
Lunch & Learn with



**INTIMATE
PARTNER
VIOLENCE**

Workshop Overview

- Understanding IPV
- Understanding Emotional Abuse
- Red Flags of Abuse
- Safety Planning
- Info & Resources

DOMESTIC VIOLENCE

Domestic Violence is more commonplace language but elicits the idea of a woman being abused by their husband.

Versus

INTIMATE PARTNER VIOLENCE

Intimate Partner Violence is more expansive and better reflects the reality of this form of violence.

Defining Intimate Partner Violence

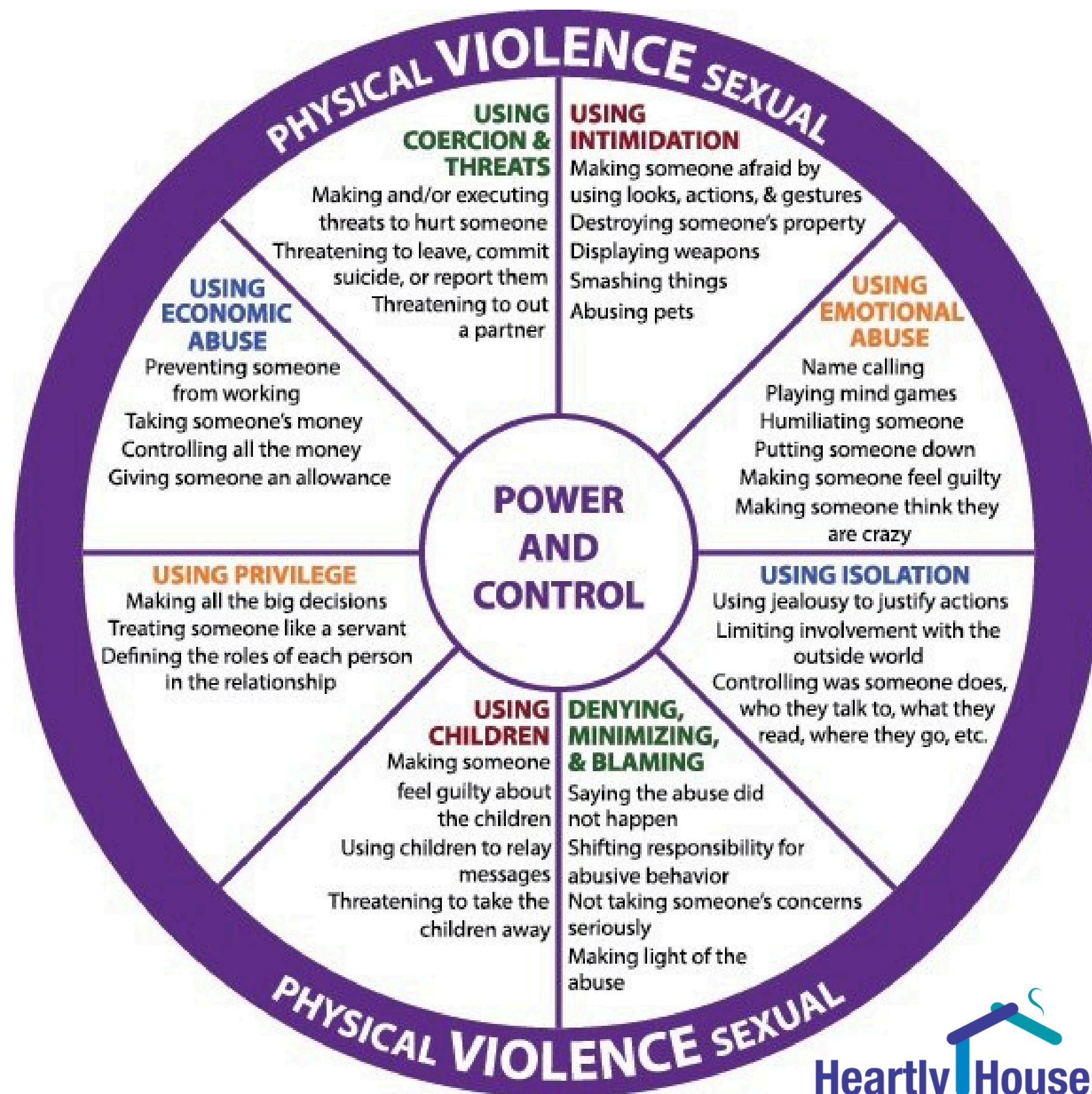
Intimate Partner Violence: a pattern of abusive behavior towards a current or previous intimate partner.

Physical • Emotional • Verbal
Sexual • Spiritual • Cultural
Financial • Stalking

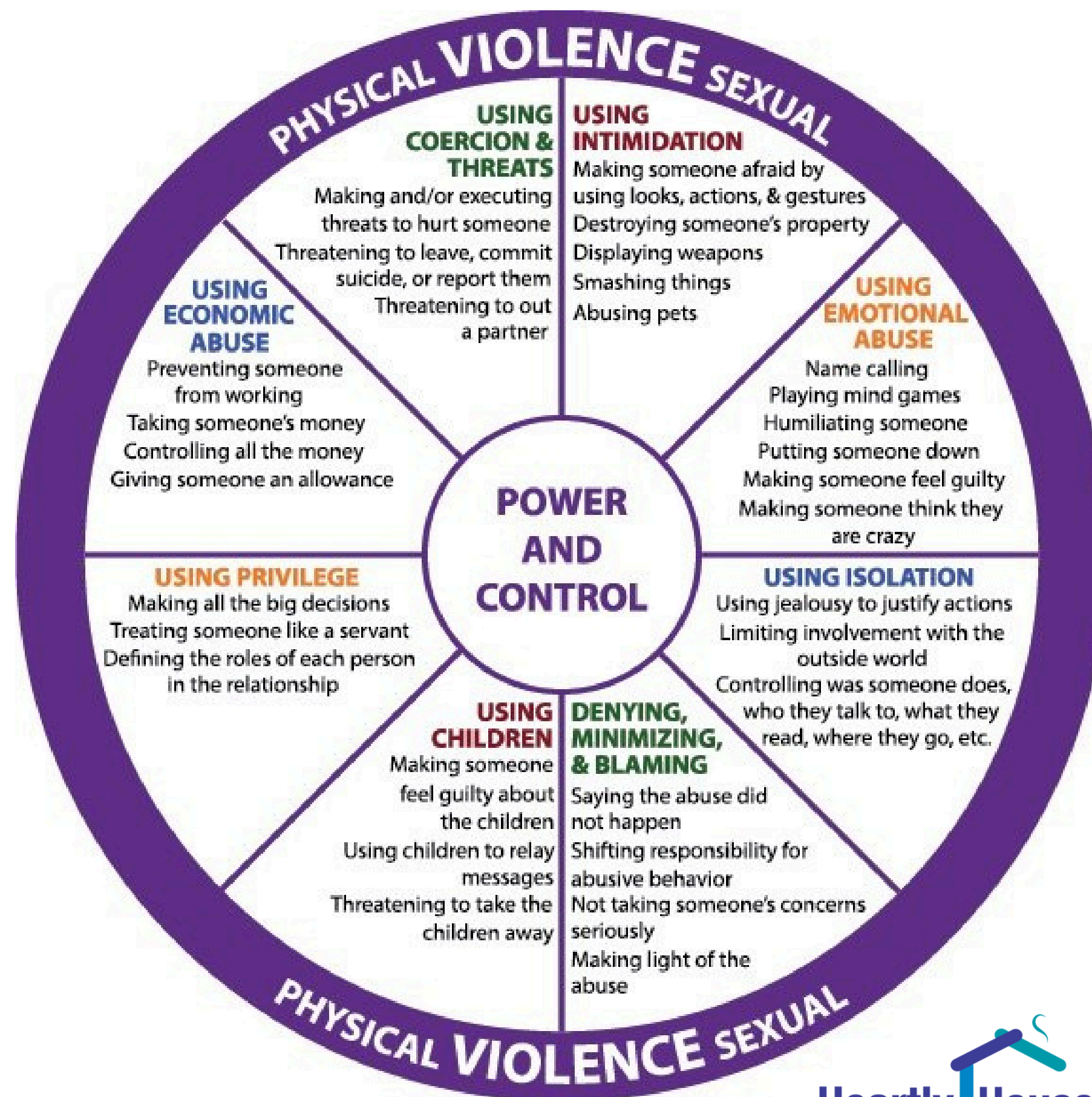
Statistics

- ONE of every FOUR women & ONE of every NINE men experiences severe intimate partner violence.
- On average, ~50 people are killed due to intimate partner violence per year in Maryland.
- Every month, Heartly House receives over 700 calls, most from survivors of intimate partner violence, in Frederick.

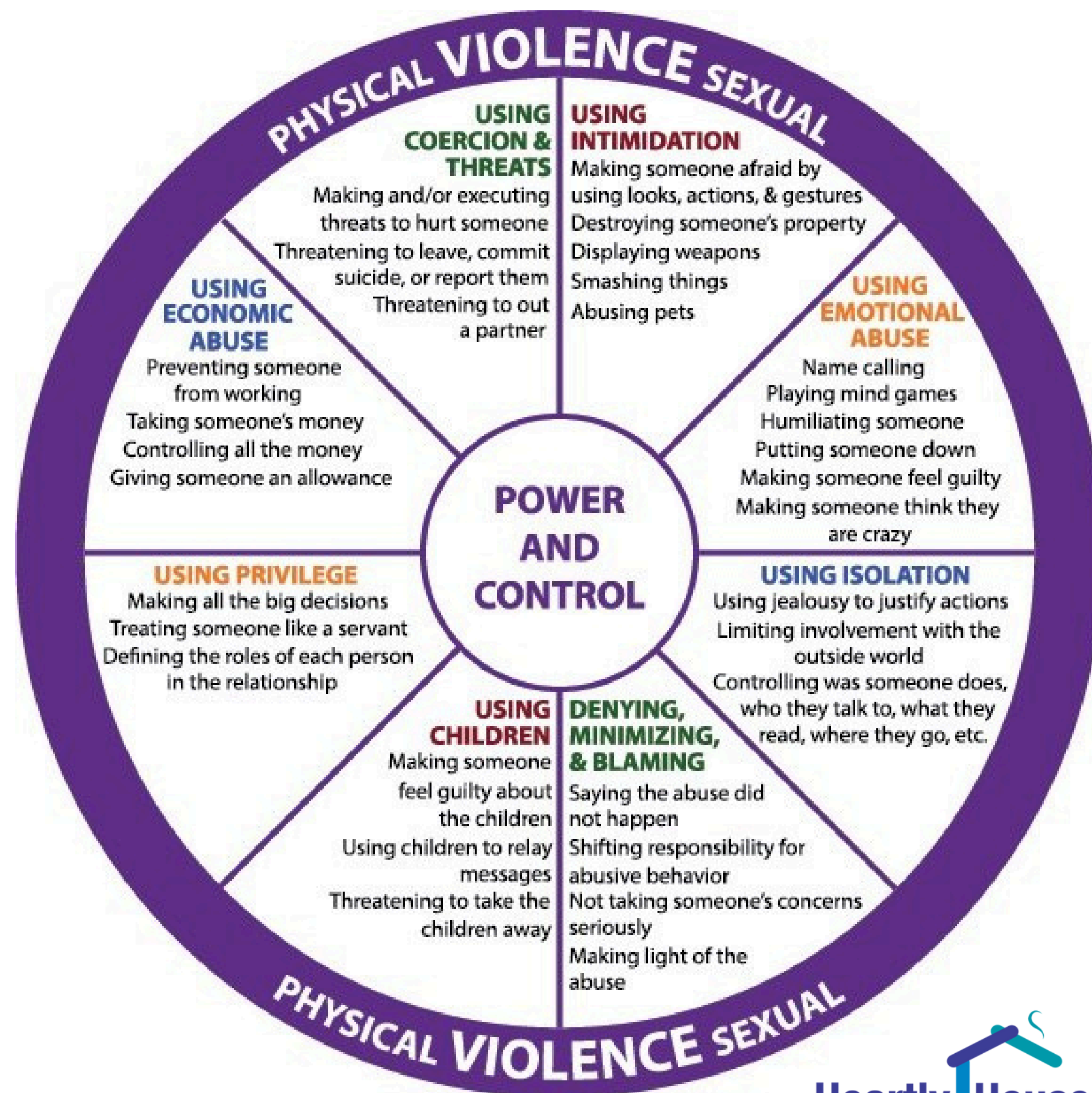
Power and Control



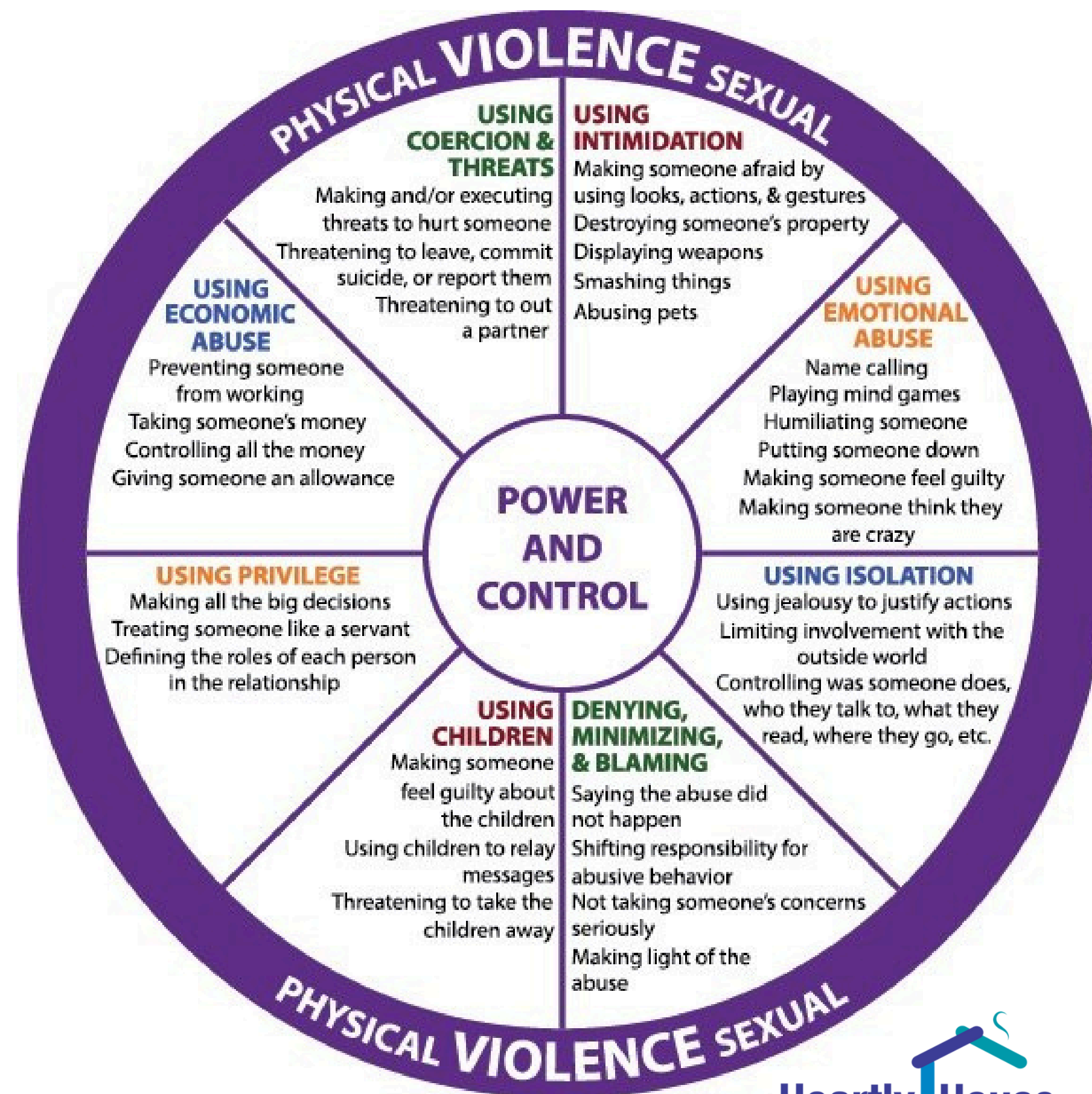
Using Isolation



Using
Children



Using Intimidation



Using
Privilege



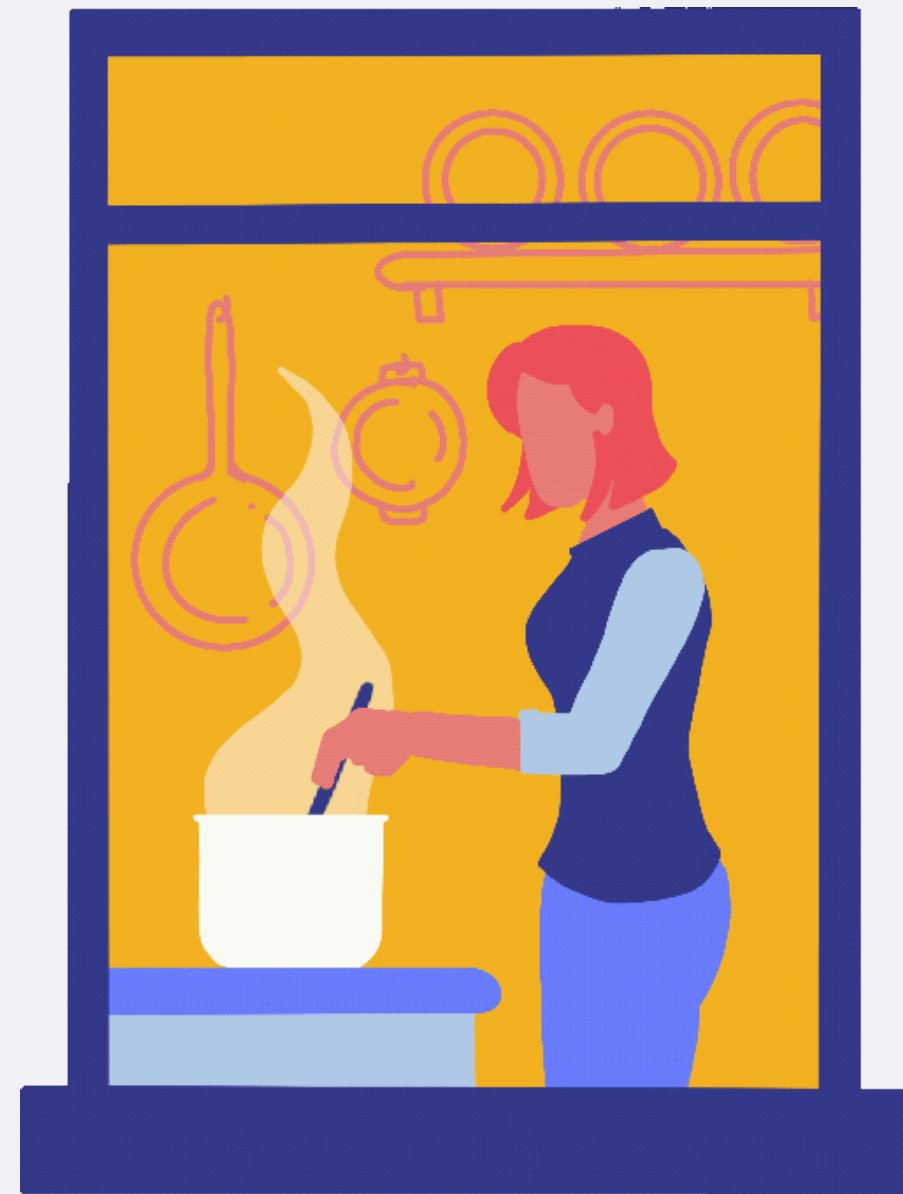
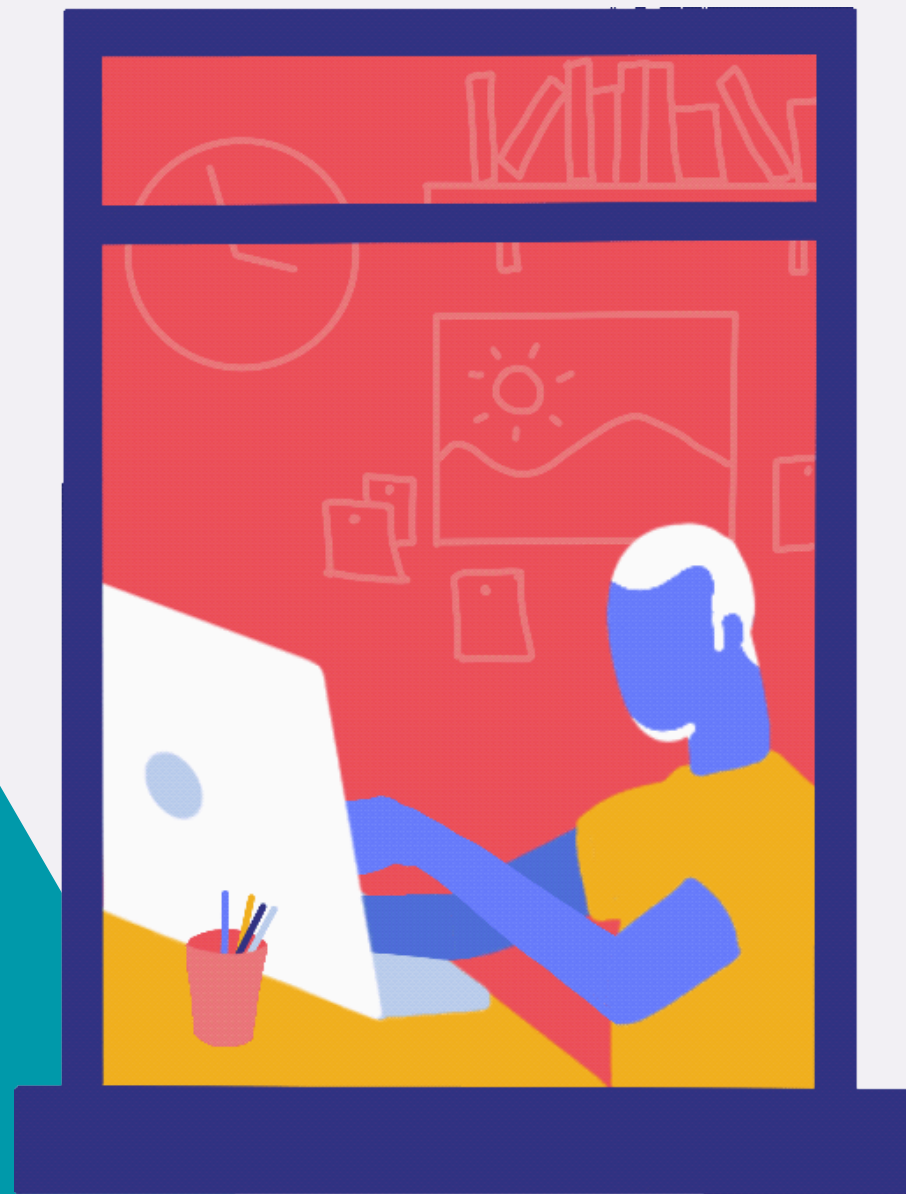
Who is impacted by intimate partner violence?

- Intimate Partner Violence does not discriminate.
- IPV is not a gendered issue.
- IPV effects everyone no matter their gender, race, sexual orientation, age, or socio-economic status.

*Is intimate partner
violence always physical?*

- IPV does not always present as physical abuse.
- Emotional and psychological abuse can often be just as extreme and damaging as physical violence.

If it's so bad, why stay?



Mentimeter Word Cloud

Embarrassment

Thinking it's normal

Dependence

Limited Options

Culture & Religion

Fear of being outed

Social Pressure

Fear

Victim Blaming

Self-Esteem

Loss of Friends

Defamation

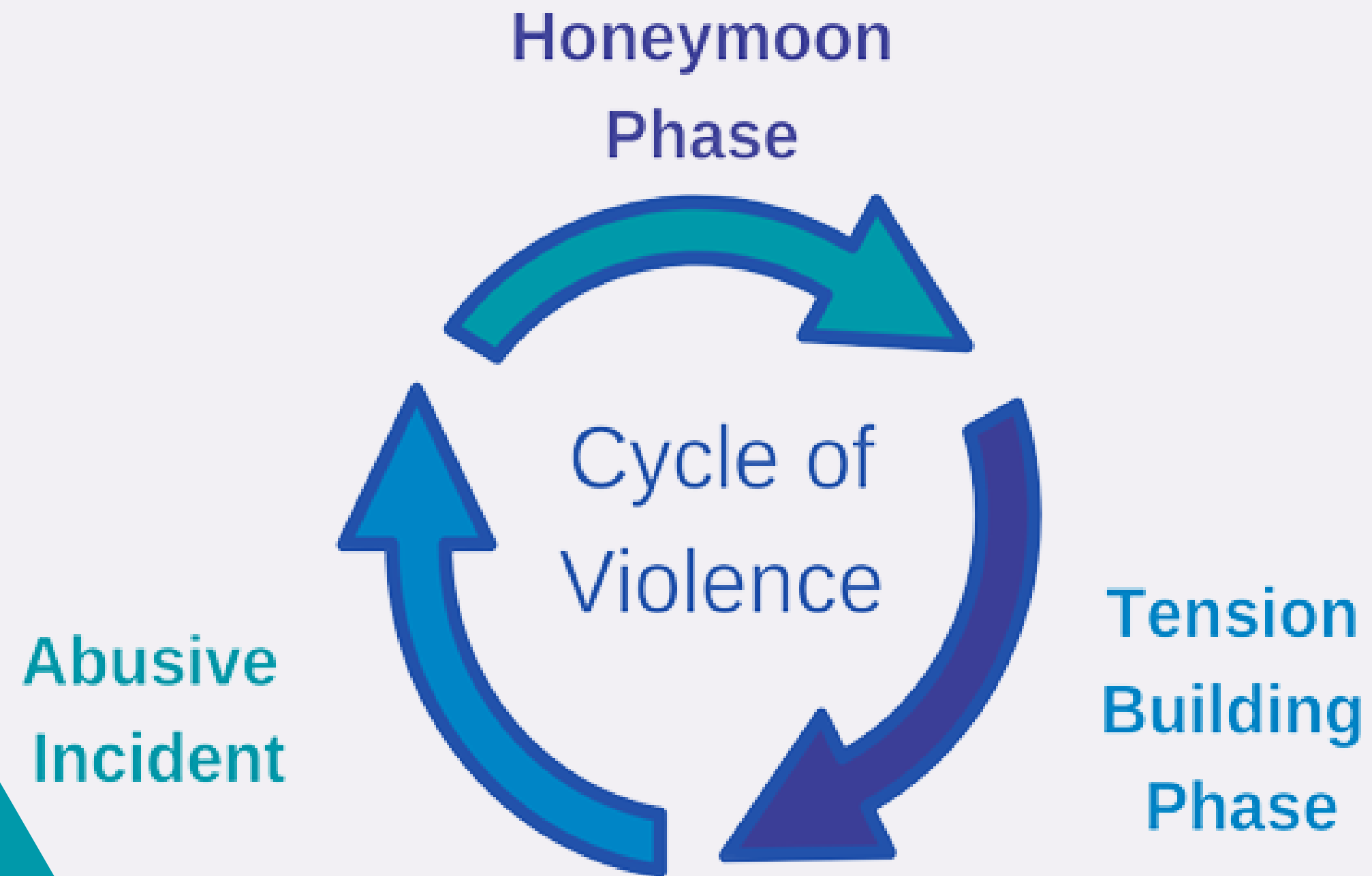
Love

History of Family Violence

Threats of Murder or Suicide

Lack of support network

Cycle of Violence



Developed by Lenore E. Walker in 1979.
Previously known as battered women's syndrome.

Tension Building Phase

- Angry/Harsh/Moody
- Yelling
- Swearing
- Criticism and nit-picking
- Minor fights
- Threats
- Rising anticipation of conflict

Violent Phase

- Acts of violence and abuse
 - Physical violence
 - Sexual violence
 - Extreme verbal abuse
 - Destruction of property
 - Defamation
 - Financial abuse
 - Controlling children
 - Harming a pet
 - Mental abuse

Honeymoon Phase

- Remorse
- Apology
- Commitment to relationship
- Promises of change
- "This won't happen again"
- Discussions of counseling / seeking help
- Gift giving
- Fostering hope for relationship
- Re-framing situation + displacing blame
 - "I did this because I was drunk/high/stressed "
- Re-framing as passion
 - "I was only upset because I care/love you so much"
- Sweeping + exciting plans
- Moving, buying a house, getting engaged/married, having a child, buying a pet
- Ignoring the violent incident completely

Cycle of Violence

- The cycle will begin moving faster.
- As it gets faster, the violence gets more severe.
- The cycle will look different for each person.



Defining Emotional Abuse

Emotional abuse (also known as mental, or psychological abuse) is any abusive behavior that isn't physical, which may include verbal aggression, intimidation, manipulation, and humiliation, which most often unfolds as a pattern of behavior over time.

-One Love Foundation

What can emotional abuse look like?

Isolation

Control

Humiliation

Threats

Coercion

Any other ideas?

Gaslighting

Gaslight: to manipulate (someone) by psychological means into questioning their own sanity.

An abuser may use gaslighting as a form of abuse by pretending not to understand or refusing to listen to the victim; questioning the victim's recollection of facts, events, or sources; trivializing the victim's needs or feelings; or denying previous statements or promises they made.

Know the Signs

AND HOW TO HELP

Warning Signs of Abuse

- Showing extreme jealousy of their friends or time spent away from them.
- Preventing or discouraging them from spending time with friends, family members, or peers.
- Insulting, demeaning, or shaming them, especially in front of other people.
- Preventing them from making their own decisions, including about working or attending school.
- Controlling finances in the household without discussion, including taking their money or refusing to provide money for necessary expenses.

Warning Signs of Abuse

- Pressuring them to have sex or perform sexual acts they're not comfortable with.
- Pressuring them to use drugs or alcohol.
- Intimidating them through threatening looks or actions.
- Insulting their parenting or threatening to harm or take away their children or pets.
- Intimidating them with weapons like guns, knives, bats, or mace.
- Destroying their belongings or their home.
- Telling them that they never do anything right.

Warning Signs of Abuse

- Bruising, welts, lacerations, or scars
- Blackened or swollen eyes
- Fractured or broken bones
- Split lip, broken teeth
- Series of ER visits
- Increase in severity of injuries
- Sexually transmitted infections
- Unwanted pregnancy
- A history of injury that is not well explained

Red Flags of Emotional Abuse

- They may act submissive towards their partner or anxious to see/ be around them.
- They may be anxious to please their partner.
- They may have to constantly check in with their partner.
- They may be afraid of their partner, talking about their temper, possessiveness, or jealousy.
- They might be restricted from seeing family and friends.
- They might have limited access to money, a phone, resources, or a car.
- They may present as depressed, anxious, or suicidal.
- They mention that their abuser is stalking them, or won't leave them alone, especially after breaking up.

Safety Planning

- Encourage them to create a code word with family or friends
- Encourage them to keep their phone charged and nearby at all times
- Encourage them to create an exit plan
- Encourage them to tell as many people as they trust what their exit plan is
- Encourage them to leave an emergency bag with someone they trust
- If they are planning to leave, provide them the hotline number to Heartly House or a local DV agency and encourage them to call for further help

Safety Planning

- Keep a journal of all violent incidents, noting dates, events and threats made if possible. Save unwanted phone calls, voicemails, and alarming texts. Take pictures of any bruises or injuries. Keep this in a safe place.
- Open a bank account in your own name; use the address of a trusted friend.
- Identify the safest route out of your home in case you need to leave right away.
- Install a security alarm or loud window/door sensors and motion detector lighting outside. Consider changing locks if safe to do so.
- Know that leaving an abusive relationship is the most dangerous time.

How To Help Survivors

Direct Conversation

- In order to keep them safe- ask them if it is a safe time to talk with them, or establish a code word
- If they are home with their abuser ask yes or no questions

Follow Their Lead

- Don't force your opinion of the situation on the victim; you don't know the whole picture
- Make sure to follow the boundaries and plan set by the victim

Remember Your Limits

- Remember your own limits- you are there to support them, not to fix them
- Encourage them to reach out to an agency like Heartly House or similar organization

Resources

- Give them the Heartly House Hotline number
- Give them the Hotline number to their local organization, or a national Hotline number



OUR MISSION

The mission of Heartly House is to end domestic violence, sexual assault, human trafficking, and child abuse, and to provide victims with safety, shelter, and supportive services.

Who We Are

- Established in 1979
- Only provider of comprehensive services for victims and survivors in Frederick County
- Provide services to all victims and survivors
- Centered in trauma-informed services

Our Services

Clients can connect to our services through our 24 Hour Hotline





Hotline Resources

Heartly House Inc.
24/7 Hotline: 301-662-8800
heartlyhouse.org

The National Domestic Violence Hotline
24-Hour Hotline: 1-800-799-7233
thehotline.org

RAINN
24-Hour Hotline: 1-800-656-4673
rainn.org



Online Resources

Love Is Respect
loveisrespect.org

Futures Without Violence
thatsnotcool.org

One Love Foundation
joinonelove.org

myPlan App

Connect With Us



Facebook
@HeartlyHouse



Twitter
@heartlyhouse



Instagram
@heartlyhouse

Contact Us

24-HOUR HOTLINE:
301-662-8800
HEARTLYHOUSE.ORG
ENGAGE@HEARTLYHOUSE.ORG



Tell us how we did!