

# *Surviving DOMESTIC VIOLENCE*



## **Monarch Services ~ Servicios Monarca**

*Serving as the only domestic violence emergency shelter and rape crisis center in Santa Cruz County since 1977.*

233 East Lake Avenue  
Watsonville, CA 95076  
Phone: (831) 722-4532



1685 Commercial Way  
Santa Cruz, CA 95065  
Phone: (831) 425-4030

**24-Hour Crisis Line: 1-888-900-4232**

# EARLY WARNING SIGNALS FOR FUTURE ABUSE

## *Does your partner...*

- ❑ Intrude on your privacy? Act suspicious or distrustful, always wanting to know where you are and what you are doing?
- ❑ Get angry easily? Does your partner have quick mood changes? Does your partner take aggression out on objects or pets?
- ❑ Habitually abuse women/men? If you don't know, find out about past partners and family. A partner who has been abusive before may become abusive again.
- ❑ Seem to lack their own interests and goals? Is your partner overly dependent on the relationship, insisting on becoming more and more involved? Does your partner follow you around?
- ❑ Isolate you? Does your partner discourage your outside interests and friendships, and/or attempt to isolate you from family and friends?
- ❑ Try to control you? Decide what you will do and when?
- ❑ Lack respect for women/men? Does your partner respect and treat women/men well? How do your partner's friends look at women/men?

*...These signs early in a relationship show an abusive pattern.*

# WHAT CAUSES DOMESTIC ABUSE?

The motivations for emotional and physical abuse come down to power and control.  
The person who abuses is trying to assert dominance over another person.

## **Batterers are full of excuses.**

It can be liberating to see that the abuse is not your fault, and that the "excuses" your abuser offers do not justify his or her behavior. Do any of the following "excuses" sound familiar?

**The batterer's version:** *It's your fault. You provoked it.*

**Reality:** Nobody deserves abuse. Nothing you do justifies the use of abusive tactics. It's not about you or your behavior. Chances are the batterer has abused or hit other partners, and will create abusive relationships in the future.

**The batterer's version:** *I was out of control because I was drunk; because I was high; because I was in a rage.*

**Reality:** Physical abuse usually involves calculated decisions. The abuser often chooses where and how to hit without leaving evidence. Note also that the abuser is making a choice of who to lash out against -- it's usually not the boss or the friend, but rather the wife/husband or girl/boyfriend. Relationship violence is not random.

**The batterer's version:** *It was caused by extreme job stress, or by their own history of abuse, or by alcohol, or by some other extenuating circumstance.*

**Reality:** It's the abuser's choice to use violence. Remember, many people who experience extreme stress, have alcohol problems, or were abused as children but never abuse others. Violence will not happen unless someone is willing to use it, regardless of what else is factored in. This type of excuse can hook the abused person into the cycle of abuse.

**The batterer's version:** *We were just having a disagreement. That's how we argue.*

**Reality:** All couples and family members have arguments sometimes to resolve a problem. However, any form of violence, intimidation, or other abusive behavior is *not an acceptable way to resolve problems*. Again, these tactics are attempts to gain control and power.

# WHO BATTERS?

**You can't tell if a person is a batterer just by looking at them.** Batterers can be from any profession, economic class, sexual orientation, ethnicity, or nationality. Domestic violence cuts across all lines.

**Batterers are people who need power and control**—and are willing to abuse their partners to get it.

## A PROFILE OF THE TYPICAL BATTERER

Batterers may be people who...

- feel the need to prove their superiority.
- feel the need to control others.
- are angry with themselves and frustrated by their lives.
- have low self-esteem.
- blame others for their behaviors.
- are *pathologically* jealous.
- do not believe their violent behavior should have negative consequences.
- are socially isolated.
- put up a good front in public.
- if male, believe in male supremacy and their right to rule the household.

## WHO CAN BE BATTERED?

- **Women in relationships with either men or women.** One in 3 women (32.9%) has experienced physical violence by an intimate partner and nearly 1 in 10 (9.4%) has been raped by an intimate partner in her lifetime. (CDC, 2010) Abuse in same-sex relationships is compounded by homophobia, which creates unique additional problems.
- **Teenagers.** One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner (Davis, 2008)
- **Men.** More than 1 in 4 men in the United States (28.5%) has experienced rape, physical violence, and/or stalking by an intimate partner at some point in their lifetime. Most of the violence reported by men was physical violence; (CDC, 2010)



**Pregnant women.** 40-60% of battered women are abused during pregnancy (Walker, 1996). Twenty-four percent of mothers of preterm newborn infants had experienced physical abuse during pregnancy compared with 8% of mothers of term newborn infants (Rodrigues, Rocha & Barros, 2008)



- **Disabled women.** A disproportionately high number of disabled women are physically assaulted because their dependence makes them more vulnerable to being battered.
- **Older people** can be abused by their partners and even by their own children (this is called elder abuse).



**There is no typical battered woman or man, because the abuse is not about her/him.**

## ANYONE CAN BE BATTERED.

### CHILDREN, CAUGHT IN THE MIDDLE

Children are born good, intelligent, loving, curious, expressive, nonjudgmental, sincere and with a tremendous need to feel loved. Throughout life we are repeatedly physically and emotionally hurt, we receive **the message** that we are not good enough and we feel deprived from love. **We learn to behave** in ways that are accepted by others. We create responses that become a pattern, any time that **we feel hurt the old responses are triggered**. When we can't create a new and more appropriate response to the new circumstance, the old pattern **can be very damaging to us and to others**. The internalized negative messages that we received and the barriers that we created don't allow us to see our real nature and /or to find positive ways to express our feelings.

Children who witness domestic violence become what they see. Men/women who assault their partners often abuse their children too. Even children who are not direct victims of child abuse often exhibit many of the same problems, including low self-esteem, aggression, depression, anxiety, learning difficulties, anti-social behavior or post-traumatic stress disorder. Children raised in violent families are also at greater risk of becoming abusers or victims themselves as teens or in adulthood.

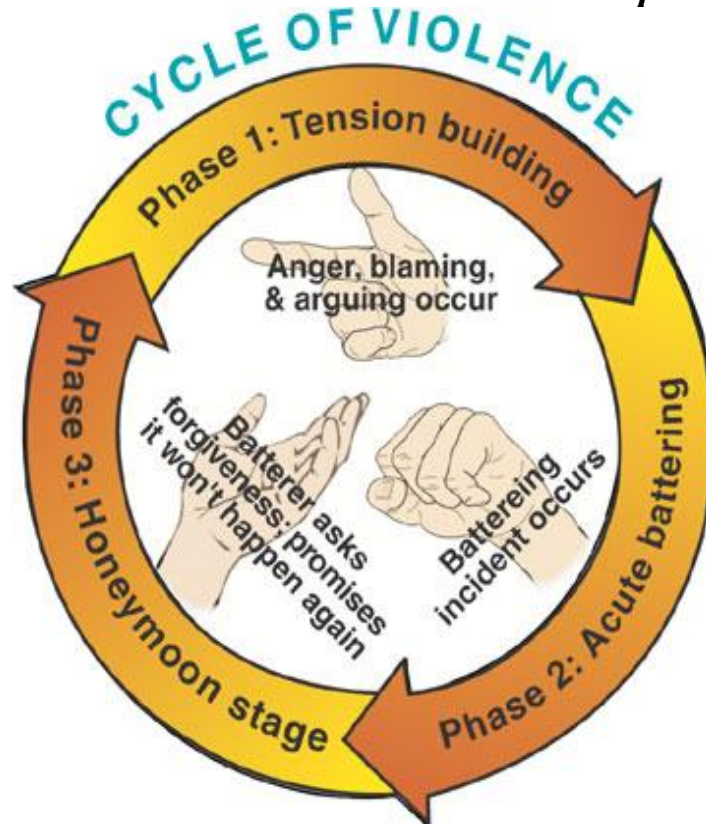
### STATISTICS

- Santa Cruz Countywide, 587 children under the age of 18 were estimated to be living in a home in 2006 where a domestic violence incident was reported to law enforcement. *It is estimated only half of domestic violence incidents are reported, so the actual number may be closer to 1,200 children (Santa Cruz County Domestic Violence commission. 2006 Report to the Community).*
- From 2001 to 2005, 38% of female victims of intimate partner violence live in households with children under age 12. *(U.S. Department of Justice, Bureau of Justice Statistics, Selected Findings: Female Victims of Violence, September, 2009)*
- In homes where partner abuse occurs, children are 1,500 times more likely to be abused. *(Department of Justice, Bureau of Justice Assistance, Family Violence: Interventions for the Justice System, 1998)*

*Take care of yourself . . . take care of your children.*

## *Seek a safe solution.*

*The cycle of violence identifies a common pattern of behavior that occurs in most abusive relationships.*



**Tension building:** During this stage, batterers often look for an excuse to be violent. They may blame their partner for their problems and threaten to use physical abuse in order to gain a sense of control over them. The victim is likely to repress her/his own anger, and feel like she/he is walking on eggshells in order to avoid the violence.

**Violence:** Batterers experience extreme rage during this stage and verbally, physically and/or sexually abuse their partner. The victim feels terrified and may even fight back in order to defend her/himself, or attempt to calm abuser down.

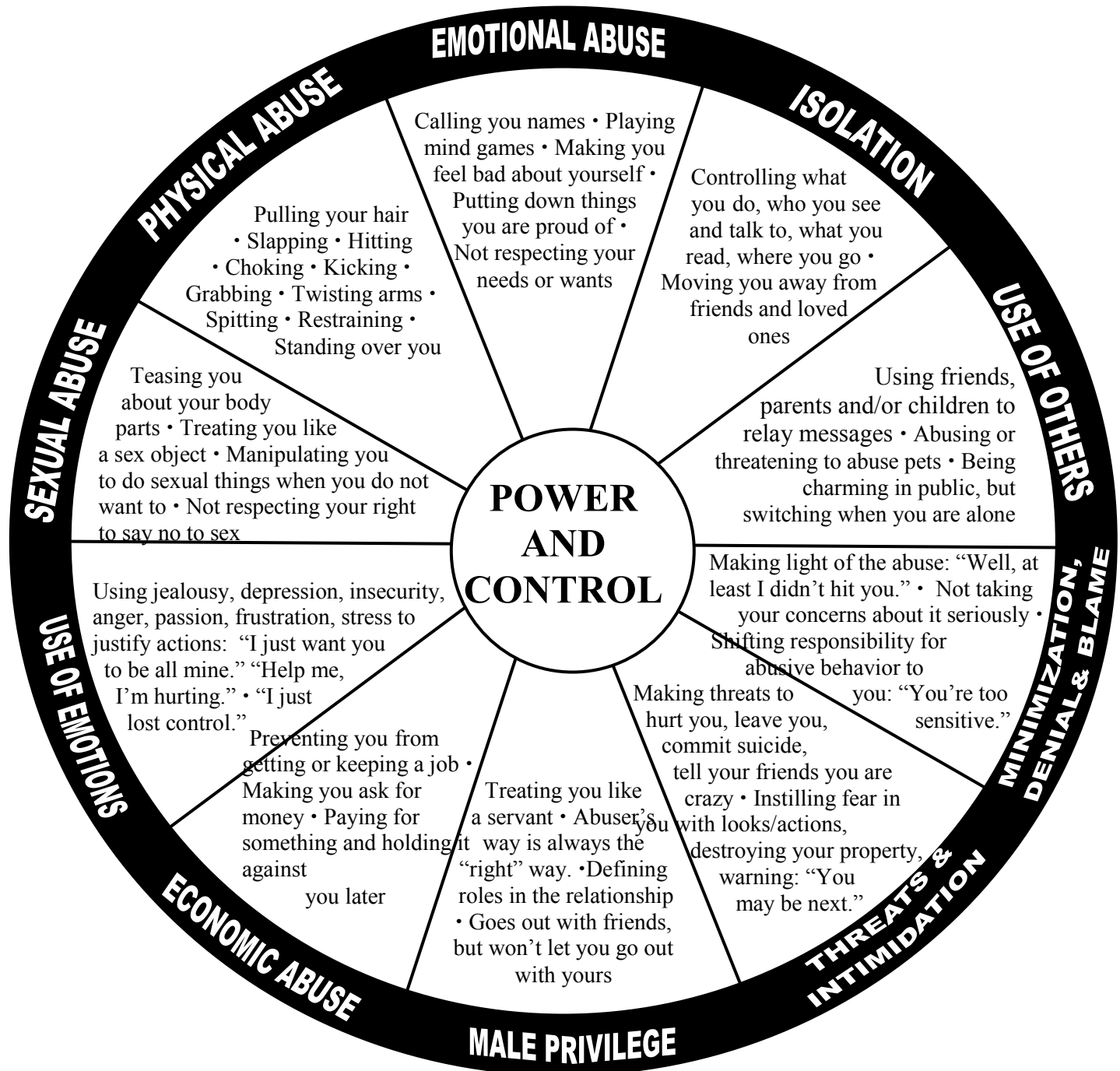
**Calm:** The third stage is a period of relative calm and making up. The batterer may feel guilty and promise never to do it again, yet is likely to place the blame for the violent event on others: "Why did you make me do this?" They may even be loving and kind, and give flowers and gifts during this stage. It is common for either one or both of the people involved to deny or minimize the events and the extent of the victim's injuries. The survivor feels hopeful that the promises will be true and that the abuse will never happen again.

*The cycle gets faster and more violent over time.*

# THE POWER AND CONTROL WHEEL

**Do any of these sound familiar to you?**

These are some of the ways batterers try to control their partners.



Physical violence is only one of the tactics abusers use to gain **POWER** and **CONTROL** over their partners. A person can be controlling in an abusive way without using physical violence.

**If you're experiencing ANY of this, you deserve better.**



# IT CAN BE HARD TO LEAVE...

*...if you have been coping with abuse for a long time.*

**Fear for your survival:** You fear that the abuser will find you and kill or harm you, or your children, or will otherwise retaliate.

**Love:** You love your partner, and at times your partner is loving and lovable.

**Economics:** You may wonder how you will support yourself and your children.

**Optimism/hope:** If you stay, maybe you can change him/her, or he/she will change. You hope that things will get better.

**Guilt:** Your partner has convinced you that the relationship problems are your fault--that you caused your partner's difficulties and are to blame for the abuse.

**Threats:** Your partner has threatened to take away your children, report you to immigration, child protective services, or the welfare department.

**Parenting:** You may not want to deprive your children of a parent.

**Responsibility:** You may believe it is up to you to work things out and save the relationship.

**Cultural/religious pressure:** You feel it is your duty to keep your family together.

**Shame, embarrassment, humiliation:**  
No one must know.

**Lack of support:** You feel isolated from family and friends, or pressure from them to stay.

**Chemical Dependency:** If you use alcohol or drugs to cope with the abuse, you may feel more vulnerable and unable to find the strength to leave.

**Damaged self-esteem:** Your partner convinces you that you are the problem, that you must deserve the abuse, or that you will never find/are not worthy of anyone better.

**Protector Role:** You keep the abuse secret to keep your partner out of jail, to protect your partner's status and job.

**Fear of being alone:** You may fear being on your own, of being alone to cope with a home, your children, and life in general.

**Male privilege:** If the abuser is male, he may convey that the man is head of the household and has a right to set and enforce the rules.

*Overcoming these obstacles can be a long and complicated process. A battered woman/man should be honored for her/his struggle rather than blamed for continued abuse. It's always a triumph when an abused person manages to leave an unhealthy and/or violent relationship.*



# **SAFETY STRATEGIES FOR LEAVING YOUR ABUSER**

When planning your exit, bear in mind that you may be in great danger.  
Batterers can be dangerous when they fear abandonment.

## **CONSIDER:**

- Discussing a safety plan with a crisis line worker.
- Finding a safe time to get things together when you know the abuser will not find you packing.
- Not leaving a note. Destroy all clues as to where you're going.
- Gathering items under the pretense that you are creating an "Earthquake Emergency Box."
- Using a police standby to monitor the scene while you pack.
- Hiding weapons.
- Setting out food for animals (or taking them to the SPCA for emergency care).



## **PLAN A SAFE PLACE TO GO:**

- Stay with friends or family if you know your abuser will not bother you there.
- Let the neighbors know they can call the police if they hear strange noises, suspect you may be in danger or see your batterer hanging around the house.
- You may be eligible to stay at a confidential shelter (talk with a shelter worker through our crisis line at 1-888-900-4232)



## **STAY SAFE:**

- Change work hours temporarily, and the routes you would normally take to work.
- Arrange a different way of taking the kids to school or daycare.
- Take a picture of your batterer to show school authorities. Alert them of the problem AND of any custody settlements or restraining orders.
- If the abuser is extremely dangerous, you may consider placing the children in a new school.
- Use a different grocery store, laundromat, and so on until the problem dissipates.
- Consider obtaining an emergency cell phone. An advocate can assist you with an application to Assurance Wireless to see if you qualify for a free phone.

## **IF YOU INTEND TO RETURN TO YOUR RESIDENCE:**

- A restraining order will be needed to remove the abuser from the house if that person is a lawful tenant (for a Temporary Restraining Order, call our offices for an appointment)
- Change the phone number and make it unlisted.
- Locks should be changed.

# IF YOU'RE PLANNING TO STAY, YOU MAY NEED TO BE READY TO LEAVE IN A HURRY

## EMERGENCY STASH

*Gather items in a place outside your home that you can access 24 hours:*

- Identification that you can afford to set aside, such as a passport
- Copies of legal papers for yourself and your children, including:



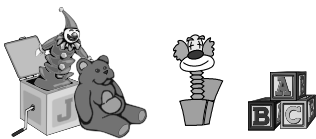
- birth certificates
- documents relating to the marriage
- children's medical and vaccination records
- deeds to the home or property
- wills, custody papers, or other legal documents
- the pink slip (title) of the car
- temporary Restraining Order
- immigration papers, proof of citizenship or residence



- List of all credit cards held by you or jointly
- List of all checking, savings, and timed deposit accounts, as well as any other assets (securities, stocks, bonds, etc.) held by you or jointly
- Change of clothes for you and children (or two, space provided)
- Needed medication
- Important addresses or phone numbers that might be needed to contact family, friends, or professional help--include MONARCH SERVICES ~ SERVICIOS MONARCAS NUMBER:



1-888-900-4232



- Precious photographs of your children and family
- One special toy or belonging per child to comfort them during the shelter stay or stay away from home
- Recent picture of the batterer
- Some money
- Extra set of house and car keys



**Anything else you would want for yourself and your children**

**Plan ahead for a place you can get to first.** You can go to a 24-hour restaurant to plan your next move, or a police station to be sure you are safe. Consider going to stay with a neighbor, friend, family member, or to a safe shelter.

Consider calling the 24 hour crisis line, or making an appointment to speak with an advocate in person to get help in creating a personalized safety plan for you and your children. You may want to obtain an emergency cell phone, an advocate can assist you.



## RESTRAINING ORDERS

You may qualify for a restraining order to keep your abuser away from you and/or your children, or to keep your abuser from contacting you. These orders require you to report to the police if they are violated. Reported violations of a restraining order will make arrests and convictions against the abusive person easier to obtain. There are several ways to get this protection:

- 1. Emergency Protective Order (EPO):** A police officer can provide this for you when you report a crime which has occurred within the last day or so. The EPO will last for 5 working days, and allow you time to get longer term protection (such as a restraining order).
- 2. Criminal Protective Order:** This is issued by the District Attorney once a case is being prosecuted against your abuser. You must first report the crime. Victim's Services or Monarch Services ~ Servicios Monarcas can advocate for you with the D.A. You do not need to appear in court to get this kind of order, although you may have to testify later.
- 3. Temporary Restraining Order (TRO):** Monarch Services ~ Servicios Monarcas can help you obtain this order, which lasts for 20 days. At the end of the 20 days you must appear in court, where the judge can make the order last for up to 3 years. Your abuser may appear in court also, although you do not have to talk to him/her. When filing a TRO you may also request child custody, visitation, child support, and other orders. Monarch Services ~ Servicios Monarcas can help you through this whole process.
- 4. Civil Harassment Order:** If you and the person who is abusing or harassing you do not have some sort of familial or intimate relationship, you may qualify for this type of order to protect you. You must first seek the help of a paralegal or lawyer, or purchase the packet of documents to fill out yourself. The packets can be purchased at Monarch Services ~ Servicios Monarca for \$5.00, or at a legal forms/paralegal office. There may be a filing fee. You can also go to the Self Help Center located in the Watsonville Court house.

Do not get a FALSE SENSE OF SECURITY. A Temporary Restraining Order is not a guarantee against violence. Even with a TRO, you should develop a safety plan for yourself and your children.

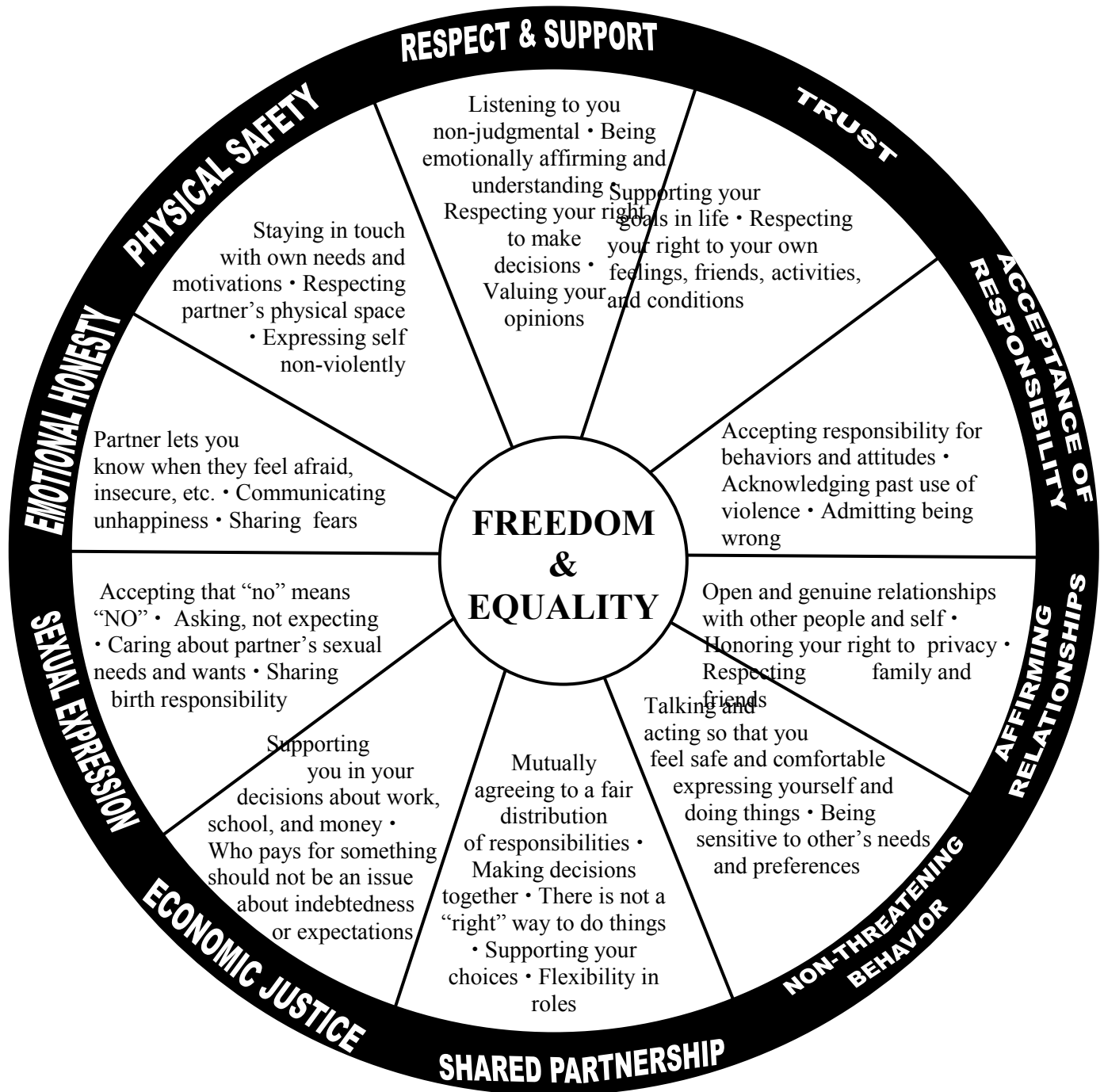
Call 911 if the person is violating a protective or restraining order. Violation of a protective or restraining order is a misdemeanor and the batterer can go to jail, be fined, or both. The police should respond when you call, even if no violence has occurred yet.

### ***Facts to know...***

- Possession of a gun by anyone subject to a protection order is prohibited by federal law.
- Purchase or ownership of a gun by anyone convicted of a misdemeanor domestic violence offense is prohibited by federal law.

# THE FREEDOM AND EQUALITY WHEEL

What we all deserve in a relationship.



In every relationship we should be able to have  
**FREEDOM & EQUALITY.**

You deserve to be respected and appreciated.