DOMESTIC VIOLENCE

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WHERE EVIDENCE AND PRACTICE INTERSECT

THEORY OF CHANGE

How do domestic violence programs promote survivors' social and emotional well-being?

FIGURE 1 on the attached page illustrates the Theory of Change guiding the work of domestic violence (DV) programs. Specifically, the long-term objective of domestic violence programs is to enhance survivors' and their children's well-being. There is ample empirical evidence demonstrating that social and emotional well-being is evidenced by: (1) self-efficacy, (2) hopefulness, (3) social connectedness, (4) safety, (5) having adequate social and economic opportunities, (6) economic stability, (7) enhanced justice, and (8) good physical, emotional and spiritual health. Domestic violence programs are invested in impacting these eight factors for both survivors and their children through efforts targeting multiple levels of change. Their work is designed not only to create intrapersonal change in survivors' thinking, belief systems, and emotions, but also to create the interpersonal and social changes necessary for the outcomes to be achieved.

Domestic Violence programs engage in a wide range of activities designed to positively impact the intrapersonal, interpersonal and social predictors of well-being for both survivors and their children. Specifically, they work to increase women's and children's sense of self-efficacy as well as their hope for the future, and directly increase their access to community resources, opportunities, and supports (including social support). Recognizing that well-being is not independent from community-level factors, staff do not focus solely on working with individual survivors. They also engage in a variety of efforts to create communities that hold offenders accountable, promote justice and survivor safety, and provide adequate resources and opportunities for all community members. This is accomplished through systems-level advocacy efforts, prevention activities, community education activities, and collaborative community actions.

Short-term improvements in survivors' and their children's lives create a positive spiral, resulting in more positive social and emotional well-being over time. While the actual programs may differ across agencies (e.g., shelter, counseling, advocacy, transitional housing, supervised visitation, children's programs, support groups), services for both survivors and their children tend to share the eight key features described in the far left column of Figure 1.

FROM: Sullivan, C.M. (2012, updated January 2016). Examining the Work of Domestic Violence Programs Within a "Social and Emotional Well-Being Promotion" Conceptual Framework, Harrisburg, PA: National Resource Center on Domestic Violence at www.dvevidenceproject.org.



DOMESTIC VIOLENCE

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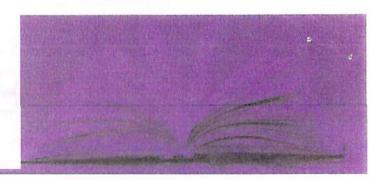
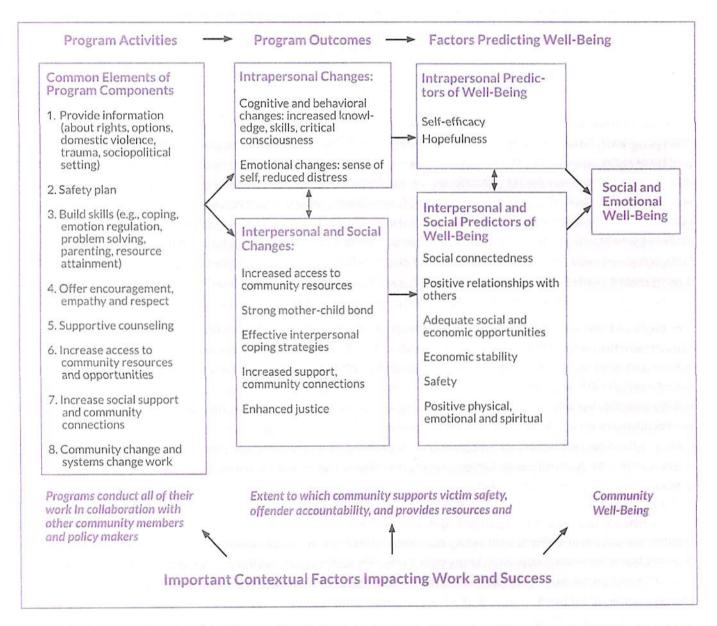


Figure 1. Theory of Change Underlying How Domestic Violence Program Activities Impact
Adult and Child Survivors' Well-Being



FROM: Sullivan, C.M. (2012, updated January 2016). <u>Examining the Work of Domestic Violence Programs Within a "Social and Emotional Well-Being Promotion" Conceptual Framework</u>, Harrisburg, PA: National Resource Center on Domestic Violence at www.dvevidenceproject.org.

POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become assaults, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

he Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

VIOLENCE

physical COERCION AND THREATS:

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

INTIMIDATION:

Making her afraid by using looks, actions, and gestures. Smashing things. Destroying her property. Abusing pets. Displaying weapons.

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

POWER AND CONTROL **EMOTIONAL ABUSE:**

sexual

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.

ECONOMIC ABUSE:

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.

ISOLATION:

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

sexual

512.407.9020 (phone and fax)

USING CHILDREN:

Making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Physical Threatening to take the children away.

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. Saying she caused it.

VIOLENCE

Developed by: Domestic Abuse Intervention Project 202 East Superior Street Duluth, MN 55802 218.722.4134



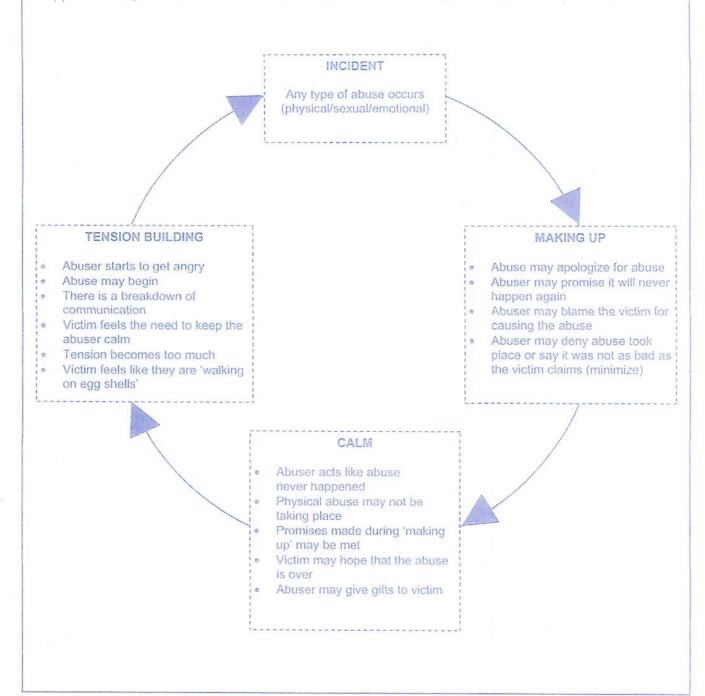
NATIONAL CENTER on Domestic and Sexual Violence training · consulting · advocacy

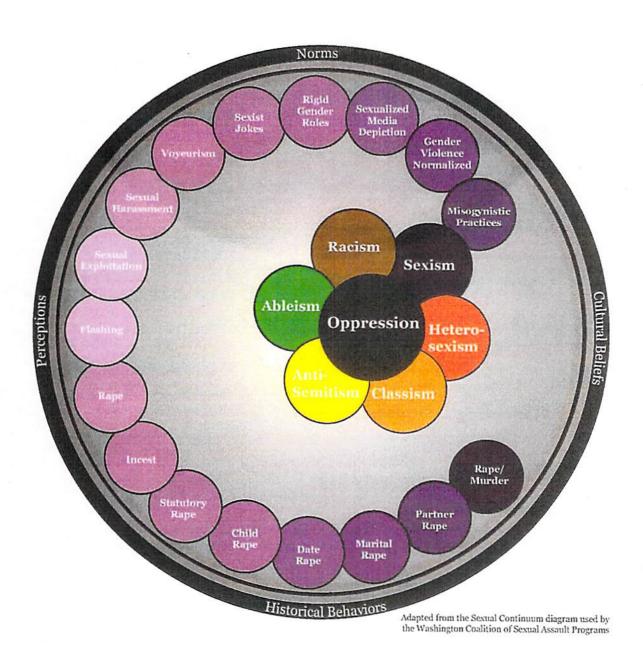
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The Cycle of Violence

The following diagram illustrates the cycle of a domestic violence relationship, starting with verbal and emotional abuse and may escalate through physical and/or sexual abuse. These examples do not happen to everyone who is a survivor but these are actions that might be used over a period of time.





UNDERSTANDING SEXUAL VIOLENCE

SEXUAL VIOLENCE HAPPENS IN EVERY COMMUNITY.

How you understand and talk about it matters. Become an agent for change by using your voice to shift how others think about and react to this critical issue.

WHAT IS SEXUAL VIOLENCE?

- •Sexual violence is any type of unwanted sexual contact including sexual assault and rape.
- •This can include words and actions like sexual harassment, catcalling, and nonconsensual sharing of private images such as "revenge porn."

SEXUAL VIOLENCE IMPACTS EVERYONE

- Nearly 1 in 5 women and 1 in 67 men in the U.S. have experienced rape or attempted rape some time in their lives (Smith et al., 2017).
- Anyone can experience sexual violence, including children, teens, adults, and seniors.

VICTIMS OFTEN KNOW THE PERSON WHO SEXUALLY ASSAULTED THEM

- •People who sexually abuse can be family members, friends, romantic partners, or other trusted individuals.
- •They may use coercion, manipulation, threats, or force to commit sexual violence.

VICTIMS ARE NEVER TO BLAME

•It doesn't matter what someone was wearing, how they were acting, if they were drinking, or what type of relationship they had with the person who abused them.

SEXUAL ASSAULT IS OFTEN NOT REPORTED

- · A person may not report what happened for many reasons, including:
- -Concern they won't be believed
- -Shame or fear of being blamed
- -Fear of retaliation
- -Pressure from others
- -Distrust of law enforcement

HEALING AND JUSTICE LOOK DIFFERENT FOR EVERY SURVIVOR

- •A survivor may or may not choose to move forward with the criminal justice system.
- ·Healing is an ongoing process. Everyone heals in their own time and their own way.

YOU CAN SUPPORT SURVIVORS

- ·Chances are you know someone who has experienced sexual violence even if they haven't told you.
- They are listening to how you talk about the issue, and hearing that you understand and believe survivors may help them feel safe.

EMBRACE YOUR VOICE

- •Sexual violence thrives when it is not taken seriously and victim blaming goes unchecked.
- · Your voice is essential in setting the record straight on sexual violence.

Smith, S. G., Chen, J., Basile, K. C., Gilbert, L. K., Merrick, M. T., Patel, N., ... Jain, A. (2017). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010-2012 state report. Retrieved from the Centers for Disease Control and Prevention, National Center for Injury Prevention and Control: https://www.cdc.gov/violenceprevention/pdf/NISVS-StateReportBook.pdf











EVERYDAY CONSENT

PEOPLE OFTEN THINK CONSENT IS ONLY IMPORTANT WHEN IT COMES TO SEX.

Really, consent is about always choosing to respect personal and emotional boundaries. By practicing consent in everyday situations, you show that you value the choices of others.

ASK FOR CONSENT WHEN TOUCHING

- •It's important to ask for consent before hugging, tickling, or other kinds of touch.
- · Ask sincerely so others understand it's okay to say no.
- •For people who have experienced sexual abuse, any unexpected touch can be scary and traumatic. Others may just prefer more personal space.

For example: "Is it okay if I put my arm around you?" or, "Want to hug or wave goodbye?"

RESPECT PRIVACY

- •Everyone has boundaries. Some people like to keep things about themselves private, while others are more open.
- •If someone shares personal information with you, it's important to ask what their boundaries are.

For example: "My cousin was assaulted and is afraid they will never feel okay again. Is it okay if I tell them that you're a survivor, too? It's all right if you're not comfortable with that."

ASK PERMISSION

- Just like everyone has different boundaries about touch, everyone has different levels of comfort about sharing things online, like photos.
- It is important to always ask before posting or tagging photos of someone on social media.

For example: "This is a great photo of all of us! Is it okay if I share it online, or should I take another one without the kids in it? I know you don't often post photos of them."



SEX AND CONSENT

- ·Sex without consent isn't sex. It's sexual assault.
- •Consent must be freely given. A person must understand what they are agreeing to, and they can change their mind at any time.
- •Consent needs to be clear and enthusiastic. The absence of "no" or silence does not mean "yes."
- ·Past consent does not mean current or future consent.
- •When drugs and alcohol are involved, clear consent is not possible. A person who is intoxicated or impaired cannot give consent.

HOW TO HANDLE THE "NO"

- ·Whenever you're asking for someone's consent, they could say "no."
- ·Accept the answer and move on. Don't pressure someone to change their mind.
- ·It's okay to feel disappointed with a "no" answer. But always remember that respecting boundaries is the right thing to do.











HEALTHY COMMUNICATIONS WITH KIDS

THINK ABOUT THE CHILDREN IN YOUR LIFE.

Whether you're thinking of your child, grandchild, niece, nephew, or friend's child, you want them to always feel safe and secure. Help kids feel safe by teaching them that the choices they make about their bodies deserve to be respected.

WHAT IS CONSENT?

- · Consent means giving someone a choice about touch or actions and respecting the answer they give.
- Practicing consent in how you interact with kids teaches healthy communication and that their body belongs to them.

ASK FOR CONSENT

- Ask for consent in everyday interactions.
- For example: "Do you want a hug goodbye today? We could also wave or high five." or, "Can I sit beside you while we read this book?"
- · Model that asking for consent is an ongoing process.

For example: "Do you need a break from tickling, or are tickles still okay with you?"



LISTEN TO THE ANSWER

- Nonverbal cues can be hard for young children to understand.

 Modeling consont holps kids grow up knowing the absence of
- Modeling consent helps kids grow up knowing the absence of a verbal "no" does not mean "yes."
- For example: "You're hiding behind your mom. It looks like you would rather wave goodbye to me today."

ACCEPT "NO"

- If you ask a child for a hug or kiss and they say "no," accept their answer cheerfully, even if you are disappointed.
- Don't show anger or pout, even playfully this sends mixed messages.

For example: "Okay, no kiss today, See you later!"

RELATIONSHIPS AND CONSENT

- A child should never be forced to show physical affection to an adult, even if they're a relative or family friend.
- For example: "It's time to leave. How do you want to say goodbye?"

 This idea could go against your family or cultural norms or be different from what you experienced as a child.
- Think about ways you can uphold your values while also incorporating consent.
- For example: "Some people in our family give hugs and kisses to show their love, but you can show your love in other ways if

you want to, like a smile or kind words."





Facts about Domestic Violence and Psychological Abuse



WHAT IS PSYCHOLOGICAL ABUSE?

Psychological abuse involves trauma to the victim caused by verbal abuse, acts, threats of acts, or coercive tactics.¹ Perpetrators use psychological abuse to control, terrorize, and denigrate their victims. It frequently occurs prior to or concurrently with physical or sexual abuse.

DID JOU KNOW?

bSACHOFOGICAL ABUSE INCLUDES:

- 48.4% of women and 48.8% of men have experienced at least one psychologically aggres-
- sive behavior by an intimate partner."

 4 in 10 women and 4 in 10 men have experienced at least one form of coercive control by an intimate partner in their lifetime."
- 17.9% of women have experienced a situation where an intimate partner tried to keep them from seeing family and friends."
- 18.7% of women have experienced threats of physical harm by an intimate partner."

 95% of men who physically abuse their intimate
- partners also psychologically abuse them. Viii Women who earn 65% or more of their households' income are more likely to be psychologically abused than women who learn less than 65% of their households' income. Viii

- Humiliating the victim
- · Controlling what the victim can or cannot do
- Withholding information from the victim
 Deliberately doing something to make the victim
- Leliberately doing sometining to make the victim
 feel diminished or embarrassed
- Isolating the victim from friends and/or family
 Denving the victim access to money or other ba
- Denying the victim access to money or other basic resources
- Stalking
- Demeaning the victim in public or in private
- Ondermining the victim's confidence and/or sense
 of self-worth
- Convincing the victim (s) he is crazy

WHY IT MATTERS:

Psychological abuse increases the trauma of physical and sexual abuse, and a number of studies have cal and sexual abuse, and a number of studies have demonstrated that psychological abuse often experience Victims of psychological abuse often experience depression, post-traumatic stress disorder, suicidal depression, low self-esteem, and difficulty trusting others. Subtle psychological abuse is more harmful than either overt psychological abuse or direct aggression.





Facts about Domestic Violence and Psychological Abuse

EFFECTS OF PSYCHOLOGICAL ABUSE:

- 7 out of 10 psychologically abused women display symptoms of PTSD and/or depression.
- Women experiencing psychological abuse are significantly more likely to report poor physical and mental health and to have more than 5 physician visits in the last year.
- Psychological abuse is a stronger predictor of PTSD than physical abuse among women.xii

AM I BEING PSYCHOLOGICALLY ABUSED?

Does your partner:

- Threaten to harm you, your children, your family and/or your pets?
- Tell you are worthless and that no one else will ever love you?
- Isolate you from your friends and/or family?
- Control your behavior and monitor your movements and whereabouts?
- Tell you that you are crazy?
- Demean you in public or in private?
- Constantly criticize you?
- Blame you for everything that goes wrong?
- Stalk you?
- Cause you to feel guilt over things that are not your fault?
- Threaten to take away your children?

If so, your partner may be abusing you. For help, contact the National Domestic Violence Hotline 1-800-799-SAFE (7233), or visit Domesticshelters.org to access professional help.

Sources:

Centers for Disease Control and Prevention (2014), Intimate partner violence: Definitions. Retrieved from http://www.cdc.gov/violenceprevention/intimatepartnerviolence/definitions.html.

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If you need help:







Facts about Domestic Violence and Physical Abuse

WHAT IS INTIMATE PARTNER PHYSICAL ABUSE?

Physical abuse includes the physical assault, battery, and sexual assault used as part of a systematic pattern of power and control perpetrated by one intimate partner against another. Physical abuse can cause severe injury and even death. It often co-occurs with other forms of abuse, including psychological abuse, economic abuse, and stalking.

INTIMATE PARTNER PHYSICAL ABUSE:

- More than 10 million Americans are victims of physical violence annually.
- 20 people are victims of physical violence every minute in the United States.
- 1 in 3 women and 1 in 4 men is a victim of some form of physical violence by an intimate partner during their lifetimes.
- 76% of intimate partner physical violence victims are female; 24% are male.[™]
- 1 in 7 women and 1 in 18 men are severely injured by intimate partners in their lifetimes.
- Domestic violence accounts for 15% of all violent crime in the United States.^{vi}
- Domestic violence is most common among women aged 18-24 and 25-34.^{vii}
- A majority of physical abuse is committed by dating partners rather than spouses.
- More than 75% of women aged 18-49 who are abused were previously abused by the same perpetrator.^{ix}
- Intimate partner physical abuse has declined 67% since the passage of the Violence Against Women Act in 1994.*
- Slightly more than half of intimate partner physical violence is reported to law enforcement.^{xi}

INTIMATE PARTNER HOMICIDE:

- In 2007, 1,640 women were murdered by intimate partners; in 2012, 924 women were killed by intimate partners.xiii
- 40% of female murder victims are killed by intimate partners.xiv
- Almost half of intimate partner homicides are committed by dating partners.^w
- 76% of women who are killed by intimate partners and 85% of women who survive homicide attempts are stalked prior to the murder or attempted murder.^{xvi}

WHY DOES IT MATTER?

Intimate partner physical abuse is not bound by age, socioeconomic status, race, ethnicity, sex, sexual orientation, gender identity, religion or nationality; it exists in all communities. Contrary to popular belief, physical abuse is not simply a maladjusted person's occasional expression of frustration or anger, nor is it typically an isolated incident. Physical abuse is a tool of control and oppression and is a choice made by one person in a relationship to control another.

If you need help:





Facts about Domestic Violence and Physical Abuse

OTHER FORMS OF ABUSE

SEXUAL ASSAULT:

- 1 in 5 women and 1 in 59 men in the United States is raped during his/her lifetime.xvii
- 9.4% of women in the United States have been raped by an intimate partner.xxiii

STALKING:

- 19.3 million women and 5.1 million men in the United States have been stalked.
- 66.2% of female stalking victims reported stalking by a current or former intimate partner.

HOMICIDE:

- 1 in 3 female murder victims and 1 in 20 male murder victims are killed by intimate partners.
- A study of intimate partner homicides found 20% of victims were family members or friends of the abused partner, neighbors, persons who intervened, law enforcement responders, or bystanders.
- 72% of all murder-suicides are perpetrated by intimate partners.
- 94% of murder-suicide victims are female.xxv

Sources:

Black, M.C., Basile, K.C., Breiding, MJ., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J. & Stevens, M. (2011). The national intimate partner and sexual violence survey: 2010 summary report. Retrieved from http://www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf.

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If you need help:





Economic Abuse Domestic Violence and Facts about



WHAT IS ECONOMIC ABUSE?

financially and creating a forced dependency for the victim and other family members. abuse the abuser separates the victim from their own resources, rights and choices, isolating the victim future earning potential of the victim as a strategy of power and control, that is economic abuse. In economic When an abuser takes control of or limits access to shared or individual assets or limits the current or

:SA3TTAM TI YHW

ECONOMIC ABUSE TAKES MANY FORMS:

to an abusive partner for economic reasons. leave an abusive partner or may be forced to return Victims of domestic violence may be unable to

effects on their personal credit scores. leaving an abuser due to debt and its detrimental to find a job or even obtaining a place to live after to economic self-sufficiency, including struggling Victims of coerced debt may face massive barriers

DID JOU KNOW?

- vors have also experienced economic abuse.1 Between 94-99% of domestic violence survi-
- ", esuds ent mort lence lose their jobs due to reasons stemming Between 21-60% of victims of domestic vio-
- million days of paid work each year. 8 to lator a each eonebtic violence lose a total of 8
- result of their victimization.¹⁴ victims were asked to leave their jobs as a Between 2005 and 2006, 130,000 stalking

- a victim from earning money. Examples include: Employment-related abuse: when the abuser prevents
- Preventing victim from attending a job
- Demanding that the victim quits his or her job
- Preventing the victim from looking for jobs or at-
- Harassing the victim at work tending job interviews
- Applying for credit cards, obtaining loans, or al, credit-related transactions. Examples include: Coerced debt: when an abuser forces non-consensu-
- Forcing the victim to obtain loans knowledge or consent opening accounts in a victim's name without their
- Use of threats or physical force to convince Forcing the victim to sign financial documents
- victims to make credit-related transactions
- Other forms of economic abuse involve the abuser a victim's knowledge Hefinancing a home mortgage or car loan without
- Examples include: preventing a victim from accessing existing funds.
- use cash, bank accounts, or credit cards Deciding when or how the victim can access or
- cards, or credit cards Forcing a victim to give the abuser money, ATM
- be in the abuser's name Demanding that the lease or mortgage or assets
- cards without the victim's knowledge Using victim's checkbook, ATM card, or credit

CHATZ TAKE A



461 North Franklin St, Fort Bragg CA 95437, (ph) 707.961.1507 Call Project Sanctuary's Crisis Line at 707.964.4357 If you need help:



Facts about Domestic Violence and Economic Abuse

WHAT TO DO IF YOUR PARTNER IS ABUSING YOU FINANCIALLY:

- · First: seek help from a trained domestic violence advocate.
- Avoid using credit and debit cards that can enable an abuser track your whereabouts.
- Keep your personal and financial records in a safe location. Leave copies with a trusted friend, relative, or in a bank safety deposit box to which your abuser does not have access.
- · Compile an emergency evacuation box with copies of your family's important records and documents.
- · Keep copies of car and house keys, extra money, and emergency phone numbers in a safe place.
- If you use the internet to explore domestic violence issues or research how to regain financial independence, make sure your abuser cannot trace your activities.
- · Take a financial inventory, listing assets and liabilities.
- If your partner controls the money, look for ways to find out more information about his/her income, financial property, real property, and debts.
- If you are considering leaving your abuser, calculate what it would cost you to live on your own, and consider starting to set aside your own money in a safe place, even if it is just a few dollars.
- Obtain a copy of your credit report from any of the three major credit bureaus, review the information, and report any fraud, disputed claims, or identity theft. Under FACTA (The Fair and Accurate Credit Transactions Act) you can obtain a free copy of your credit report every 12 months.

If you think your partner is abusing you financially, seek assistance by calling the National Domestic Violence Hotline at 1-800-799-SAFE (7233). Trained advocates are available 24/7 to provide you with the help and support you deserve.

Sources:

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If you need help:





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Domestic Violence & Sexual Assault

HOW DO DOMESTIC VIOLENCE AND SEXUAL ASSAULT INTERSECT?

Perpetrators who are physically violent toward their intimate partners are often sexually abusive as well. Victims who are both physically and sexually abused are more likely to be injured or killed than victims who experience one form of abuse. Abusers assault people of all genders, races, ages, social classes and ethnicities. Women who are disabled, pregnant or attempting to leave their abusers are at greatest risk for intimate partner rape. 1.2.3

DID YOU KNOW?

- 1 in 5 women will be raped in her lifetime.⁴
- Nearly 1 in 2 women and 1 in 5 men experienced sexual violence victimization other than rape at some point in their lives.⁵
- Intimate partner sexual assault and rape are used to intimidate, control and demean victims/survivors of domestic violence.
- Intimate partner sexual assault is more likely than stranger or acquaintance assault to cause physical injury.⁶
- Between 14% and 25% of women are sexually assaulted by intimate partners during their relationship.⁷
- Between 40 and 45 percent of women in abusive relationships will also be sexually assaulted during the course of the relationship.⁸
- Over half of women raped by an intimate partner were sexually assaulted multiple times by the same partner.⁹
- Women who are sexually abused by intimate partners report more risk factors for intimate partner homicides than non-sexually abused women.
- Women who are sexually abused by intimate partners suffer severe and long-lasting physical and mental health problems, similar to those of other rape victims. They have higher rates of depression and anxiety than women who were either raped by a non-intimate partner or physically but not sexually abused by an intimate partner.¹¹

MARITAL RAPE

- 18 percent of female victims of spousal rape say their children witnessed the crime.
- Between 10 and 14 percent of married women will be raped at some point during their marriages.¹³
- Only 36 percent of all rape victims ever report the crime to the police. The percentage of married women
 who report a spousal rape to the police is even lower. Marital rape is the most underreported form of
 sexual assault.¹⁴
- Until 1976, state laws specifically exempted spousal rape from general rape laws. In 1976, Nebraska was
 the first state to legally recognize nonconsensual intercourse with a spouse is rape. By 1993, all 50 states
 had either completely or partially repealed their spousal rape exemptions. However, even now, some
 states still have some form of spousal rape exemptions, and it is often legally considered a different, lesser
 crime than non-spousal rape.
- Many Americans do not believe marital rape is actually rape.

If you need help:

Call The National Domestic Violence Hotline 1-800-799-SAFE (7233)
Or, online go to TheHotline.org



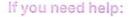


Domestic Violence & Sexual Assault

HOW TO HELP

- Encourage primary care physicians and OB/GYNs in your community to screen women for signs of physical and sexual violence, and ask if they are in violent or abusive relationships during regular checkups.
- Demand state legislators update rape laws to include marital rape rather than considering marital rape a different crime.
- Work with local schools, religious youth groups, and other youth-oriented programs to teach about healthy sexuality and healthy relationships.
- Ask local schools and universities to address the issue of sexual violence in their classrooms and through victim assistance programs.
- Ask your members of Congress to support funding for direct surveys and programs created in the Violence Against Women Act
- Volunteer at your local rape crisis center or state sexual assault coalition. Visit the National Coalition
 Against Domestic Violence at www.ncadv.org, the National Alliance to End Sexual Violence at
 www.naesv.org, or find a local program at www.domesticshelters.org to learn about volunteer opportunities in your community.

1 Bergen, R. K. (1996). Wife rape: Understanding the response of survivors and service providers: Thousand Oaks, CA: Sage.



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¹¹ Bergen, R. K. & Barnhill, E. (2011). Marital rape: New research and directions. Retrieved from http://www.vawnet.org/applied-research-papers/print-document.php?doc_id=248.

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¹³ D.E.H. Russell (1990). Rape in marriage. New York: MacMillan Press

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