

QUICK TIPS ON HOW TO SUPPORT A SURVIVOR

DOMESTIC VIOLENCE
Awareness Month
OCTOBER

Virginia domestic violence agencies provided services to over 20,500 adults and 4,500 children in 2021.

(VaData Project, 2021)

Offer/remind survivor of options and resources for help.



Believe the survivor.

It takes a lot for a survivor to disclose to anyone. They have given considerable thought to telling you and are trusting you with this information.



Acknowledge their bravery and strengths.

A few possibilities: "You have done an amazing job keeping you and your children safe."

"It took immense courage to leave him/her/them."



Actively listen, support and express care.

Center the survivor in your efforts. Don't make your support about *you*.



Be honest about how you can help, including mandated reporting (if applicable).

Validate their feelings and experiences.

Allow moments of silence.

Practice self-care.

Use trauma-informed response: STE-CCC.



Enhance practices that elevate: **safety, trust, empowerment, choice, collaboration/support, and cultural relevance.**

(SAMHSA, 2014)

CONSIDER USING THESE PHRASES:

"I'm sorry this happened to you."

"I believe you."

"You are not alone."



(RAINN.org, 2016)

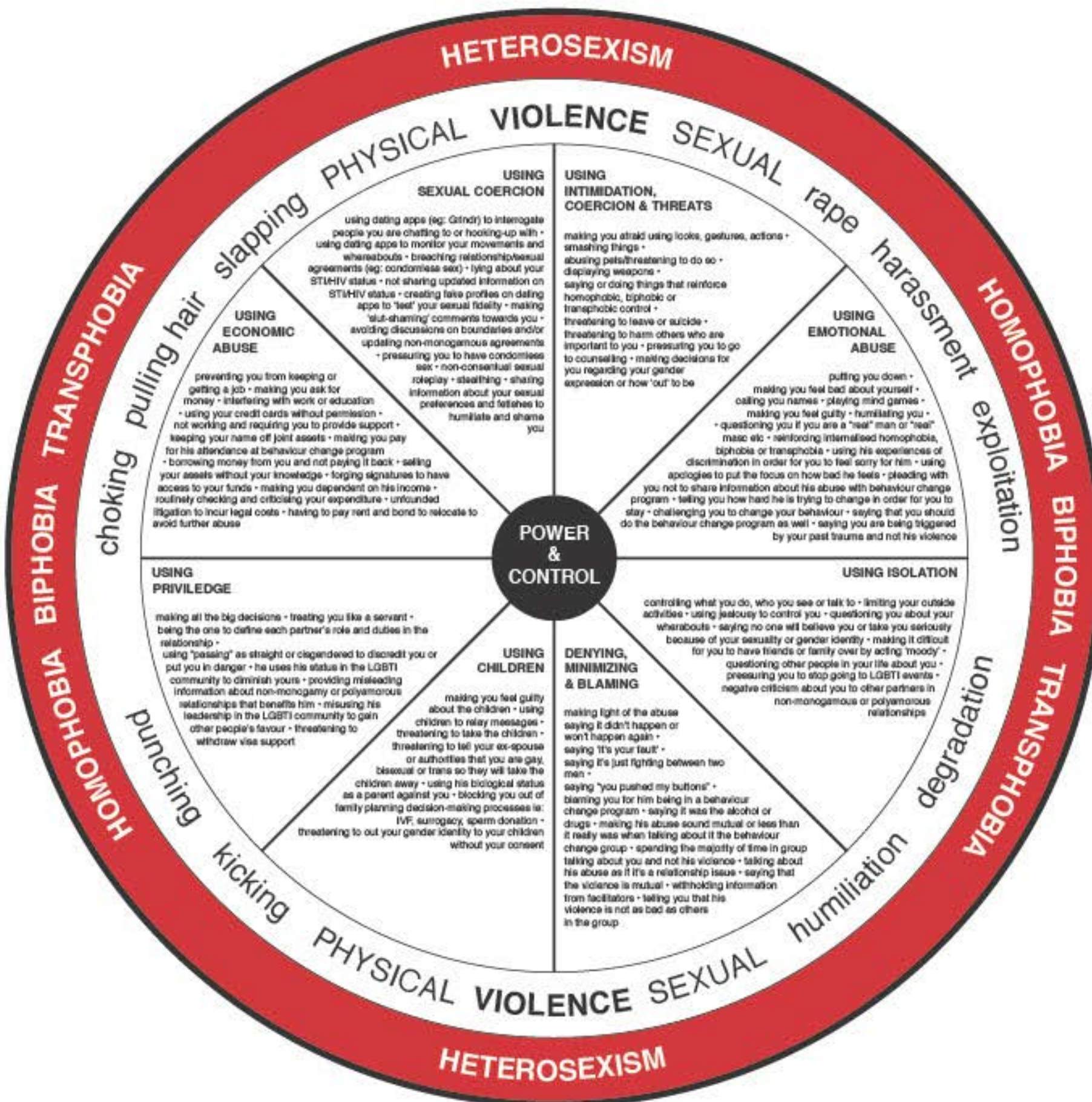
Things to avoid:

- Asking a lot of questions
- Blame
- Cold or doubtful demeanor
- Physical contact without asking
- Judgement
- Minimizing the survivor's feelings or experiences
- Telling the survivor what they must or should do



DOMESTIC ABUSE INTERVENTION PROGRAMS

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POWER & CONTROL WHEEL

TACTICS USED BY GAY MEN WHO ATTENDED AN
LGBTI MEN'S BEHAVIOUR CHANGE PROGRAM

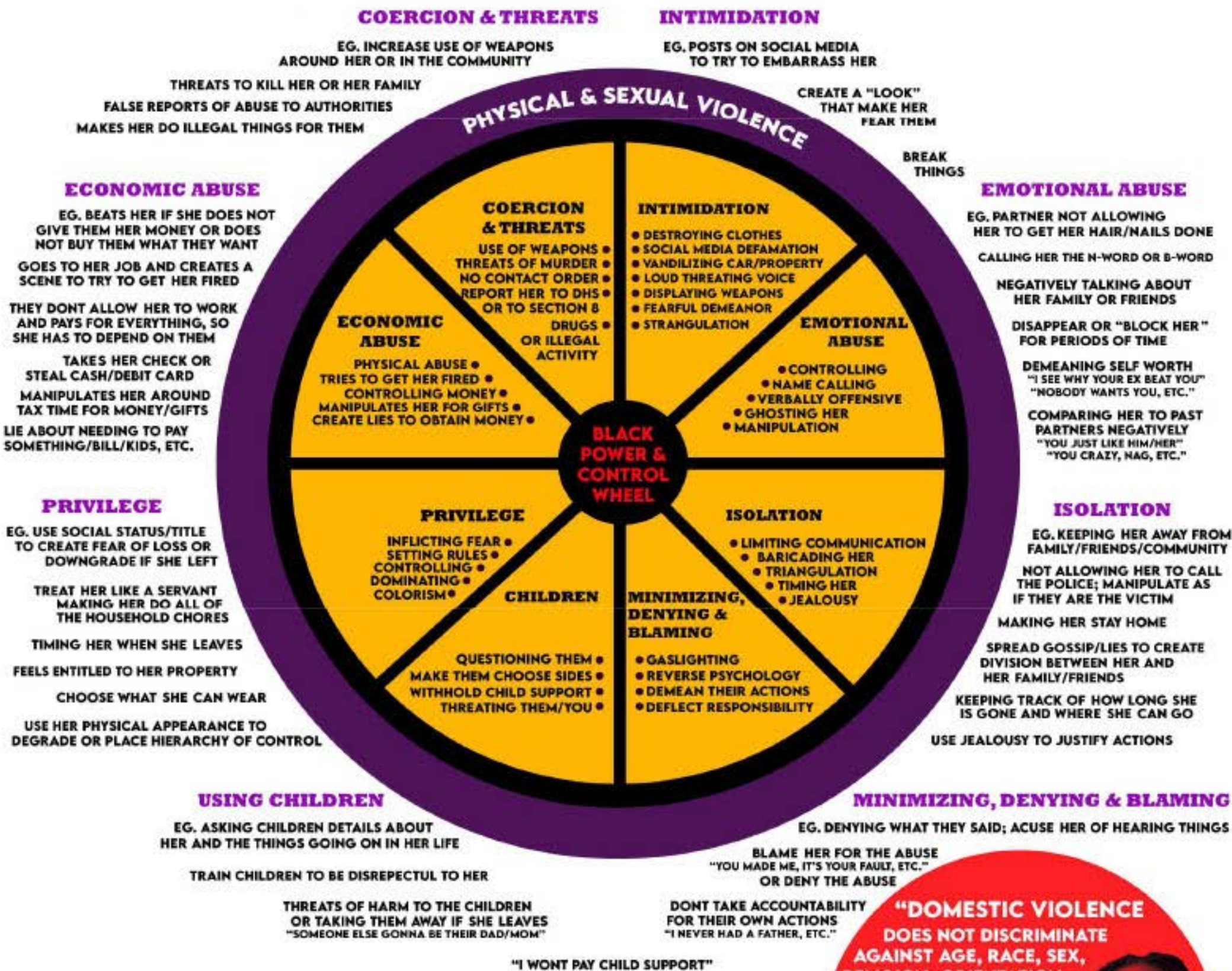
DEVELOPED BY ANTHONY LEKKAS
THORNE HARBOUR HEALTH LGBTI FAMILY VIOLENCE PROGRAM

ADAPTED WITH PERMISSION FROM
DULUTH'S DOMESTIC ABUSE INTERVENTION PROGRAMS' POWER & CONTROL WHEELS
<https://clicktime.yourteam.com/93a0f8e2f6e032hrJaMicaKu7Yc7uwww.theduluthmodel.org>

POWER & CONTROL WHEEL: THE AFRICAN AMERICAN/ BLACK COMMUNITY

CREATED BY AMANI COMMUNITY SERVICES

These are the primary eight ways an abuser uses their dominance within the black community



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(2022)

ADAPTION OF THE ORIGINAL POWER AND CONTROL WHEEL APPROVED BY
THE DOMESTIC ABUSE INTERVENTION PROGRAMS THE DULUTH MODEL.ORG

**"DOMESTIC VIOLENCE
DOES NOT DISCRIMINATE
AGAINST AGE, RACE, SEX,
RELIGION, ORIENTATION,
ETC. THE WAY THAT IT
OCCURS WITHIN THE BLACK
COMMUNITY IS DIFFERENT.
PLEASE EDUCATE YOURSELVES
ON THE VARIOUS SIGNS SO
YOU CAN SEEK HELP FOR
YOURSELF OR OTHERS."**

Amani Community Services



African American Power and Control Wheel Narrative

Amani Community Services is a domestic violence and sexual assault agency providing innovative culturally specific services to African Americans in Iowa. Amani Community Services decided to adapt the original Power and Control wheel to relate to the abuse experienced within the African American community, after realizing that the experiences survivors we served did not relate to the original wheel.

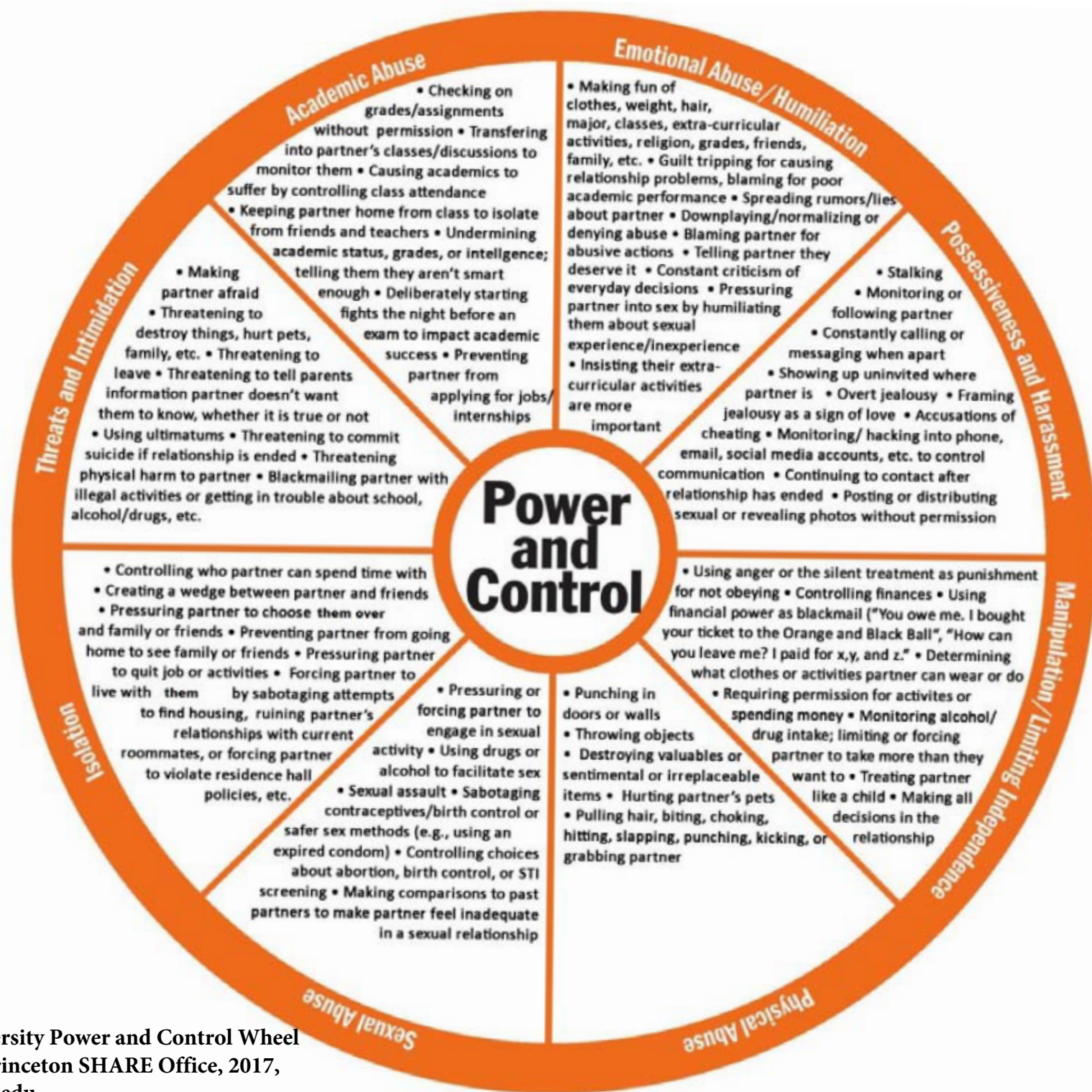
During focus groups conducted in 2019, victims shared tactics that were more specific to her experiences with domestic violence such as manipulating her around tax time for money or gifts, the use of colorism, reporting her to the Department of Human Services, not allowing her to get her hair and nails done which is essential to the African American woman, calling her the B-word and discouraging her from calling the police because of fear of police brutality.

Focus groups met once a week for 8 weeks. A total of five focus groups were conducted about the Power and Control Wheel, with a total of 101 participants. Approximately, 20 women in each group. 55 African American, 37 White, 7 Hispanic, and 2 multi-race, who all identified having African American male partners. Age ranged from 23 women were between 18-24 years old, 76 women were between 25-59 years old, and 2 women were 60 years old and older.

Group facilitator shared the original Power and Control Wheel, along with other Power and Control Wheels. Survivors then were given a blank wheel and were encouraged to write down her own personal experiences not identified on the original wheel. Group discussion followed with survivors sharing their experiences.

Staff reviewed the Power and Control Wheel activity sheets completed during the focus groups and identified common themes. These common themes were then put onto a wheel and showed to African American domestic violence survivors for evaluation. Survivors were excited to have a wheel that they could finally relate too.

Amani Community Services is excited to present to the world the African American/Black Power and Control Wheel.

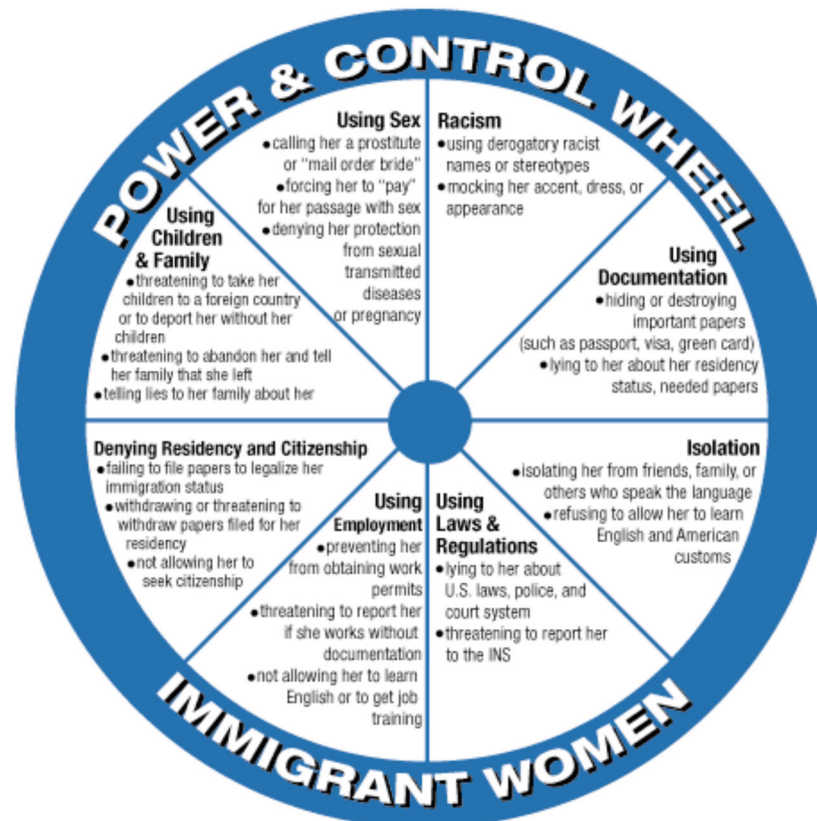


Power and Control Wheel (For Immigrant Women)

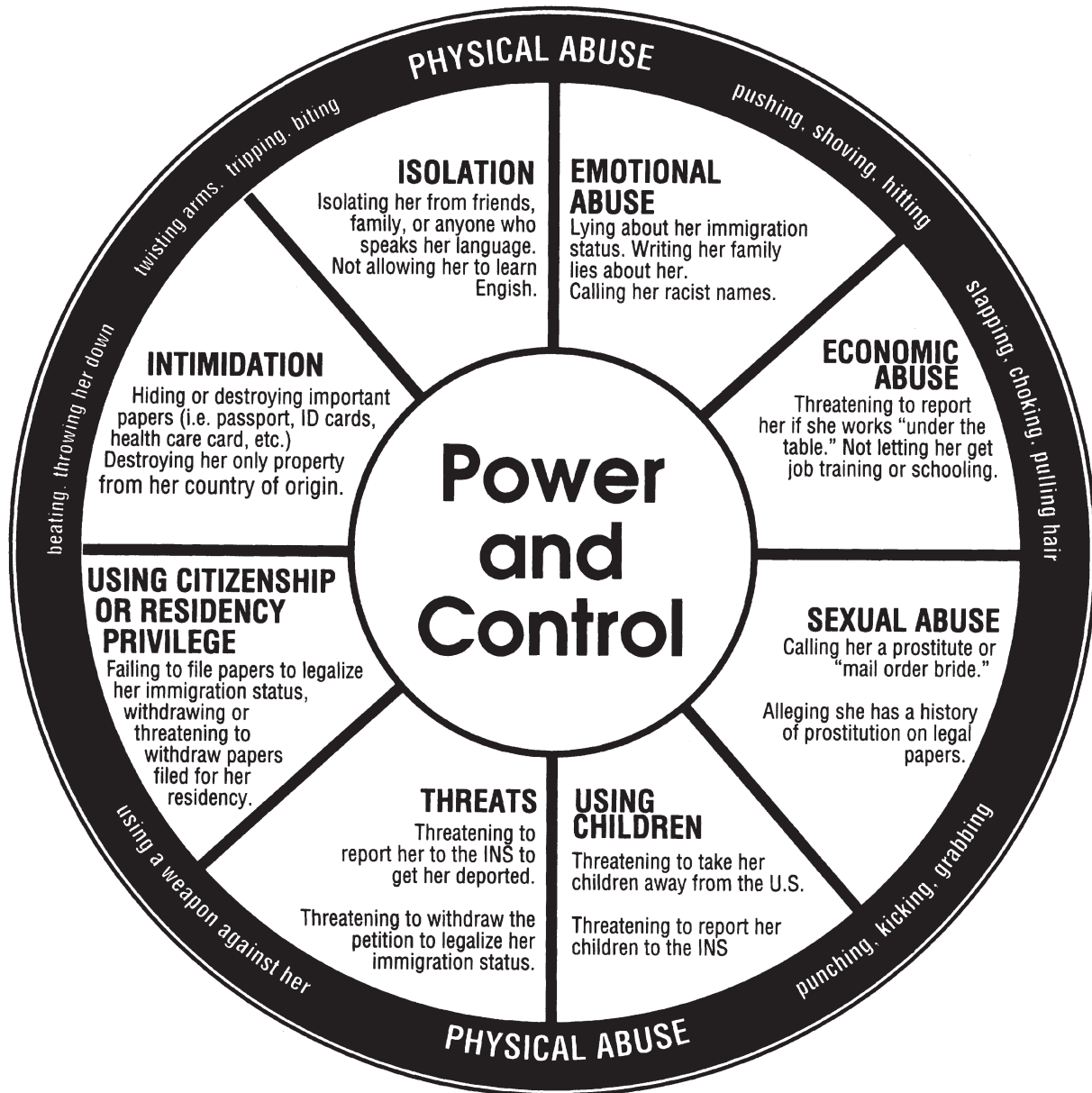
THE POWER AND CONTROL WHEEL (For Immigrant Women)

(Source www.life-span.org/immigrantwomenwheel.html)

*ways in which victims feel controlled by their abusers
and behaviors abusers use against victims*



Forms of Domestic Violence that Women Experience



This version of the Power and Control wheel, adapted with permission from the Domestic Abuse Intervention Project in Deluth, Minnesota, focuses on some of the many ways battered immigrant women can be abused.

Power and Control Tactics Used Against Immigrant Women

This chart supplements and is to be read in conjunction with the Domestic Abuse Intervention Project in Duluth, Minnesota's "Power and Control" Wheel and the adaptation of that Wheel contained in the Future Without Violence publication "Working With Battered Immigrant Women: A Handbook to Make Services Accessible." The following describes some of the ways in which immigrant women are abused, although the experiences of individual victims will vary from case to case.

EMOTIONAL ABUSE:

- Lying about her immigration status.
- Telling her family lies about her.
- Calling her racist names.
- Belittling and embarrassing her in front of family and friends.
- Causing her to lose face.
- Telling her that he has abandoned her culture and become "white," or "American."
- Preventing her from visiting sick or dying relatives.
- Lying about his ability to have the immigration status of his lawful permanent resident abuse victims changed.

ECONOMIC ABUSE:

- Forcing her to work "illegally" when she does not have a work permit.
- Threatening to report her to Immigration and Customs Enforcement (ICE) if she works "under the table."
- Not letting her get job training or schooling.
- Taking the money her family back home were depending upon her to send them.
- Forcing her to sign papers in English that she does not understand -- court papers, IRS forms, immigration papers.
- Harassing her at the only job she can work at legally in the U.S., so that she loses that job and is forced to work "illegally."

SEXUAL ABUSE:

- Calling her a prostitute or a "mail order bride."
- Accusing her of trying to attract other men when she puts on make-up to go to work.
- Accusing her of sleeping with other men.
- Alleging that she has a history of prostitution on legal papers.
- Telling her that "as a matter of law" in the United States that she must continue to have sex with him whenever he wants until they are divorced.

USING COERCION AND THREATS:

- Threatening to report her to the ICE and get her deported.
- Threatening that he will not file immigration papers to legalize her immigration status.
- Threatening to withdraw the petition he filed to legalize her immigration status.
- Telling her that he will harm someone in her family.
- Telling her that he will have someone harm her family members
- Threatening to harm or harass her employer or co-workers.

USING CHILDREN:

- Threatening to remove her children from the United States.
- Threatening to report her children to the Immigration and Customs Enforcement (ICE).
- Taking the money she was to send to support her children in her home country.
- Telling her he will have her deported and he will keep the children with him in the U.S.
- Convincing her that if she seeks help from the courts or the police the U.S. legal system will give him custody of the children. (In many countries men are given legal control over the children and he convinces her that the same thing will occur here.)

USING CITIZENSHIP OR RESIDENCY PRIVILEGE:

- Failing to file papers to legalize her immigration status.
- Withdrawing or threatening to withdraw immigration papers filed for her residency.
- Controlling her ability to work.
- Using the fact of her undocumented immigration status to keep her from reporting abuse or leaving with the children.
- Telling her that the police will arrest her for being undocumented if she calls the police for help because of the abuse.

INTIMIDATION:

- Hiding or destroying important papers (i.e. her passport, her children's passports, ID cards, health care cards, etc.)
- Destroying the only property that she brought with her from her home country.
- Destroying photographs of her family members.
- Threatening persons who serve as a source of support for her.
- Threatening to do or say something that will shame her family or cause them to lose face.
- Threatening to divulge family secrets.

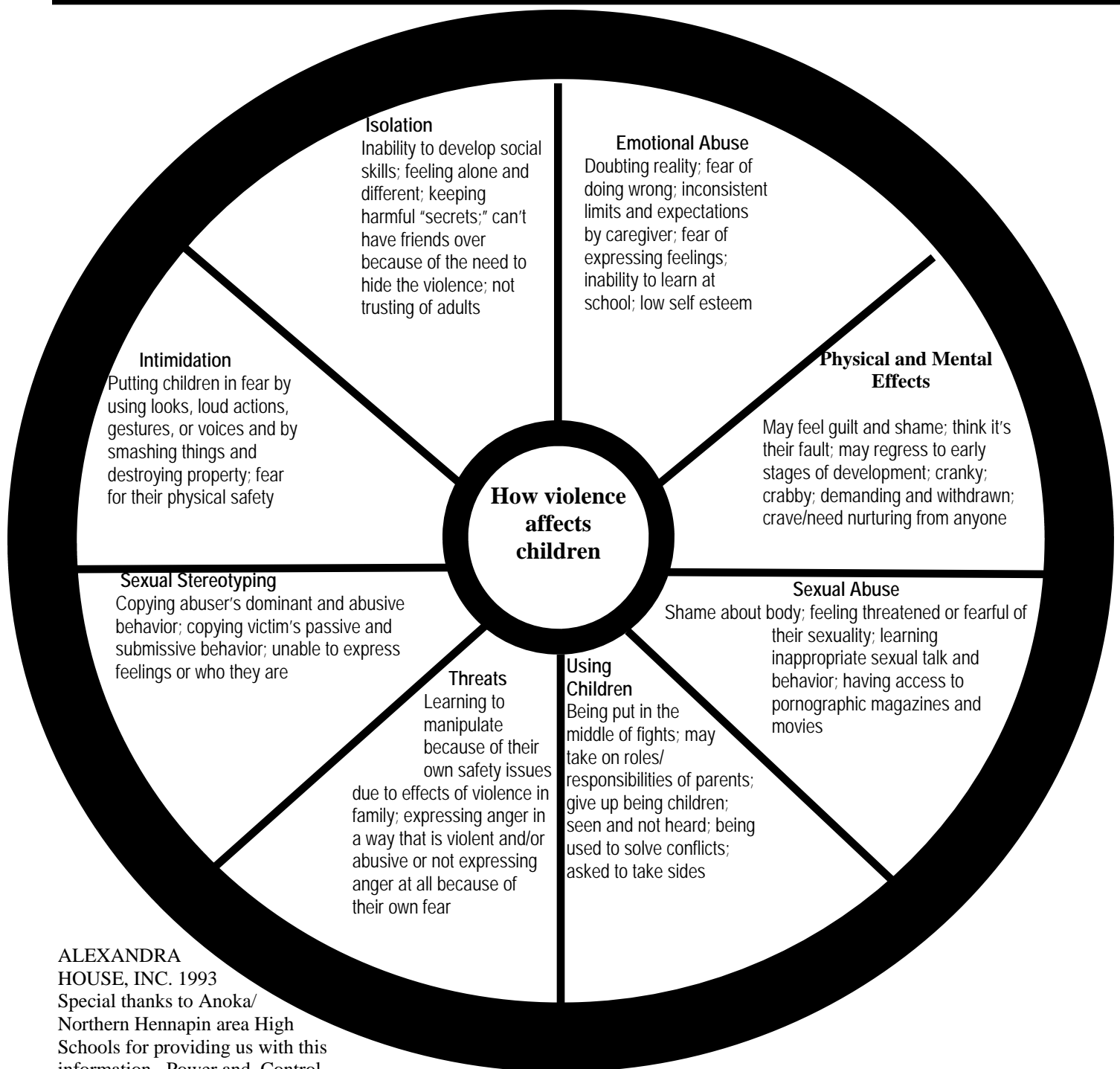
ISOLATION:

- Isolating her from friends, or family members.
- Isolating her from persons who speak her language.
- Not allowing her to learn English or not allowing her to communicate in a language she is fluent in.
- Being the only person through whom she can communicate in English.
- Reading her mail and not allowing her to use the telephone.
- Strictly timing all her grocery trips and other travel times.
- Not allowing her to continue to meet with social workers and other support persons.
- Cutting off her subscriptions to or destroying newspapers and other support magazines.
- Not allowing her to meet with people who speak her language or who are from her community, culture, or country.

MINIMIZING, DENYING, BLAMING:

- Convincing her that his violent actions are not criminal unless they occur in public.
- Telling her that he is allowed to physically punish her because he is the "man."
- Blaming her for the breakup of the family, if she leaves him because of the violence.
- Telling her that she is responsible for the violence because she did not do as he wished.

Children's Domestic Violence Wheel



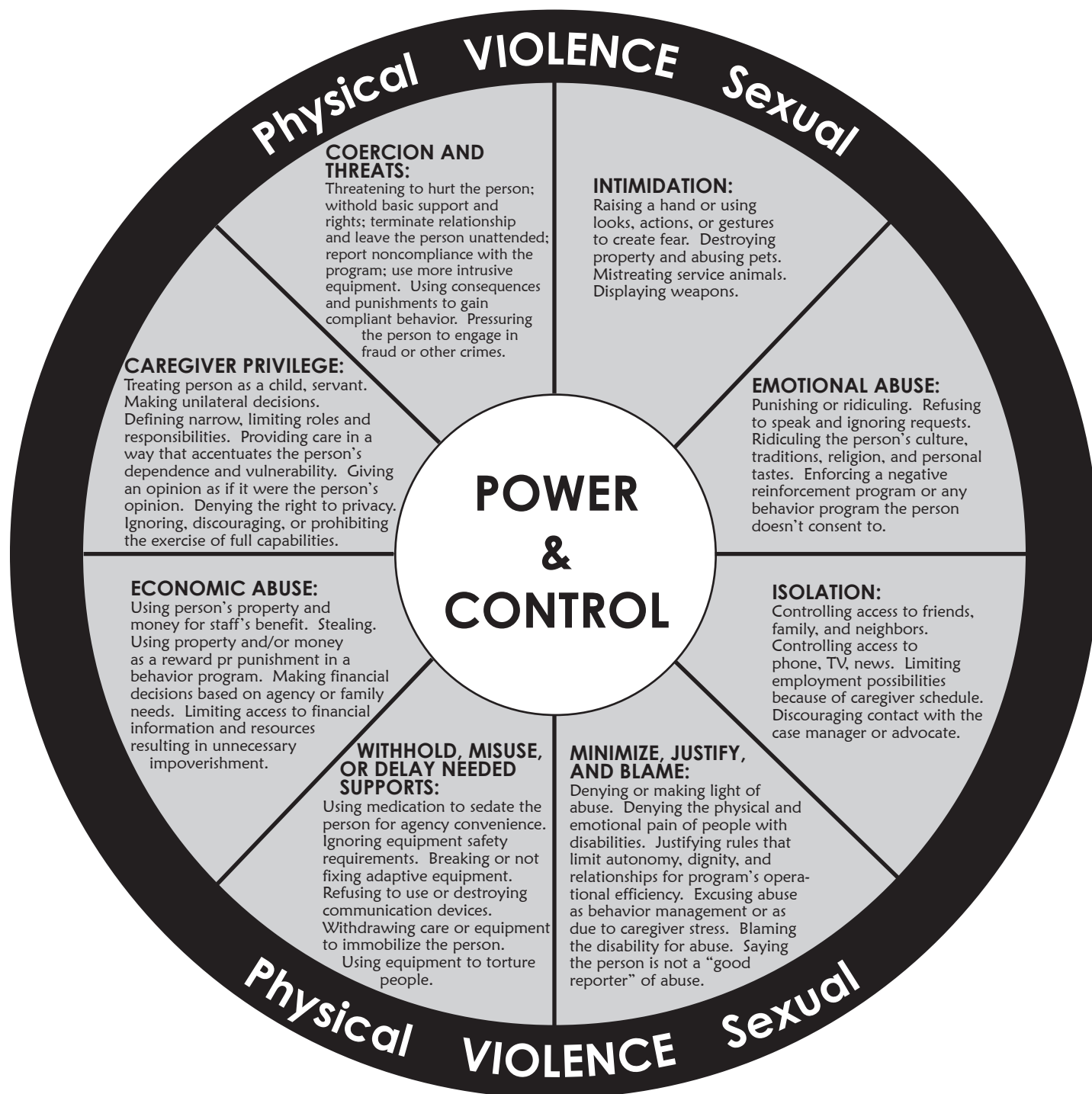
ALEXANDRA
HOUSE, INC. 1993
Special thanks to Anoka/
Northern Hennepin area High
Schools for providing us with this
information. Power and Control
Wheel design adapted from Domestic
Abuse Project.

CONTROL WHEEL

for elder abuse



POWER & CONTROL WHEEL: PEOPLE WITH DISABILITIES AND THEIR CAREGIVERS



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