or leave it with a friend.
- Keep items hidden that may be used as weapons.
- Leave the household at first sign of abuse. Take children with you.
- Keep copy of any restraining orders with you at all times.
- Keep medication for you and your children in your purse.
- Keep extra clothes in something not obvious or leave at a friend's house for you and your children.

Also See Sexual Assault & Protection Orders

Domestic Violence

How Domestic Violence Affects Children:

- Children who grow up around violence may retaliate with abuse toward their own parents, spouses or their own children.
- They may run away.
- They may have abuse alcohol or drugs.
- They may have school problems such as poor grades or truancy.
- They may be aggressive and model what they have learned from a parent.
- They may have low self-esteem and/or depression and may attempt suicide.
- They may feel they have caused the violence between their parents or that they should be able to stop it.
- They may be hurt or have a guilt feeling if they are the victim of their parent's aggression.
- They may have fear of expressing their feelings.
- They may become passive and withdrawn rather than aggressive in response to conflict.
- They are more likely to show less social competence.
- They are more likely to commit sexual assault crimes.
- They may engage in teenage prostitution.
- They may have temperament issues.
- Boys are more likely to approve violence.
- They may become overachievers and want to become like small adults.
- They may have sleeplessness and fear of sleeping or nightmares.
- They may experience bed-wetting, eating problems, medical problems.
- They may not ask for what they need because they are afraid.

THERE ARE THREE STEPS IN THE CYCLE OF VIOLENCE

STEP 1 – Tension increases in a relationship and denial of violence.

STEP 2 – When the violence occurs. The abuser denies all responsibility.

STEP 3 – “The Honeymoon Stage”

This is when the abuser promises it will never happen again.

When Domestic Violence is in the home and even though children do not see or hear the battering, they will experience the aftermath.

Although children of families of Domestic Violence are most likely to be trapped in the cycle of violence, they may also go on to lead normal lives without it.

Ways to help children accomplish this is to:

- Help them to see the problems as temporary.
- Teach them they can make a change.
- Guide them into reaching their own personal goals.
- Encourage them to talk to their family and friends.
- Help them to build on their strengths.
- Encourage them to see the positive about themselves.

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Domestic Violence

Abuse may come in forms of:

Physical Abuse:

Pushing, shoving, punching, choking

Sexual Abuse:

Rape, Incest or other forceful unwanted acts of sex.

Emotional Abuse:

Threats, insults or humiliating acts.

Isolation:

By preventing you from contacting friends or family.

Intimidation:

Destroying your things or harming your pets.

The Lighthouse

(Domestic Violence Shelter, Lancaster Ohio)

740-687-4423

Reasons why victims stays with the abuser:

- Victim fears for their life.
- They want a relationship with the abuser without the abuse.
- They want children to have both parents in the home or are afraid they will lose children.
- He/she thinks it is their fault.
- The victim doesn't think they can make it on their own.
- He/she may feel they are damaged goods and that no one else would want them.
- The abuser apologizes and says he/she will never do it again.
- Fear violence will increase if he/she leaves.
- Fear of financial insecurity without the offender.

If someone you know is being abused:

- Ask questions gently. Do not rush the victim let them talk.
- Listen without judging. Most victims feel they will be judged and are ashamed.
- Let them know they are not responsible for the violence and it is now expectable for them to be treated this way.
- Explain DV is a crime and that he/she can seek protection from the justice system.
- Let them know that violence will only escalate no matter what promises are made.
- Provide them with information about agencies in the community that are there to help. Such as a women's shelter or a victim advocate.
- Remind them to take important documents with them when they leave.
- If you know of an assault in progress, call the police immediately.
- Just be there for the victim when he/she needs you even if they stay in the relationship.
- Encourage the victim to develop a safety plan.
- Encourage the victim to start a log or journal of the abuse.

Ohio
Domestic Violence Network
1-800-934-9840

www.odvn.org

Also See Sexual Assault & Protection Orders

Domestic Violence

Try to avoid abuse by:

- Leaving the situation if you are able.
- Find safe areas in the home where there are no weapons and there is always a way to escape.
- Do not run where children are, as your partner may hurt them as well.
- Make yourself a small target by curling into a ball against a wall protecting your head.
- Try to keep access to a telephone.
- Try not to wear scarves, long jewelry or anything that can be used to hold you in place or strangle you.
- Changing your routine or travel route.
- Change work hours if possible.
- Alert work/school of situation and if possible have your calls screened.

Things to Teach Children:

- Teach children to call for help.
- Teach children a safety plan & practice this.
- Teach children that violence is not ok.
- Teach children a “safe word” so they know when to go get help.
- Reinforce to them it is not their fault.

What is Temporary Protection Order (TPO)?

A TPO can be requested and ordered after a crime has occurred, and can be requested at any time be during a criminal case through the criminal court. This order will last until the criminal case is over.

This order prohibits the abuser from calling you, mailing or emailing you, being near you or your children, from living in the residence with you or for shutting off utilities.

For more information on additional types of Protection Orders, please visit our website link titled Protection Orders or contact The Lighthouse at 740-687-4423.

**STOP THE
VIOLENCE**

**Men can be victims, too
Women are not the only
victims of domestic violence
and abuse. Men also suffer
from domestic abuse—
especially verbal and emotional
abuse—and may be even more
ashamed to seek help.**

Also See Sexual Assault & Protection Orders

ABOUT BATTERERS

Batterers frequently present themselves in the following ways:

- Says they are the “real” victim in the family.
- Trying to keep the family together.
- May acknowledge “family problems” but deny violence.
- When confronted by others he/she may respond by saying: “She/He bruises easily,” “She/He was hysterical,” “She/He was drunk/high”, “I had to restrain her/him”.
- May assert that he/she knows people in the criminal justice system and tells the victim he/she will not get justice.
- May call victim before going to testify in a case, to tell them they don’t need to testify because hearing was postponed.
- May try to confuse victim

Batters usually show symptoms of “Dr. Jekyll and Mr. Hyde” in relationships.

Cycle of Violence

Stage 1- Tension Building

Tension builds, threats of violence, name calling and intimidation increases. Victims will often make increase efforts to please the abuser.

Stage 2 – Act of Violence

This may include hitting, kicking, punching or weapons. This also involves blaming and denial of responsibility

Stage 3 – Honeymoon

Abuser apologizes and promises the violence will never happen again. Gift may be bought. This also involves blaming it on the victim to minimize the severity of the abuse.

Techniques Used by Captors

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| • Monopolization of Perceptions | • Induced Debility | • Threats |
| • Degradations | • Isolation | • Occasional Indulgences |

Techniques Used by Abusers

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| • Intrusiveness & Isolation | • Threats to Kill | • Psychological Torture - Verbal | |
| • Pattern of Violence Cycles | • Sexual Abuse | • Substance Abuse | • Previous Incidents |