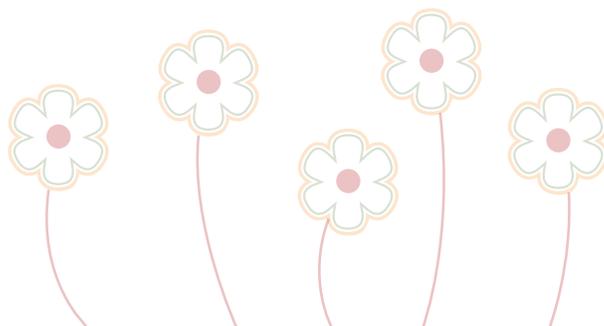
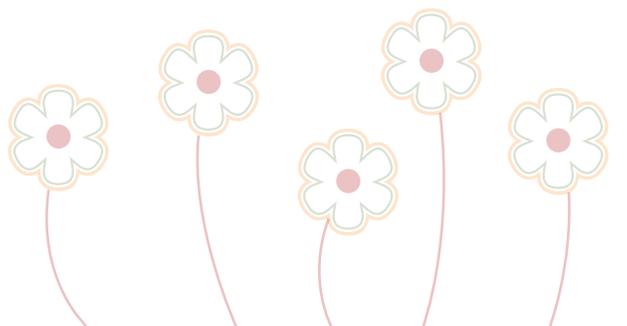


Domestic Violence

Lesson S1.4





Lesson Instructions

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Domestic Abuse is a serious situation that needs serious intervention.

Suitable For: All clients.

Time Frame: Any time.

Lesson Objective: To give your client an understanding of family violence and its impact on children.

Instructions: Give you client a copy of the worksheet and show the video. After the video, discuss your client's answers with her and any other questions she may have.

Discussion Questions: Do not give this page to your client. Use it as a guide to help talk about the subject of this lesson and to help you build a closer relationship with your client.

Homework: Give your client a copy of the brochure, *Domestic Violence*. Your client will answer the questions using his brochure. For more information on this lesson, you can also download and print the information sheet that goes with this video and give it to her to help when completing the homework.

Supplies: DVD: *Family Violence* LITERATURE: *Domestic Violence*

Video Length: 20:55 minutes.

Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order. **Note:** This DVD may impact some clients more than others, especially victims of current or past abuse. It is beneficial to have a list of prepared local community resources for clients who may need crisis intervention or counseling.

You can also write that information here if desired.

Contact info for nearest domestic violence shelter:

Contact info for nearest community counseling center:

National Domestic Violence Hotline, 1-800-799-SAFE (7233), www.ndvh.org

National Coalition Against Domestic Violence, www.ncadv.org

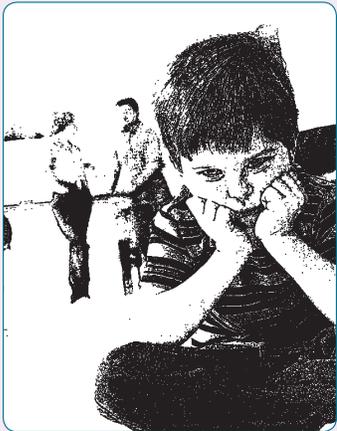
National Sexual Violence Resource Center, www.nsvrc.org



DVD Worksheet

Fighting Gone Too Far

Many women in violent relationships either don't want to admit or don't realize they are in an abusive relationship. Pay close attention to this lesson, and see what applies to your relationship and determine whether or not you need to get outside help.



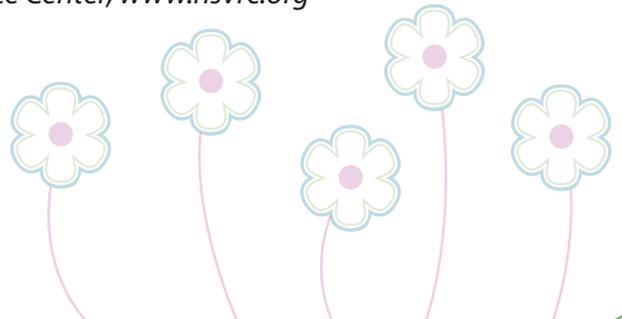
Children who witness domestic abuse will have behaviors similar to being abused themselves.

1. Family violence involves verbal criticism, _____ abuse, threats and intimidation, property destruction, economic abuse, physical assault, and even sexual assault.
2. It looks very different sometimes on the outside. Some kids become the straight-A student that can do anything and take care of mom and the other kids, and other kids become the _____ at school because they don't know it's not okay to be bullied and beat up.
3. Some of the common factors for offenders of domestic violence are a family history of _____, low self-esteem, a need to control, and anger.
4. Make a decision deep in your heart, that _____ in the home is not something you are going to allow.
5. If you are the person who has been the victim of violence, you need to take steps to _____ yourself and protect your family.
6. The most important thing is to help a child _____ that they've experienced trauma, the impact of trauma, and then try to give them better coping skills for the future.
7. It's also important for kids to know that they're not _____; that they are not the only kids in the world who have had this kind of experience.
8. Domestic violence is _____ the way it has to be.

National Domestic Violence Hotline, 1-800-799-SAFE (7233), www.ndvh.org

National Coalition Against Domestic Violence, www.ncadv.org

National Sexual Violence Resource Center, www.nsvrc.org



DVD Worksheet Key

Choosing Wisely

If you are in a relationship with violence, then it is time to get help. While making the choice to move on can seem like a big step, it is a wise choice that can make a difference for the rest of your life. Some choices aren't easy, but they are the right thing to do.

1. Family violence involves verbal criticism, **verbal** abuse, threats and intimidation, property destruction, economic abuse, physical assault, and even sexual assault.
2. It looks very different sometimes on the outside. Some kids become the straight-A student that can do anything and take care of mom and the other kids, and other kids become the **victims** at school because they don't know it's not okay to be bullied and beat up.
3. Some of the common factors for offenders of domestic violence are a family history of **violence**, low self-esteem, a need to control, and anger.
4. Make a decision deep in your heart, that **violence** in the home is not something you are going to allow.
5. If you are the person who has been the victim of violence, you need to take steps to **protect** yourself and protect your family.
6. The most important thing is to help a child **understand** that they've experienced trauma, the impact of trauma, and then try to give them better coping skills for the future.
7. It's also important for kids to know that they're not **alone**; that they are not the only kids in the world who have had this kind of experience.
8. Domestic violence is **not** the way it has to be.

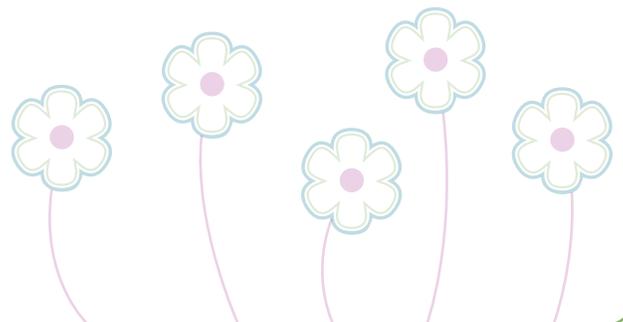
National Domestic Violence Hotline, 1-800-799-SAFE (7233), www.ndvh.org

National Coalition Against Domestic Violence, www.ncadv.org

National Sexual Violence Resource Center, www.nsvrc.org



Violence doesn't only affect the person being hurt; the whole family is being harmed.



DVD Discussion Questions

For the Parenting Instructor:

The discussion questions are a tool to help enrich your relationship with your client. They help to promote discussion on the topic of the lesson, and they help you to better understand the heart of your client and her needs. This is accomplished through sharing, connecting, and caring.

1. Do not give this page to your client. It is only for your reference when talking to your client.
2. The tips written below each question help you to know what to listen for or how to start a conversation if you have a reserved or quiet client.
3. Find ways to affirm your client, and gently guide the conversation.



You may feel stuck, but there is help to move on from the violence.



1. In the video a young boy speaks about how domestic violence affected his family. He shared that his dad used to drink a lot, and then one day his dad hit his mom. Even though they did not reflect long on his story, how do you think the violence impacted him emotionally? What are some ways it affects children?

Some possible answers are; immediately after experiencing violence, children feel powerless, frightened, and helpless. They worry about their parents and themselves. They also have trouble sleeping, have physical symptoms, aggression or withdrawal, or difficulty in school, to name a few.

2. Think about the current relationship you're in now, or even back to past relationships, have you ever faced domestic violence? Share your experience.

Answers will vary.

3. If you are in an abusive relationship now or were in one in the past, what can you do now to protect yourself and your children? Remember, both you and your children have tremendous value.

Answers will vary but may include calling the police, call a local domestic violence shelter, or call a domestic violence hotline.

If your client shares about her abusive relationship, then send her home with the following numbers:

National Domestic Violence Hotline, 1-800-799-SAFE (7233), www.ndvh.org

National Coalition Against Domestic Violence www.ncadv.org

National Sexual Violence Resource Center, www.nsvrc.org

Homework

Power and Control

Control is one of the main factors of abuse. If your partner is trying to control your actions, your whereabouts, and your spending, then you need to think seriously about whether you are in an abusive situation. There are times that couples do decide together on finances and when to let each other know where they are, but an abusive situation goes far beyond that to constant control, suspicion and possible punishment.



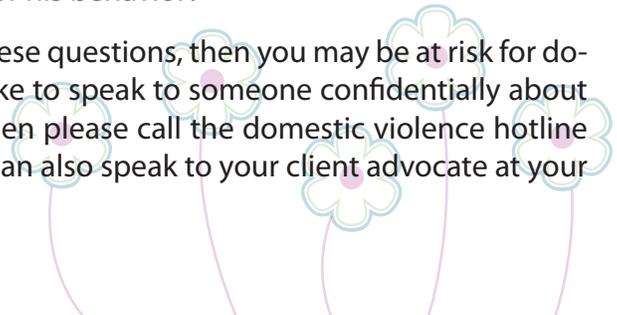
Control is demonstrated in many ways, and one of them is controlling access to family finances.



Use the information sheet provided by the facilitator to answer the following questions.

1. Domestic violence is about _____ and control.
2. What are some common traits of abusers?
3. Children who witness domestic violence face similar _____ trauma as victims of child abuse.
4. Check the boxes of red flags for domestic violence that might apply to you and your relationship and your relationship:
 - Does your partner expect you to spend all of your time with him, or to “check in” and let him know where you are?
 - Does your partner act jealous and possessive of you?
 - Does he isolate you by controlling where you go or who you see and talk to?
 - Does he treat you with disrespect and put you down?
 - Does he put down your friends and family or your ideas or goals?
 - Does your partner lose his temper frequently?
 - Do you feel as if you are walking on egg shells around him to keep the peace?
 - Has he ever made threats to hurt you, leave you, destroy your possessions, and/or commit suicide if you do not do what is wanted?
 - Does your partner ever play mind games or make you feel guilty?
 - Does he refuse to take responsibility for his actions or blame someone or something else for his behavior?

If you answered yes to any of these questions, then you may be at risk for domestic violence. If you would like to speak to someone confidentially about your fears and potential risk, then please call the domestic violence hotline at 1-800-799-SAFE (7233). You can also speak to your client advocate at your next appointment.



Homework Key

Power and Control

Control is one of the main factors of abuse. If your partner is trying to control your actions, your whereabouts, and your spending, then you need to think seriously about whether you are in an abusive situation. There are times that couples do decide together on finances and when to let each-other know where they are, but an abusive situation goes far beyond that to constant control, suspicion and possible punishment.



Control is demonstrated in many ways, and one of them is controlling access to family finances.



Read the Information sheet, "Domestic Violence," and answer the following questions:

1. Domestic violence is about **power** and control.
2. What are some common traits of abusers?

Most abusers are needy. They have difficulty establishing close friendships. They tend to be critical and jealous. Abusive people believe they have the right to control and restrict their partners' freedom. They believe their own needs and feelings have priority.

3. Children who witness domestic violence face similar **emotional** trauma as victims of child abuse.
4. Check the boxes of red flags for domestic violence that might apply to you.
 - Does your partner expect you to spend all of your time with him, or to "check in" and let him know where you are?
 - Does your partner act jealous and possessive of you?
 - Does he isolate you by controlling where you go or who you see and talk to?
 - Does he treat you with disrespect and put you down?
 - Does he put down your friends and family or your ideas or goals?
 - Does your partner lose his temper frequently?
 - Do you feel as if you are walking on egg shells around him to keep the peace?
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