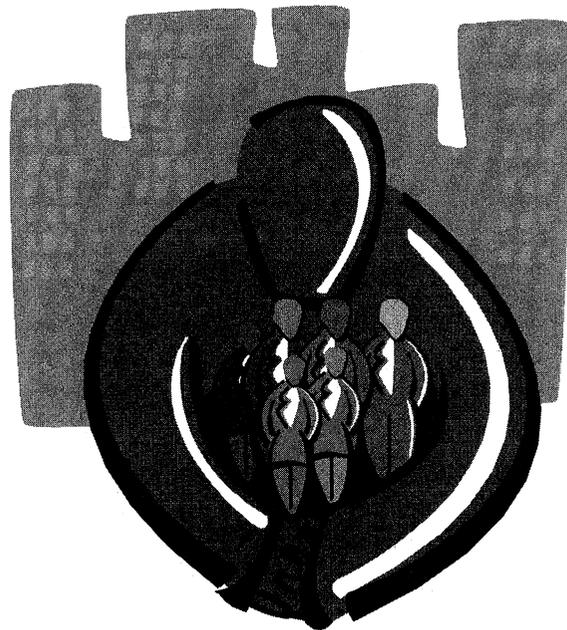


Domestic Violence and Children:

Strengthening the Mother-Child Relationship After Violence



Rural Domestic Violence & Child Victimization Conference: Together We Can End Violence in the Lives of Alaska's Children

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BP Energy Center, Anchorage, Alaska

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**Domestic Violence and the
Effects on Children:
Strengthening the Mother-Child
Relationship After Violence**

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What is Domestic Violence?

“A pattern of intentional behaviors by adults or adolescents that includes:

- physical violence,
- stalking,
- coercion,
- threats and intimidation,
- isolation,
- psychological attacks, and
- emotional, sexual, and economic abuse.”

Violence is a Learned Behavior

- Learned behavior:
 - Through observation
 - Through experience & practice
 - Through reinforcement
- Learned from a variety of sources:
 - Family/home life
 - Peer interactions
 - Community violence
 - Culture & societal messages

Misconceptions

Domestic violence is *not* caused by:

- Victim Behavior
- Anger
- Stress
- Alcohol & Other Drugs
- Bad Relationship
- Genetic
- Generational Cycle



Misconceptions

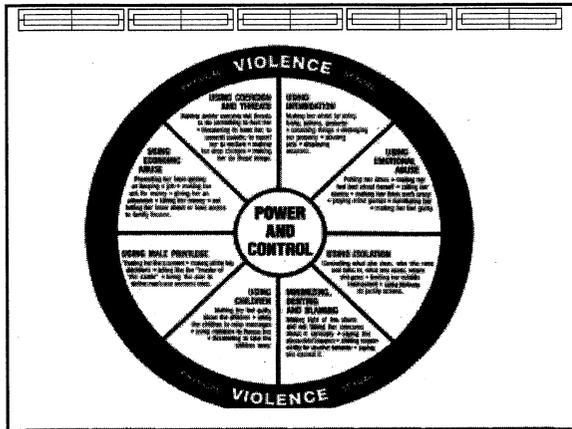
Domestic violence and gender:

- Men can be victims
 - 85% of cases the victim was a woman
(Bureau of Justice Statistics)
 - Some studies have found 5% or less of batterers are female
(VAWnet)

Commonalities

- Any socio-economic background, culture or religion
- Can be subtle and overt
- Guise of love and concern
- Public & private faces
- Promises and threats
- May increase in frequency and severity- usually some type of progression





- ### Examples of Abusive Behavior
- Name calling
 - Isolation
 - Making her quit job or quit school
 - No access to money
 - Breaking/hitting objects
 - Pushing/shoving
 - Psychological abuse
 - "the look"
 - Threats

- ### Batterer's Beliefs
- Entitled to use control over others in the relationship and/or home
 - Views violence as acceptable, even normal part of relationship
 - Views women as objects to be conquered
 - Makes all the rules, strict, may change without notice
-

The Million \$ Question

The most common question:
Why does she stay?

- Difficult decision; not an easy decision or "quick fix" if leave
- Stays for same reasons why all people stay in relationships: love, children, hope, cultural/religious beliefs
- May not want the relationship to end, just the violence
- If stay or if leave- both choices have risks

Risks When Leave

- The rate of domestic assault, including homicide, increases when victims leave partners and remains elevated for two years.
- Relationships with a family's support network are strained or severed.
- Children & mothers suffer from the economic impact of separation.
- The majority of separated abusers are granted unsupervised visitation.

Risks When Leave

- Children may be exposed to domestic violence in their father's new relationships.
- Child protective services may be less likely to believe charges of child abuse which arise during divorce.
- Male batterers are twice as likely to gain sole custody of their children as non-abusing men.

Batterers & Custody

- Use custody to punish, control, marginalize or hurt their female partners and their children
- Less likely to pay child support fully & consistently than non-abusive fathers
- 3x as likely to be in arrears in child support
- Often avoid paying child support all together, esp. if don't intend to seek custody



What About the Children?

- Children can be affected in several ways:
 - Unintended injuries
 - Witnesses to the violence
 - Used by the batterer to control his adult partner (i.e., custody & kidnapping threats)
 - Direct victims of abuse (child abuse/neglect)
 - Long term effect – this is what relationships look like, this is how we deal with problems

Effects of Violence on Young and Mobile Infants

• Developmental needs:

- **Security**
Learning count on being cared for
- **Exploration**
 - Curious, on the move
 - Develop confidence and competence
 - Need trusted adults as a base of support

• Effects:

- Sleep disturbances
- Nervous, crying a lot
- Unresponsive



Effects of Violence on Toddlers

<p>• Developmental needs:</p> <ul style="list-style-type: none"> • Identity, Independence & Control • Concerned about who they are & who's in charge • Learning how to: <ul style="list-style-type: none"> • Be safe • Get what they want without taking from others • Use words to express feelings • Act appropriately in different situations 	<p>• Effects:</p> <ul style="list-style-type: none"> • Acting out • Withdrawal • Delayed toileting • Depression
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Effects of Violence on Preschool Children

<p>• Developmental needs:</p> <ul style="list-style-type: none"> • Physical, cognitive, social-emotional • Language & communication • Construct own understanding of concepts • symbolic thought (can anticipate consequences, use mental representation) 	<p>• Effects:</p> <ul style="list-style-type: none"> • Problems relating to other children • Delayed toileting • Insecurity • Separation anxiety <ul style="list-style-type: none"> • from mother/non-offending parent • from other "safe" people: teachers, counselors • Caretaker of others
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Effects of Violence on Primary Grade Children

<p>• Developmental Needs:</p> <ul style="list-style-type: none"> • Integrated learning • Steady physical development • Reasoning & logic • Increased short & long term memory • Begin to develop conscience 	<p>• Effects:</p> <ul style="list-style-type: none"> • Bedwetting, regression to earlier stages • Caretaker of others • Under/overachiever • School problems • Self esteem issues • Physical abuse or death
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<h3>Effects of Violence on Pre - Teen Youth</h3>	
<p>• Developmental needs:</p> <ul style="list-style-type: none"> • Onset of puberty & secondary gender characteristics • Self conscious about body image • Concrete thinkers • Need for clear, fair, consistent boundaries 	<p>• Effects</p> <ul style="list-style-type: none"> • Early interest in alcohol or drugs • Embarrassed by family • Depression • Running away • Sexual activity • Becoming violent • Developing problems to divert parents from fighting

<h3>Effects of Violence on Teenagers</h3>	
<p>• Developmental needs:</p> <ul style="list-style-type: none"> • Moral development • Identity issues • Development of abstract thinking • Explore sexuality & what that means • Own decisions about body & health 	<p>• General effects:</p> <ul style="list-style-type: none"> • School problems • Social problems • Get serious in relationships too early • Truancy • Suicide • Alcohol/drug use • Confusion about gender roles • Becoming abusive

<h3>Effects of Violence on Teenagers</h3>	
<p>• Men</p> <ul style="list-style-type: none"> • Identification as aggressor • Learning to disrespect women • Using violence in relationships • Confusion & insecurities about being a man • Attacking mother, father, and/or siblings 	<p>• Women</p> <ul style="list-style-type: none"> • Fearing male violence • Learning that women do not deserve respect • Accepting violence in own relationships • Becoming pregnant

Roles Children & Youth Assume

Assessing role each child/youth plays may help family address concerns and move forward

- Affects how view the violence, how feel
- Affects mother-child relationship
 - Caretaker
 - Mother's confidant
 - Abuser's confidant/assistant
 - Comedian
 - Perfect child
 - Referee
 - Scapegoat

Mitigating Factors

- Children react in different ways to violence.
- Effects of the violence vary:
 - type and history of the abuse,
 - age, gender and developmental level,
 - interpretation of the violence,
 - how the child has learned to survive & cope with stress,
 - support system available to the child, and
 - ability to accept support and assistance from adults.
- Protective Strategies of non-abusive parent

Effects of Exposure to Violence: General Considerations

- Look for extremes
- Pattern, ongoing
 - Not isolated
- Consider other causes
- "reasonable person standard" when deciding what/if to report



<h3>Batterer as Parent</h3> <ul style="list-style-type: none"> • Authoritarianism • Controls access to support systems • Low involvement: not his "job" • Undermine mother's ability to parent • Fosters disrespect for other parent • Manipulative • Performs well under observation • Tactics continue after separation

<h3>Batterer's Use of Children</h3> <ul style="list-style-type: none"> • Undermines mom's authority, makes child take sides • Takes no responsibility for child, breaks promises with child, is an absent father • Controls the child's access to support system • Uses the children to relay messages • Uses visitation to harass the mother • Asks the child to spy on the mother • Doesn't pay child support • Uses children as economic bargaining chip

<h3>How Abuser's Behavior Affects Family Relationships</h3> <ol style="list-style-type: none"> 1. Exposes children to abuse. 2. Undermines and interferes with his partner's parenting. 3. Damages his partner's relationship with her children. 4. Uses children to perpetuate abuse. 5. Creates a household climate dominated by domestic violence. <p style="font-size: small;">Based on <u>The Batterer as Parent</u>, Lundy Bancroft, Chapter 3</p>

<p style="text-align: center;">Parenting in the context of Domestic Violence</p> <ul style="list-style-type: none"> • Adult Victim: <ul style="list-style-type: none"> • Lower confidence in parenting ability • Change parenting style to match batterer's • Competition for children's loyalties • Overly permissive to compensate for abuse • Difficulty in meeting basic needs, no or little access to resources • Higher levels of stress than other mothers (doesn't mean lower parenting)

<p style="text-align: center;">Family Dynamics</p> <ul style="list-style-type: none"> • Family relations dominated by fear, secrecy and need for constant vigilance • Survival becomes the primary focus of nonabusing family members • Separate, non-complimentary parenting • Rigid sex roles • Can become a "template" for relationships for children
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<p style="text-align: center;">Family Dynamics</p> <ul style="list-style-type: none"> • Parents model only passive or aggressive problem solving • Negotiation and verbal communication are not effective • Expression of feelings = weakness • Children may: <ul style="list-style-type: none"> Blame themselves for the abuse Become caretakers Have divided loyalties

Some Ways Batterer Can Harm Mother / Child Relationships

- The mother may put safety, survival and the needs of the abuser before the needs of her children.
- The abuser's dominance prevents a mother from parenting as she chooses or negotiating parenting with him.
- Mothers may use safety and protection strategies that are no fun for their children or that look like poor parenting to the outside world.

Some Ways Batterer Can Harm Mother / Child Relationships

- She may suffer from trauma, depression, anxiety, drug or alcohol abuse or poor physical health triggered by the abuse.
- Children may lose respect for their mother and her bond with them can be compromised.

Working with Battered Women as Mothers

Child's/youth's safety & well-being is strongly linked to safety & well being of mother!



The best way to support children is to support mother.

"The Elephant in the Room"

If you have a concern about domestic violence in the home of one of your clients/parents, don't ignore it – it won't just go away.



Conversation Starters with Women

- I noticed that you seem different when your partner is around. Is everything okay at home?
- I've noticed (child's behavior). Sometimes this happens when one of the parents is being hurt at home. Is everything okay?
This is a safe place to talk.

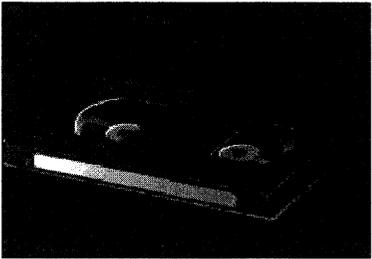
Responding to Disclosure: What to Say to the Adult

- I believe you.
- I'm sorry this happened to you.
- No one deserves to be hurt.
- I'm glad you told me. Sometimes people are afraid to talk about it.
- I am afraid for your safety and the safety of your children.
- Let's make a safety plan for the next time something happens.
- Help is available. I can give you the number of the local domestic violence program if you'd like to talk to someone about it.

Responding to Disclosure: What NOT to Say to the Adult

- What did you do to cause it?
- You must have provoked it.
- You haven't left the relationship- it can't be that bad (and/or) you must like it.
- How can you stay in a situation that is hurting your children so much?
- You're co-dependent.
- You must leave and/or end the relationship.
- I hate men who beat women.
- What is it about your culture that makes women "take it" from men?

Story of Rachel



Mom's Strengths

Dynamics of domestic violence – often decreases mom's confidence in herself, her abilities

Women survive, parent, often work, take care of their home, etc. under VERY difficult circumstances.

May require huge effort just to get to child care/school

Working with Mom

- Help restore mother-child relationship
- Ask her about her concerns for the children, what she wants you to discuss
- Ask about other concerns/needs
 - Economic resources
 - Children's activities



<h3 style="margin: 0;">Working with Mom</h3> <ul style="list-style-type: none"> ● Respect individual parenting styles & beliefs <ul style="list-style-type: none"> ● be a resource for services & support ● if unsure if something is abusive, check the child abuse statute and consult with other staff ● if addressing concerns about a child (i.e., acting out), also bring up positive things about their relationship. Find a balance.

<h3 style="margin: 0;">Working with Mom</h3> <ul style="list-style-type: none"> ● Let her know it's okay to talk about the violence with the children (depending on the age) <ul style="list-style-type: none"> ● acknowledge and ask children how they feel ● reassure children, listen, and validate their feelings ● Sometimes won't talk about it until feel safe ● <i>Note: Avoid sharing details with the children or telling them bad things they don't already know about.</i>
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<h3 style="margin: 0;">Working with Mom</h3> <h4 style="margin: 0;">Safety Planning – a priority</h4> <ul style="list-style-type: none"> ● Child/youth safety linked to mom's safety <ul style="list-style-type: none"> ● Safety planning should reflect this! ● Joint safety plan examples: <ul style="list-style-type: none"> ● Code words ● Having mom teach how to call 911 or reviewing it ● Identify safe places together

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Working with Mom: Confidentiality

- Discuss how will respond if child shares something and asks you not to share the information with mom
- Explain child abuse reporting requirements as soon as possible
 - if you feel a report needs to be made, discuss that with her prior to making report (if possible)
 - give option of her making report herself

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Confidentiality

- Exceptions to confidentiality:
 - Child abuse
 - Elder abuse/vulnerable adult abuse
 - Suicide threats
 - Threats to harm another
- If another situation:
 - Use judgment
 - Discuss with woman- disclosure may increase danger

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Messages for Moms

- There are no perfect mothers
- Mothers can change the lives of their children for the better
- Single parents can be good parents too
- Mothers can be good role models for boys
- Learning to be a parent is a life-long process
- Stopping exposure to violence is/was a good thing for your children
- There are people to help if/when you need/want it
- You can make up for lost time: start today
- You can model and teach non-violent problem solving, attitudes and behavior

Messages for Moms

- Most "problems" in children diminish once violence stops
- Most children who lived with violence in the past are functioning normally from a psychological point of view
- Living with violence as a child is not a "life sentence"
- Children are resilient and can thrive
- Not all children need professional treatment: there is a lot a mother can do to help her children

Restoring Mother-Child Relationship

- Help her find ways to spend time together; Encourage time set aside to spend with children
 - "hands on" time between mom and child - doesn't have to be fancy or complicated - quality not quantity
 - read books, do art projects, play outside
 - have books available for mothers to read with children
 - encourage to read first to make sure she is okay with language and content

Restoring Mother-Child Relationship

- Know local agencies and resources
- Allow time for her to build (or rebuild) rapport with children
- Encourage her personal self care
 - Model positive behaviors & coping strategies
 - Allow & encourage mom to have own time

Messages for moms to give to their children

- The violence is not your fault
- It is not your responsibility to keep me (mom) safe
- When adults "fight", it is adult problem and adults need to fix it
- Your role is to stay safe
- I love you and will do my best to protect you

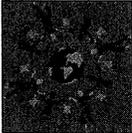
Resources you can help moms find & access

- Information about community resources for her children
- Information on child development & how violence affects it
- Respite from care-taking or a break from day-to-day struggles
- Legal advice: custody/divorce/child support
- Help with parenting when child's behavior is troubling or challenging
- Help to relate to her children in a new way
- Assistance to negotiate partner's contact with children

There is no parent, however wise and rich and resourceful, that can successfully rear his children without the cooperation of the community.

Grace Abbott, 1878-1939

Born in Grand Island, Nebraska.
 Activist & social reformer on immigrant rights, child labor laws, and child & maternity health care.



Domestic & Dating Violence: An Overview

Definition:

Domestic violence can be defined as a pattern of assaultive and coercive behaviors, including physical, sexual, and psychological attacks, as well as economic coercion that adults or adolescents use against their partner. (Ganley, A. and Schechter, S., *Domestic Violence: A National Curriculum for Children's Protective Services*, 1996.)

Demographics:

Domestic violence can happen to anyone, regardless of economic status, ethnicity, education, family structure, sexual orientation, or age. It occurs in relationships where the current or former partners are or have been dating, cohabitating, or married.

A recent review of research on domestic violence and gender, found that men and boys are more likely (than women and girls) to be the perpetrators, and women and girls are more likely (than men and boys) to be the victims of intimate partner abuse. The research review also found that while some women and girls are abusive and violent to their male partners, it is estimated to be 5% or fewer of the cases. (Belkap, J. and Melton, H., *Are Heterosexual Men Also Victims of Intimate Partner Abuse?*, March 2005.)

As with the victims, perpetrators of domestic violence cannot be identified merely by their appearance or socio-economic background. Many abusers have a "Dr. Jekyll and Mr. Hyde" personality. Their demeanor in their public life may be quite different from that of their private life.

Domestic violence, marital rape, and sexual assault are all crimes in the state of Nebraska. The blame for these actions should be placed with the abuser/perpetrator. No one deserves to be abused, and victims should not be blamed. Everyone deserves the right to a violence free life.

Victims of domestic violence do not stay because they enjoy the abuse. They stay for a variety of other reasons (i.e., fear, children, economic reasons, lack of support, love). Many battered women do leave abusive relationships. Others leave but are forced to return not only because of the perpetrator's actions, but also due to the societal response toward disclosure of domestic violence.

Causes of Domestic Violence:

Domestic violence is not caused by genetics, illness, alcohol/drugs, anger, stress, problems in the relationship, or the behavior of the victim. (Ganley, A. and Schechter, S., *Domestic Violence: A National Curriculum for Children's Protective Services*, Family Violence Prevention Fund, 1996.)

Domestic violence is a learned behavior. Perpetrators learn to be abusive from a variety of sources, including: observation, experience and reinforcement, by family, communities (schools, peer groups, etc.), and in their respective cultures. (Ganley, A. and Schechter, S., *Domestic Violence: A National Curriculum for Children's Protective Services*, Family Violence Prevention Fund, 1996.)

Domestic violence is an attempt to exert power and control over a partner. It is a conscious, deliberate choice by the perpetrator.

Danger & Lethality:

Women are much more likely than men to be killed by an intimate partner. In 2000, intimate partner homicides accounted for 33.5 percent of the murders of women and less than four percent of the murders of men. (Bureau of Justice Statistics Crime Data Brief, *Intimate Partner Violence, 1993-2001*, February 2003.)

In 2001, intimate partner violence made up 20 percent of violent crime against women. The same year, intimate partners committed three percent of all violent crime against men. (Bureau of Justice Statistics Crime Data Brief, *Intimate Partner Violence, 1993-2001*, February 2003.)

Women who leave their batterers are at a 75% greater risk of being killed by the batterer than those who stay. (Hart, B. 1988.)

Prevalence:

Domestic violence is an everywhere in the United States. Estimates range from 960,000 incidents of violence against a current or former spouse, boyfriend, or girlfriend per year¹ to 3.9 million women who are physically abused by their husbands or live-in partners per year.² (1. U.S. Department of Justice, *Violence by Intimates: Analysis of Data on Crimes by Current or Former Spouses, Boyfriends, and Girlfriends*, March 1998, 2. The Commonwealth Fund, *First Comprehensive National Health Survey of American Women*, July 1993.)

Young women between the ages of 16 and 24 experience the highest rates of relationship violence. (Rennison, Callie Marie and Sarah Welchans. 2003. *Intimate Partner Violence 1993-2001*. U.S. Department of Justice Bureau of Justice Statistics. Washington, DC.)

Thirty percent (30%) of teens in relationships reported worrying about their personal physical safety. One of five teens (20%) in a *serious* relationship reports having been hit, slapped, or pushed by a partner. (*Teen Relationship Abuse Survey, March 2006, conducted by Teenage Research Unlimited (TRU) and commissioned by Liz Claiborne, Inc.*)

Domestic violence affects everyone, not just the people in the relationship. Others affected include family, friends, neighbors, case workers, school personnel, coworkers, etc. (Ibid)

Effects on Children & Youth:

The majority of studies indicate that between 30%-60% of families where either child maltreatment or domestic violence is occurring, the other form of violence is also present. (Edleson, J. "The Overlap Between Child Maltreatment & Woman Battering", 1999.)

Researchers have estimated that 3.3 to 10 million U.S. children annually witness assaults by one parent against another. (*Ending Violence Against Women: An Agenda For The Nation*, 2000.)

Problems among children who witness domestic violence include a greater likelihood of aggressive and anti-social behavior, traumatic stress reflected in higher levels of depression and anxiety, and slower development of cognitive skills. (*Ending Violence Against Women: An Agenda For the Nation*, 2000.)

Some children who witness domestic violence suffer significant effects as a result of the exposure. However, it is important to note that children react in different ways to the violence. The effects of the violence vary, depending on a variety of factors such as: type and history of the abuse; age, gender and developmental level of the child; the child's interpretation of the violence; how the child has learned to survive and cope with stress; the support system available to the child; and the child's ability to accept support and assistance from adults.

If you or someone you knows needs help, contact your local domestic violence/sexual assault program or call

1-800-799-7233 (SAFE)- National Domestic Violence Hotline or

1-800-656-4673 (HOPE)- Rape, Abuse, Incest National Network (RAINN)

THE POWER AND CONTROL WHEEL

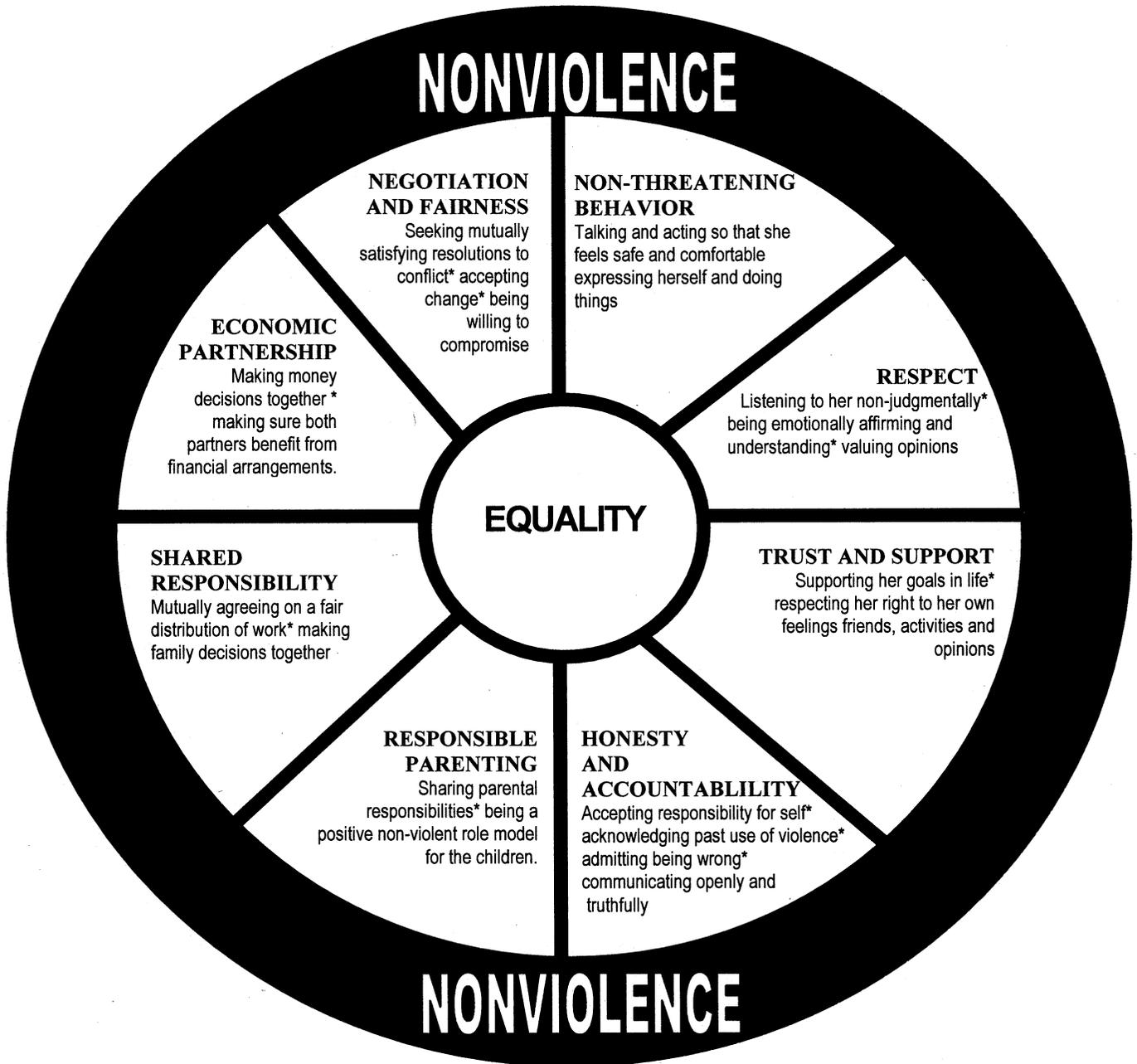
The Power and Control and Equality Wheels

These wheels were developed by Duluth Domestic Abuse Intervention Project (DAIP) to use in connection with the DAIP batterers' treatment program, "Power and Control: Tactics of Men Who Batter." They show graphically how a system of power and control supports violence and how, alternatively, a system of equality supports non-violence. In the authorized programs, batterers' groups look closely at each of these issues and examine their own behaviors and underlying attitudes.



Developed by the
DOMESTIC ABUSE INTERVENTION PROJECT
206 West Fourth Street
Duluth, Minnesota 55802
218-722-2780

THE EQUALITY WHEEL



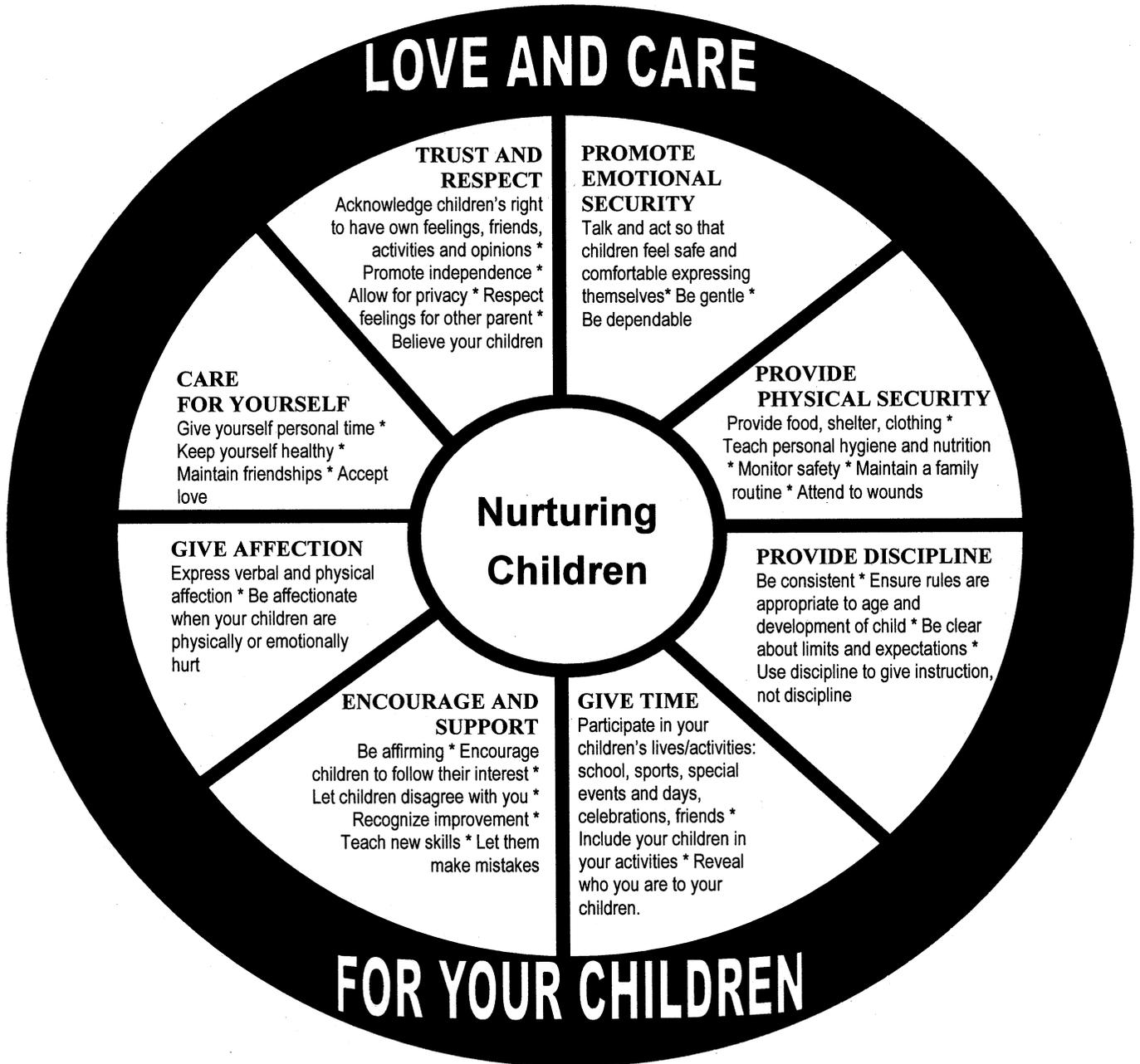
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ABUSE OF CHILDREN



NURTURING CHILDREN

Love and Care for Your Children



Stage Specific Effects of Domestic Violence

Adapted from *Domestic Violence: A National Curriculum for Child Protective Services*, Anne Ganley & Susan Schechter, Family Violence Prevention Fund, 1996

0-1 year

How Perpetrators Use or Harm Children

- ✓ physically or sexually abusing the child
- ✓ waking child with the sound of the violence
- ✓ exposing child to assaults against mom or property
- ✓ threats of violence against child
- ✓ hitting or threatening child while in mother's arms
- ✓ taking child hostage to get mother to return

Effects on Children

- ✓ physical injury or death
- ✓ fear
- ✓ traumatization
- ✓ sleep disturbances
- ✓ eating disturbances
- ✓ colicky or sick condition
- ✓ nervous, jumpy, crying a lot
- ✓ insecure
- ✓ unresponsive or not cuddly
- ✓ premature birth

2- 4 years

How Perpetrators Use or Harm Children

- ✓ all the ways listed for age 0-1 years
- ✓ hurting child when he/she intervenes to prevent mom from being injured
- ✓ using a child as a physical weapon against victim
- ✓ interrogating child about mother's activities
- ✓ forcing child to watch assaults against mother or to participate in the abuse

Effects on Children

- ✓ all of the effects listed for age 0-1 years
- ✓ acting out violently
- ✓ withdrawal
- ✓ problems relating to other children
- ✓ delayed toileting
- ✓ insecurity
- ✓ depression

5-12 years

How Perpetrators Use or Harm Children

- ✓ physically or sexually abusing child
- ✓ being violent physically and/or sexually towards mother in front of the children
- ✓ hurting child when he/she intervenes to stop violence against mother
- ✓ using as spy against mother
- ✓ forcing child to participate in attack on mother
- ✓ interrogating child about mother's activities

Effects on Children

- ✓ physical abuse or death
- ✓ fear
- ✓ insecurity, low self-esteem
- ✓ withdrawal
- ✓ depression
- ✓ running away
- ✓ early interest in alcohol or drugs
- ✓ school problems
- ✓ becoming an overachiever
- ✓ bed-wetting or regression to earlier developmental stages
- ✓ sexual activity
- ✓ becoming caretaker of adults
- ✓ becoming violent
- ✓ developing problems to divert parents from fighting
- ✓ becoming embarrassed by his/her family

13-18 years

How Perpetrators Use or Harm Children

- ✓ physically or sexually abusing child
- ✓ coercing child to be abusive to mother
- ✓ being violent physically/sexually towards mother in front of children
- ✓ hurting child when he/she intervenes to stop violence against mother
- ✓ using child as a spy against mother
- ✓ forcing child to participate in an attack on mother

Effects on Teenagers

- ✓ physical injury or death
- ✓ school problems and truancy
- ✓ social problems
- ✓ shame and embarrassment about his/her family
- ✓ sexual activity
- ✓ tendency to get serious in relationship too early in order to escape home
- ✓ becoming super-achiever at school
- ✓ depression
- ✓ suicide
- ✓ alcohol and/or other drug abuse
- ✓ confusion about gender roles
- ✓ becoming abusive

Specific effects on young women

- ✓ fearing that male violence
- ✓ learning that women do not deserve respect
- ✓ accepting violence in their own relationship
- ✓ becoming pregnant

Specific effects on young men

- ✓ fearing that males are violent; identification as the aggressor
- ✓ learning to disrespect women
- ✓ using violence in his own relationships
- ✓ confusion and/or insecurities about being a man
- ✓ attacking mother, father, and/or siblings

Mitigating Factors Regarding the Effects of Witnessing Violence

Some children who witness domestic violence suffer significant effects as a result of the exposure, even though they may not be the primary victims of the violence. However, it is important to note that children react in different ways to the violence. Consequently, the effects of the violence vary, depending on a variety of factors such as:

- type and history of the abuse,
- age, gender and developmental level of the child,
- the child's interpretation of the violence,
- how the child has learned to survive and cope with stress,
- the support system available to the child, and
- his/her ability to accept support and assistance from adults.

Remember, not all children who witness domestic violence suffer significant negative effects from the experience. Longitudinal studies reveal that 50-75% of children growing up in families with domestic violence, as well as exposure to other risks, defeat the odds and turn a life that appears destined for further hardship into one that illustrates resilience and triumph. ("Tapping Innate Resilience in Children Exposed to Domestic Violence", *Synergy*, Vol.7 No. 2, Summer 2003, by the National Council of Juvenile & Family Court Judges.)

Abusive Parenting and Child Development

Age	Child's Needs	Parent's Tasks	Abusive Parenting	Effects of Abuse	Healing Care
0 - 6 months Being Stage	Belong, Trust; Need to know they can communicate needs; Be consistent, predictable	Provide physical care; Respond to cries; Touch, hold, stimulate; Protect and nurture	Being absent; Hovering, "smothering"; Spanking, pinching, screaming; Withholding child support	Excessive crying, Sleep disturbances, Self-destructive behaviors, Lack of facial expression, Eating disorders surface later	Maintain consistent care, Be more responsive, Give unconditional nurturing, Give lots of physical attention, Identity and name needs
6 - 18 months Doing Stage	Do, Explore sensations, Try/check it out, Explore environment, Separate self from "others"	Offer unconditional love, Baby-proof house, Provide safe toys, Care for self, Give many "yesses", Interact and play with child	Confining child to crib; Force feeding; Beginning toilet training; Expecting too much; Failing to supervise; Instilling fear, intimidation	Anxiety, Inconsolable crying, Withdrawal, Fear of adults/authority, Fear of new places, Lack of mobility, Limited language development	Have realistic expectations, Use sensory awareness play, Distinguish feelings (sad/mad/scared), Insist on checking out fears, Give consistent encouragement
18 months - 3 years Thinking Stage	Separate self from parent, Say "no!", Think, Learn to choose, Speak out, Begin toilet training	Be the "grown up", Provide limited choices, Honor the need to say "no", Be in charge if the rules, Demonstrate problem-solving.	Being inconsistent, Expecting too much, Using physical punishment, Failing to set limit, Shaming the child, Using the child to obtain information about other parent	Demanding behavior; Out-of-control behavior, hitting, biting, tantrums; Being over-adaptive to adults, people pleasing; Manipulative behavior; Addictive disorders surfacing later	Distinguish angry feelings, Teach non-violent expression of anger, Use logical consequences, Teach child to think of others, Insist on verbal request
4 - 6 years Identity & Power Stage	Separate real from pretend; Learn differences between feelings, thoughts; and behaviors; Take action, initiate; Develop sexual identity; Solve problems	Allow child to make some choices; Teach respect of own and opposite sex, Teach how to get affection, Separate child's reality from child's fantasy, Read to and talk with child	Scaring/leasing to control, Punishing for masturbation, Blaming child for parents' action, "Sexualizing" child; Using violence toward other parent	Sexual shame; Excessive fears; Extreme separation anxiety, bedwetting, nightmares; Adopting victim or perpetrator status; Aggression	Permit child to ask for needs to be met, Permit physical affection, Confront mythical/fairy tale, Discuss fears, Offer comfort and assurance
7-12 years Problem Solver Stage	Learn "I am Able", Form relationships outside of family, Set limits on self, Develop values, Develop own rules	Permit arguing and negotiating, Insist on responsibility and completion of tasks, Support friendships, Support activities outside of family, Talk about values	Controlling access to friends, other parent, relatives; Making rules too rigid or too lax	Inability to form relationships; Anxiety about abilities; Lying, cheating, stealing; Extreme rebellion; Headaches, stomachaches, ulcers; Early interest in sexual activities; Problems in school, truancy; Aggression	Permit child to disagree; Permit child to not tolerate abuse; Require follow-through, responsibility; Allow natural consequences; Clarify values; Encourage interests; Use logical consequences
13-18 years Identity, Sexuality, Separation Stage	Become independent, Act on own behalf, Structure time, Accept and love self, Express mature love, Consequences	Be available but not controlling, Allow child to separate, Give information and protection on sexual activities, Allow child to experience, Teaching about body changes, Teaching living skills	Discounting nurturing needs; Sexualizing child's feelings, choices; Using teen for money, sex, or emotional support; Promiscuity; Giving repeated negative messages	Depression/suicide attempts; Sexual assault offense; Running away to deal with problems; Lack of internal controls, behavior conditionally; Headaches, stomachaches, ulcers; Chemical use, delinquency	Permit child to be both close and separate, Accept need for autonomy and promote experiences, Accept child unconditionally, Provide counseling/treatment when needed
Every Stage	Feel unconditional love, Receive health care for developing body, Explore world and learn, Receive predictable emotional, Increase self-reliance, Be respected, Experience success	Play with children, Meet physical survival needs, Give warmth and affection, Read to/talk with children, Provide consistent limits, Assure safe environment, Seek information and personal support from other parents	Failing to respond, Failing to supervise, Using violence/causing bodily harm, Making sexual genital contact, Ridiculing, Being violent to other parent	Difficulty trusting others; Difficulty maintaining relationships; Lack of self-esteem, self-worth; Addictive disorders; Depression; Delinquency	Be consistently involved; Affirm feelings, Show physical affection, Listen to fears, Encourage growth in developmental stages, Teach responsibility

Domestic violence cases involving children

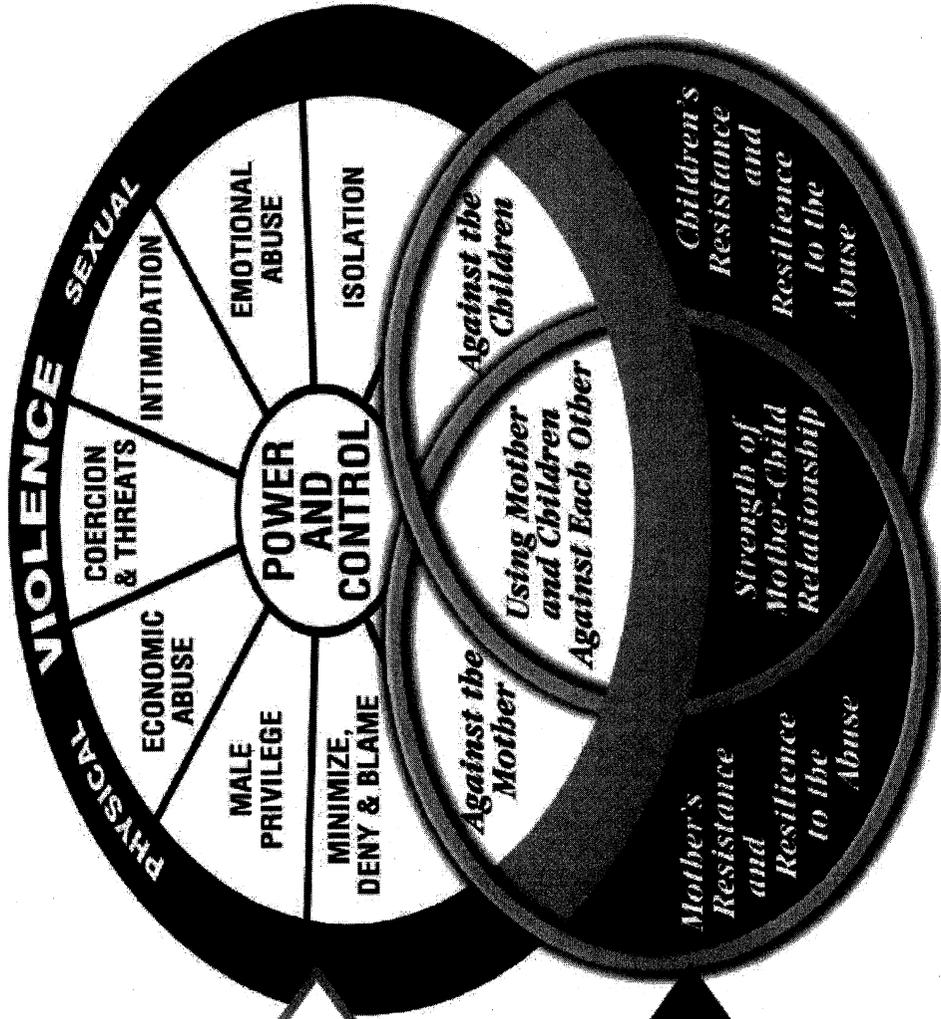
Successful Interventions

Weaken

The batterer's opportunity and inclination to abuse the mother and the children

Strengthen

The positive aspects of the mother and child's life that enable them to resist the abuse and its effects (including strengthening their relationship with each other)



Enhance all family members' quality of life

Source: Praxis International, www.praxisinternational.org

Original source unknown. Reviewed by Linda Zinke, Executive Director, Nebraska Association for the Education of Young Children (NeAEYC), December 2002.

Perpetrator's Use of Children to Control Adult Partner

There is a high correlation between domestic violence and child abuse. Many perpetrators abuse everyone in the home (adult partner, children, pets). Children may be the direct victims of abuse, they may be hit indirectly as the perpetrator hurts the mother, or they may be used to control the mother or adult partner.

Examples of how batterers use children to control their adult partner include:

- threatening to and/or physically abusing the child if the mother attempts to leave the relationship so the mother stays to protect the children (i.e., physical abuse of the child or their pets),
- forcing the child to witness the abuse of the adult victim,
- making adult partner feel guilty about the children (i.e., criticizing the children's behavior and blaming the adult victim—"they'd do better in school if you weren't such a bad mother"),
- undermining the adult mother's authority with the child, manipulating the child to take sides,
- not taking responsibility for the child, breaking agreements or promises with the child, being an absent father,
- threatening to take the children away (i.e., leaving the state with them, abusing the children and then calling CPS to blame it on the mother, or making false reports to CPS about the adult mother so the court will be more favorable to the perpetrator during custody issues),
- controlling the child's access to his/her support system (i.e., mother, grandparents, siblings, friends),
- using the children to relay messages, especially if there is a protection order, if the parents do not live together, and/or if the parents are separated,
- using visitation to harass the adult partner (i.e., controlling her schedule by demanding visitation rights and then not showing up or deliberately choosing inconvenient times, using visitation as a way to verbally abuse partner, not returning the child at the designated time),
- asking the child to spy on the mother, interrogating the child about the mother's activities (this is particularly common during a separation and/or protection order),
- not paying child support or contributing to the financial needs of the children, and
- using the children as an economic bargaining chip in divorce proceedings.

Child Protection & Survival Efforts by the Adult Victim of Domestic Violence

Most battered women actively try to protect their children from violence by the batterer. Common strategies include:

- fighting back and defying the perpetrator,
- pleasing and placating the perpetrator, complying with his demands,
- not telling anyone about the violence for fear of making things worse,
- not leaving for fear of making things worse,
- leaving to try to make things better,
- avoiding the perpetrator, i.e., working separate shifts,
- protecting the children by sending them away,
- searching for help, i.e., getting a protection order, going to a shelter, trying to find help for the perpetrator,
- dropping the search for help as a way to protect herself,
- being “devious” as a way to survive, i.e., lying to the perpetrator and others,
- encouraging the perpetrator to drink so he’ll pass out and not hurt anyone,
- reasoning with the perpetrator and expressing disapproval of his behavior,
- trying to improve the relationship,
- creating an internal space through fantasies that the perpetrator cannot touch,
- having sex to placate the perpetrator and protect the children from violence,
- drinking and using drugs to numb her own pain, and
- lying about the perpetrator’s criminal activity or child abuse so that he will not harm the victim or the children.

Note: Many service agencies have come to believe that the most effective way to protect the children is to protect and support the non-offending parent.

(This material was adapted from the Family Violence Prevention Fund’s publication entitled “*Domestic Violence: A National Curriculum for Child Protective Services*,” written by Anne L. Ganley, Ph.D. and Susan Schechter, M.S.W.)

Responding to Disclosure of Domestic Violence

Disclosing domestic violence can be an extremely difficult experience. There is a high level of fear regarding the potential reaction of those with whom she speaks, including friends and family. A victim may share information that she has not expressed to anyone else. Most victims will not disclose the abuse until after a level of trust has been established. They deserve the opportunity to share their stories in a non-judgmental, empathetic atmosphere.

Many times people respond to the self-disclosure with comments that unintentionally blame the victim, causing her to feel as though she caused the abuse and/or deserved it. Consequently, the likelihood of future self-disclosure to anyone decreases drastically.

It is important to remember that the blame and responsibility for the abuse should always be directed toward the perpetrator and never the victim. *No one deserves to be abused.*

Why women don't talk about abuse:

- fear of retribution
- shame and humiliation
- protective feelings toward the relationship and the children
- belief that the service provider:
 - is unwilling to get involved or doesn't have time
 - will judge her and make her feel responsible
 - cannot offer assistance or help her locate other resources
 - will place unreasonable demands on her (i.e., require that she leaves the relationship)
 - will take the children away from her

Examples of things to say (and not to say) when an adult victim discloses:

<i>What to say to an adult victim of violence:</i>	<i>What not to say to an adult victim of violence:</i>
I believe you.	What did you do to cause it?
I'm sorry this happened to you.	You must have provoked it.
I'm glad you told me. Sometimes people are afraid to talk about it.	If someone hit me, I'd leave right away. (and/or) If I were you, I would have left a long time ago.
No one deserves to be hurt.	How can you stay in a situation that is hurting your children so much?
I am afraid for your safety and the safety of your children.	You're co-dependent.
Let's make a safety plan for the next time something happens.	You must leave and/or end the relationship.
Help is available. I can give you the number of the local domestic violence/sexual assault program if you'd like to talk to someone about it.	I hate men who beat women.
	What is it about your culture that makes women "take it" from men?

Like the adult victim, children struggle with the decision to disclose information about the batterer's actions.

Why children don't talk about abuse:

- fear of retribution, especially if the abuser has threatened them
- shame and humiliation- belief that they caused the abuse
- protective feelings toward the non offending parent
- belief that the service provider:
 - will blame them for the abuse
 - will not believe them
 - will tell the batterer what he/she says
 - cannot help
 - will take him/her away from the family

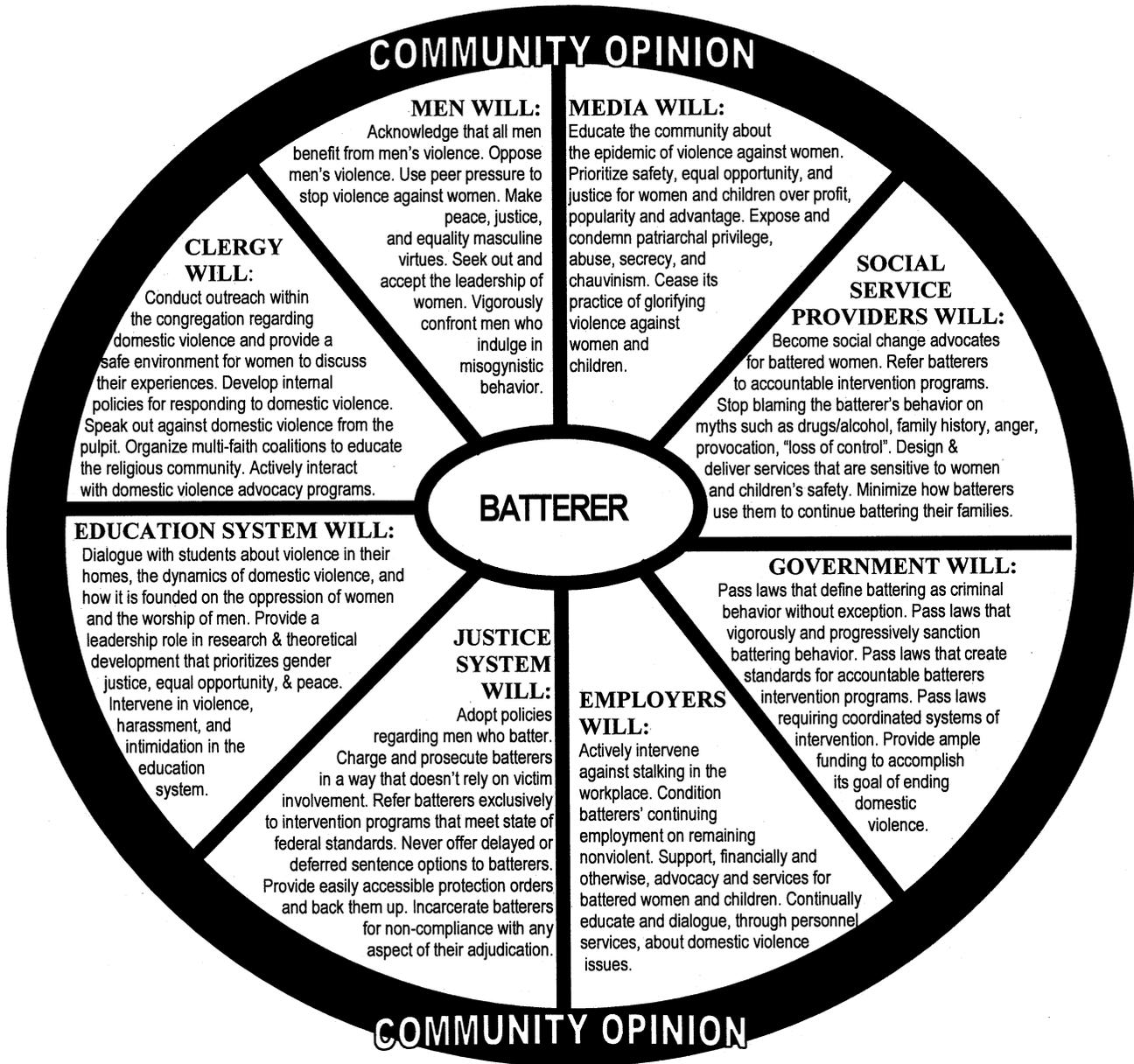
Examples of things to say (and not to say) when a child discloses:

<i>What to say to a child victim/witness of violence:</i>	<i>What not to say to a child victim/witness of violence:</i>
<p>I believe you.</p> <p>I'm sorry this happened to you.</p> <p>I'm glad you told me. Sometimes people are afraid to talk about it.</p> <p>No one deserves to be hurt.</p> <p>The abuse is <u>not</u> your fault.</p> <p>Let's talk about what you can do when something happens. Is there a safe place you can go (i.e., bedroom, neighbor's house, outside)?</p>	<p>Your dad shouldn't do things like that. It's not nice.</p> <p>You just need to behave better, then this won't happen.</p> <p>Are you sure you're not making this up?</p> <p>What did you mom do before the fight started?</p> <p>Did your dad do something to hurt you?</p> <p>I'll keep your secret.</p>

Note: Be careful to not ask leading questions- it might compromise a future child abuse/neglect investigation. Ask general, open-ended questions (i.e., what happened, how did you get that bruise). Also, don't blame the parent for the abuse when talking with the child. The child may feel that he/she needs to defend the parent and may not want to share additional information.

COMMUNITY ACCOUNTABILITY WHEEL

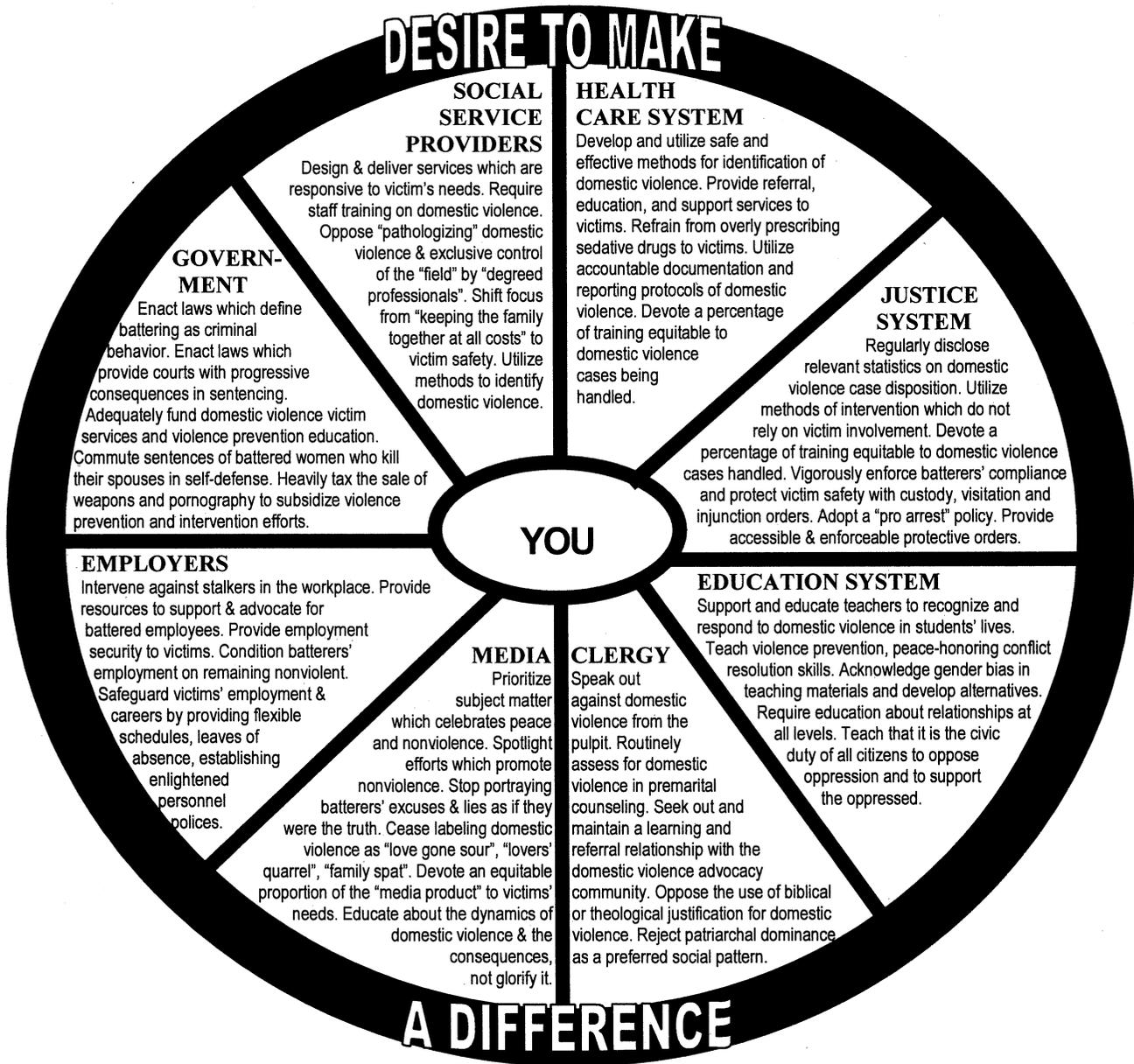
This wheel begins to demonstrate the ideal community response to the issue of domestic violence. Community opinion, which strongly states that battering is unacceptable, leads all of our social institutions to expect full accountability from the batterer by applying appropriate consequences.



Developed by Mike Jackson and David Garvin of the Domestic Violence Institute of Michigan. Based on the power and control wheel created by DOMESTIC ABUSE INTERVENTION PROJECT, Duluth, Minnesota.

COORDINATED COMMUNITY ACTION MODEL

This model demonstrates, in abbreviated form, ways communities can accountably act to support battered women and children, and hold batterers accountable for their behaviors. It is not a definitive representation. This model primarily identifies heterosexual males as the perpetrators of domestic violence (DV) as they comprise 95% of the batterers in the United States. This model was reviewed by over 118 reviewers.



Developed by Mike Jackson and David Garvin of the Domestic Violence Institute of Michigan. Based on the power and control wheel created by DOMESTIC ABUSE INTERVENTION PROJECT, Duluth, Minnesota.

What You Can Do To Stop Domestic & Sexual Violence

Millions of people each year are victims of domestic and sexual violence. Domestic and sexual violence affects everyone- the victims/survivors are our sisters, mothers, partners, friends, clients and co-workers. Most people know someone who is or has been a victim of violence, even though the victim may not have disclosed the violence.

It is hard to know how to respond to victim and to the perpetrator, but peer and community involvement can be the most effective forms of intervention. Listed below are some basic suggestions on what you can do. Contact your local crisis program for more information.

As a Service Provider:

Become informed about domestic and sexual violence and how it relates to your agency so you can respond appropriately to victims who utilize your services. Recognize the overlap in families accessing various human service agencies. Many people/families served by one agency are also in need of support from other agencies.

- Obtain information from the local domestic violence/sexual assault program on the resources available and the facts about domestic & sexual violence.
- Invite the local domestic violence/sexual assault program to speak at a staff meeting, to your students, etc.
- Attend the local volunteer advocate training to learn more about violence against women, the resources available, and what you can do.
- Educate other staff about effects of domestic violence on children and the warning signs.

Include the crisis program in your resource list to increase referrals by staff and volunteers.

Have pamphlets, cards, etc. available to give to a woman if and when she discloses.

If someone discloses, offer to call or let her use your phone to call the crisis program. If she isn't able to meet with an advocate safely at another time, offer to let the advocate meet her at your office during your next appointment.

Ask to be placed on the mailing list for the local program to receive newsletters, training notices, etc.

Hang anti-violence materials and information about the local crisis program in your office waiting area, restrooms, classroom, etc. to send a message that it is a safe, supportive place to talk.

Evaluate agency policies and procedures and how they may impact victims who work at your office. Encourage policies that emphasize no tolerance of violence and are supportive of the needs of victims.

Support grant/fundraising efforts. Letters of support are relatively quick & easy to write. Also, many grants & other donors require collaboration as part of the grant activities. Working together may increase the odds of receiving a grant.

Co-sponsor events with other agencies to share in the planning as well as the recognition and awareness.

As a Community Member, Friend, or Family Member:

Be nonviolent and non-judgmental in your interactions with others.

Speak out against violence when you are confronted with it in your daily life. This can happen in both subtle and obvious ways:

- Refuse to support media/entertainment forums that perpetuate objectification of women and violence against women.
- Consider the “economics of violence”- don’t buy items from places that support violence. For example, don’t go to the gas stations that sell pornography, don’t go to movies that minimize domestic & sexual violence, don’t buy music or video games that feature gratuitous violence and minimize violence against women. Let the business know why you made your decision.
- Don’t laugh at sexist or racist jokes or jokes about sexual orientation. Tell your friends that the jokes are offensive.
- Challenge attitudes and beliefs that allow the violence and blame the victim.
- In personal and private situations, hold the batterer, not the victims, accountable for the violence. Address behaviors that are abusive (i.e., friends who talk about keeping their partner “in line” by physically abusing her or otherwise degrading their partners).

Show support for victims of violence and crisis programs:

- Attend public awareness events in your community and on campus, such as candlelight vigils.
- Raise public awareness about domestic and sexual violence through formal and informal forums (media, community groups, schools, presentations).
- Learn how to respond appropriately if someone discloses to you. Contact your local domestic violence/sexual assault program for more information on how to help yourself or a friend.

Educate youth about violence, violence prevention, and how to help a friend.

Support legislation that assists victims/survivors and increases accountability for the batterer.

Donate time as a volunteer. Most crisis programs have a variety of volunteer opportunities, including both direct service with victims/survivors and indirect.

Donate money or items to the local crisis program.

Host a special event (on a small or large scale) that benefits the local program.

- For example, host a gathering one night where friends/family come over for dinner and a movie. Admission is an item from the wish list of the local program (this could be done as a birthday party, as a holiday gathering, etc. when people would be already be purchasing gifts). Invite someone from the local program to attend and provide a short presentation or just be available for questions.

If you or someone you knows needs help, contact your statewide domestic violence coalition to find the crisis program nearest you or call

1-800-799-7233 (SAFE)- National Domestic Violence Hotline or
1-800-656-4673 (HOPE)- Rape, Abuse, Incest National Network (RAINN)