HEALTHY RELATIONSHIPS AND DOMESTIC ABUSE PREVENTION
In dating violence, one partner tries to maintain power and control over the other through abuse.

- Involving physical harm, sexual assault, or fear of physical harm.
- Domestic Abuse can include verbal abuse, emotional abuse or physical assault.
DOMESTIC VIOLENCE AFFECTS EVERYONE

- There is a 30% rate of domestic violence cases involving men being abused by women.
- Men have as much difficulty leaving abusive relationships as do women and remain despite ongoing abuse.
- Domestic violence of all types does not discriminate. Families from all ethnic and racial groups are affected by domestic violence.
- Men embrace their vital role as allies with women and girls in fostering healthy relationships and gender equity.
- The Men of Strength Club is the nation's premier primary prevention program for male youth in the country: E-mail: info@mencanstoprape.org

- The American Journal of Preventive Medicine (May 2008)
- http://www.mencanstoprape.org/info-url2696/info-url_list.htm?section=Men%20of%20Strength%20MOST%20Clubs
SOME TYPES OF DOMESTIC ABUSE

- Physical Abuse
- Emotional & Psychological
- Verbal & Nonverbal Abuse
- Sexual Abuse
Physical abuse is the use of physical force against someone in a way that injures or endangers that person.”
-Helpguide.org

- Also includes striking, kicking, burning, biting, or any action that results in a physical impairment
EMOTIONAL & PSYCHOLOGICAL ABUSE

- “The aim of emotional abuse is to chip away at your feelings of self-worth and independence.” - Helpguide.org
- Makes you lose your sense of self-worth
- Can be Verbal or Nonverbal

Examples:
- yelling
- name-calling,
- blaming and shaming.
- Isolation
- Intimidation and controlling behavior
Verbal and nonverbal abuse have more subtle actions or behaviors than physical abuse.

Could Include some of the following or more:
- threatening or intimidating
- as a way of instilling fear
- yelling or screaming (name-calling, constant)
- harassment
- Embarrassment (making fun of, or mocking)
- criticizing or diminishing the victim’s accomplishments or goals
- not trusting the victim’s decision-making
- Any sexual encounter without consent that includes any unwarranted touching or forced sexual activity.

- Has a greater impact on women, but is not limited to women.

- Includes: Inappropriate touching, Sexual demands, Forced sex...etc.
Healthy VS. ABUSIVE RELATIONSHIPS

Healthy

- Trust  Respect and Support
- Honesty and Accountability
- Responsible Parenting
- Shared Responsibility

Abusive

- Using Intimidation
- Using Emotional Abuse
- Using Isolation
- Minimizing, Denying and Blame Shifting

http://www.recovery-man.com/abusive/healthy_abusive.htm
WHY DO PEOPLE ABUSE AND WHY DO ADULTS STAY IN ABUSIVE RELATIONSHIP?

- **Abusers:**
  - Grew up with abuse/learned from the parents.
  - Mental health issues
  - Empathy deficit
  - Drinking and drug problems
  - Looks to reap benefits

- **Why Adults Stay:**
  - Vulnerable or weak
  - Convince themselves it’s their fault
  - Convince themselves the abuser loves them
  - Stay for the children
  - Want to maintain dignity and self-worth
CHARACTERISTICS OF ABUSERS

- Ability to deceive others
- The abuser was abused as a child or witnessed it in their own family
- Extremely possessive and jealous
- Males - sense of masculinity is dependent on their partner
- Have superficial relationships with other people
- Low self-esteem
- Great capacity for self deception
- Dual Personality
PREVENTING DOMESTIC ABUSE
DOES YOUR PARTNER...

› Embarrass you with put-downs?
› Look at you or act in ways that scare you?
› Control what you do, who you see or talk to?
› Stop you from seeing your friends or family members?
› Take your money or Social Security check?
› Make all the decisions?
› Threaten to hurt or take away your children?
› Prevent you from working?
› Act like abuse is no big deal or your fault?
› Destroy your property?
› Intimidate you?
› Shove you, slap you, etc?
› Threaten to commit suicide?
› Threaten to kill you?

If you answered “yes” to any of the above questions you may be in an unhealthy relationship. Consider talking to a friend or counselor about your relationship.
IF YOU, OR SOMEONE YOU KNOW IS BEING ABUSED...

- **Stonehill Counseling Center**
  - Free and confidential counseling
  - 508-565-1331
- **Women’s Place Crisis Center**
  - Confidential 24hr Crisis Hotline
  - 508-588-8255

- **National Domestic Violence Hotline**
  - 1-800-799-SAFE
  - Help is offered 24 hours a day, 365 days per year, and in over 170 languages
  - NDVH encourages anyone to call the hotline
  - Provides information on crisis intervention, safety planning, and referrals

Help is a phone call away.