

Domestic Violence Bystander Intervention Training

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Family Violence Services

- Community based domestic violence services—Comprehensive case management and advocacy
- Utilizing the Empowerment Model & Trauma Informed Care Approach
 - Case Management
 - Support Groups



Dispelling the Myths

- "I have to be Jewish to benefit from all of JFSA's services."
- "I will be forced to leave my significant other if I report abuse."
- "There are no services for men."
- "There are no services for same-sex couples."





Become empowered to help.







What is bystander intervention?

<u>by-stand-er in-ter-ven-tion (\'bī-_stan-dər\ _in-tər-'ven(t)-shən\):</u>

Intervening if you see or hear behaviors that promote domestic and sexual violence.





You can make a difference

After a supervisor protected confidential information:

I felt safe and supported.

- J. (Domestic violence survivor, age 45)

After a colleague reached to talk to a survivor of domestic violence and sexual assault, M. felt:

validated, cared for [and] less isolated; challenged the negative things the abuser said to the victim.

- M. (Age 39)



Understanding Domestic Violence





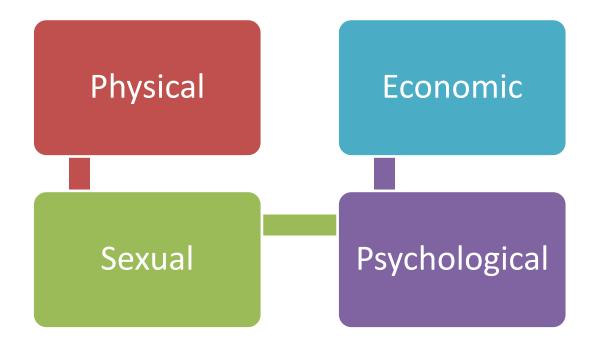
What is domestic violence?







What are the types of domestic violence?







What are the dynamics of domestic violence?



how might abusers
exert power and
control?





PHYSICAL VIOLENCE SEXUAL

POWER

AND

CONTROL

USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her . threatening to leave her, to commit suicide, to report her to welfare . making her drop charges . making her do illegal things.

Preventing her from getting or keeping a job . making her ask for money • giving her an allowance • taking her money • not letting her know about or have access to family income.

USING

ABUSE

ECONOMIC

USING INTIMIDATION

Making her afraid by using looks, actions, gestures · smashing things · destroying her property • abusing pets • displaying weapons.

USING **EMOTIONAL ABUSE**

Putting her down • making her feel bad about herself • calling her names . making her think she's crazy · playing mind games · humiliating her making her feel guilty.

USING MALE PRIVILEGE

Treating her like a servant • making all the big decisions • acting like the "master of the castle" • being the one to define men's and women's roles

USING CHILDREN

Making her feel guilty about the children • using the children to relay messages using visitation to harass her . threatening to take the children away.

USING ISOLATION

Controlling what she does, who she sees and talks to, what she reads, where she goes . limiting her outside involvement • using jealousy to justify actions.

MINIMIZING. DENYING AND BLAMING

Making light of the abuse and not taking her concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior . saving she caused it.

PHYSICAL

VIOLENCE SEXUAL



Technology to abuse



Threats



Monitor



Stalk



<u>Impersonate</u>



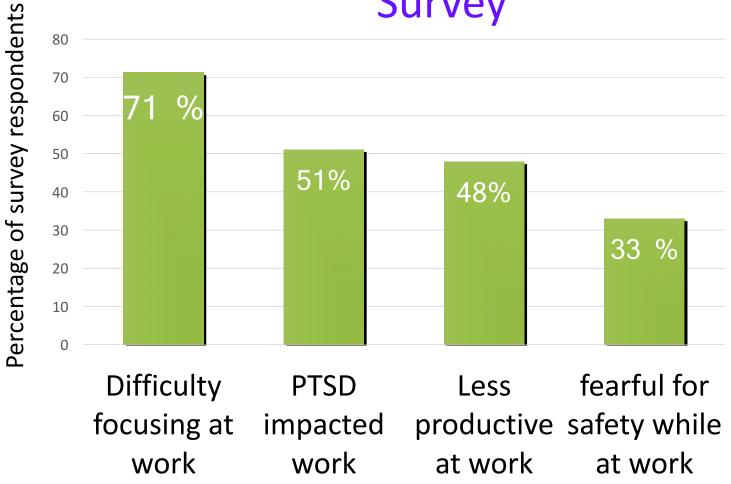
Impacts of Domestic Violence

- 64% of victims said abuse affected work performance
- 26% of victims experienced more absenteeism
- Victims are more likely to experience: stroke, heart disease, asthma, heavy drinking



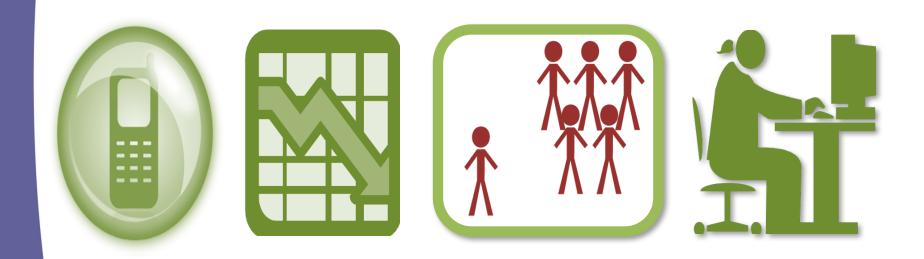


Domestic Violence & Sexual Assault Survivor Work Impact Survey





Signs in the Workplace







Why do victims stay?

#WhyIstayed #WhyIleft

SAFETY



HOPE for CHANGE





Bachman, R. and Salzman, L., U.S. Bureau of Justice Statistics. *Violence Against Women:* Estimates From the Redesigned Survey 1. (January 2000).



After you take action:

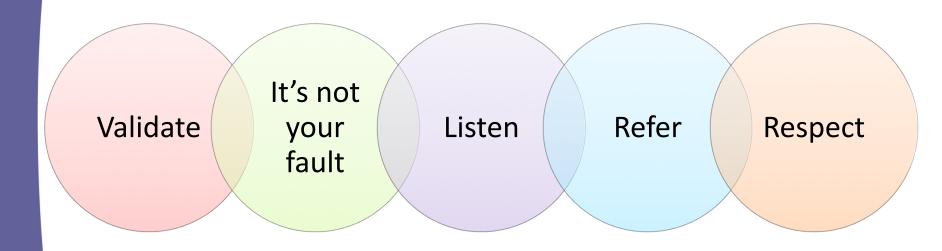
"Leaving is a process that takes careful planning. People often times don't leave overnight so be patient with them. There are many barriers. Link them with trained DV counselors/services in the area who can help eliminate those barriers."

- M.

(domestic violence & sexual assault survivor, age 39)



Support







Voices of survivors: if you could give one message to workplaces about domestic violence, what would it be?

Just listen.

- K. (female survivor of domestic violence and sexual assault, age 29)

Believe them.

-M. (female sexual assault survivor, age 28)

Be supportive and understanding.

 R. (female survivor of human trafficking/other form sexual violence, age 25)

Don't blame the survivor.

-C. (female survivor of domestic violence, age 44)

Knowing you have people that care *can* mean everything to someone suffering from domestic violence.

- S. (Domestic violence survivor, age not disclosed, emphasis added)

Thank you for participating and helping your staff. It is a huge step in the right direction!

-K. (Female domestic violence/sexual assault survivor, age 46)



Respond

- Refer to Family Violence Services at JFSA
- Lake County Shelter





Empower survivors



"I AM ONLY ONE, BUT



Questions?