

QUICK TIPS ON HOW TO SUPPORT A SURVIVOR



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)

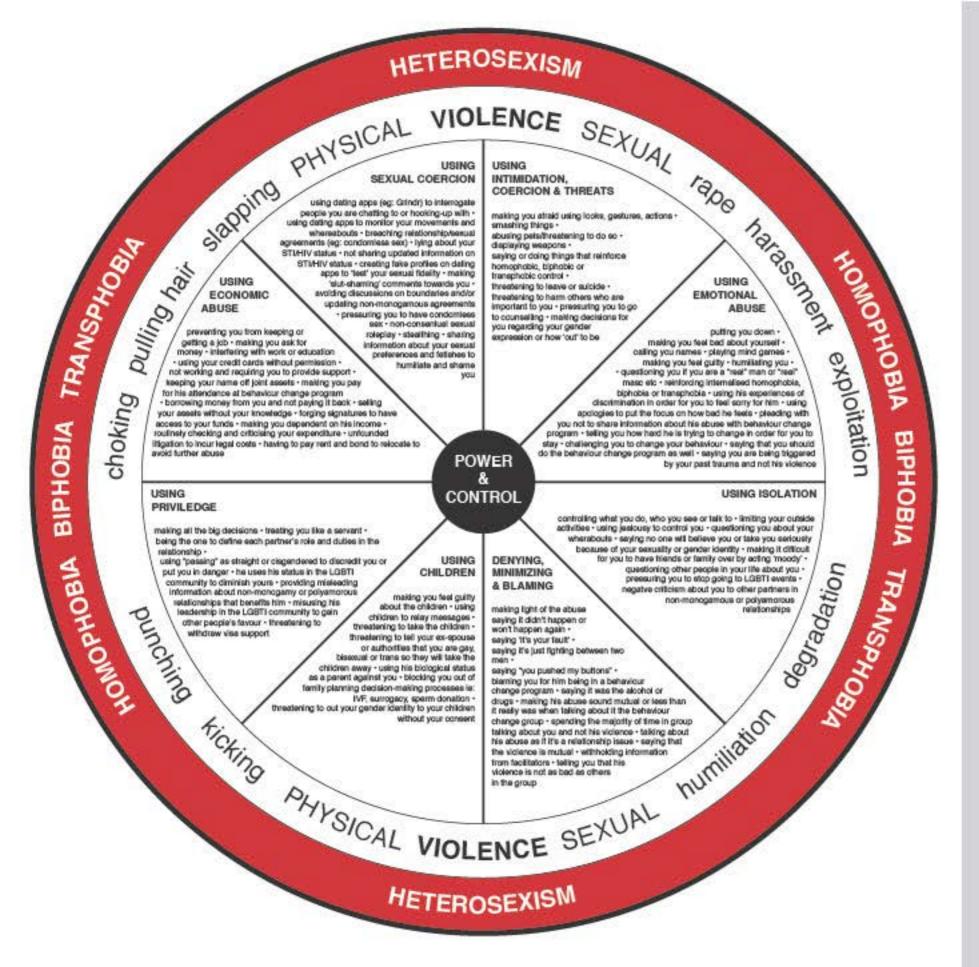
Things to avoid:

- 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

202 East Superior Street Duluth, Minnesota 55802 218-722-2781 www.theduluthmodel.org





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

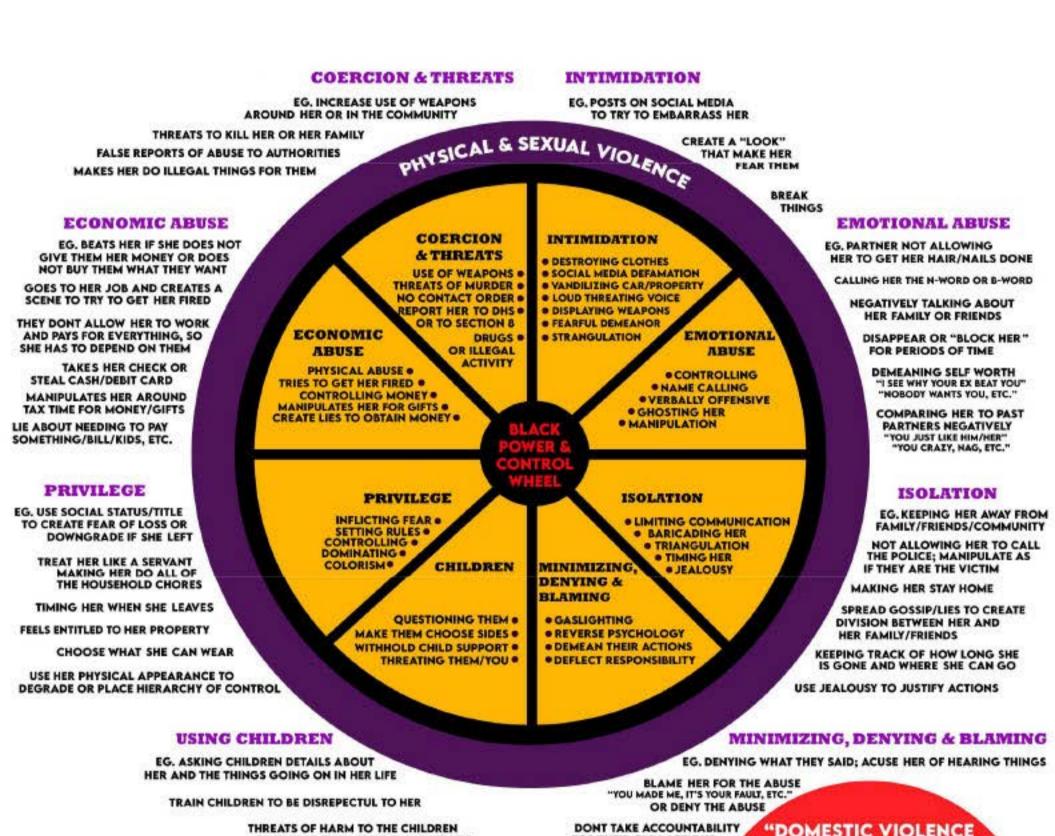
ADAPTED WITH PERMISSION FROM

DULUTH'S DONESTIC ABUSE INTERVENTION PROGRAMS' POWER & CONTROL WHEELS https://clicktime.aymantec.com/05e0ftm26ee0JXbr/JeMseKx7Vc?u-enw.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



OR TAKING THEM AWAY IF SHE LEAVES "SOMEONE ELSE GONNA BE THEIR DAD/MOM" FOR THEIR OWN ACTIONS "I NEVER HAD A FATHER, ETC."

"I WONT PAY CHILD SUPPORT"

AMANI COMMUNITY SERVICES 2315 FALLS AVE SUITE 1 WATERLOO, IA 50701 WWW.AMANI-CS.ORG

CRISIS LINE 1-888-983-2533

(2022)

ADAPTION OF THE ORIGINAL POWER AND CONTROL WHEEL APPROVED BY THE DOMESTIC ABUSE INTERVENTION PROGRAMS THEDULUTHMODEL.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.

them to know, whether it is true or not . Using ultimatums . Threatening to commit suicide if relationship is ended . Threatening physical harm to partner . Blackmailing partner with illegal activities or getting in trouble about school, alcohol/drugs, etc.

information partner doesn't want

- . Controlling who partner can spend time with
- Creating a wedge between partner and friends
- · Pressuring partner to choose them over and family or friends . Preventing partner from going home to see family or friends . Pressuring partner to quit job or activities . Forcing partner to · Pressuring or live with them by sabotaging attempts forcing partner to to find housing, ruining partner's engage in sexual relationships with current activity . Using drugs or roommates, or forcing partner alcohol to facilitate sex to violate residence hall Sexual assault • Sabotaging policies, etc.

contraceptives/birth control or safer sex methods (e.g., using an expired condom) . Controlling choices about abortion, birth control, or STI screening . Making comparisons to past partners to make partner feel inadequate in a sexual relationship

Emotional Abuse/Humiliation · Making fun of clothes, weight, hair, major, classes, extra-curricular activities, religion, grades, friends, family, etc. . Guilt tripping for causing relationship problems, blaming for poor academic performance • Spreading rumors/lies about partner . Downplaying/normalizing or denying abuse . Blaming partner for abusive actions . Telling partner they deserve it . Constant criticism of Stalking everyday decisions . Pressuring · Monitoring or partner into sex by humiliating following partner them about sexual experience/inexperience

· Insisting their extracurricular activities are more

important

· Constantly calling or messaging when apart . Showing up uninvited where partner is . Overt jealousy . Framing jealousy as a sign of love . Accusations of cheating . Monitoring/ hacking into phone, email, social media accounts, etc. to control communication . Continuing to contact after relationship has ended . Posting or distributing sexual or revealing photos without permission

 Using anger or the silent treatment as punishment for not obeying . Controlling finances . Using financial power as blackmail ("You owe me. I bought your ticket to the Orange and Black Ball", "How can you leave me? I paid for x,y, and z." . Determining what clothes or activities partner can wear or do Requiring permission for activites or

· Punching in doors or walls

Throwing objects

 Destroying valuables or sentimental or irreplaceable

partner to take more than they items . Hurting partner's pets

· Pulling hair, biting, choking, hitting, slapping, punching, kicking, or grabbing partner

Physical Abuse

like a child . Making all decisions in the relationship

want to . Treating partner

spending money . Monitoring alcohol/

drug intake; limiting or forcing

Power and Control

applying for jobs/

internships

Princeton University Power and Control Wheel Developed by Princeton SHARE Office, 2017, share.princeton.edu

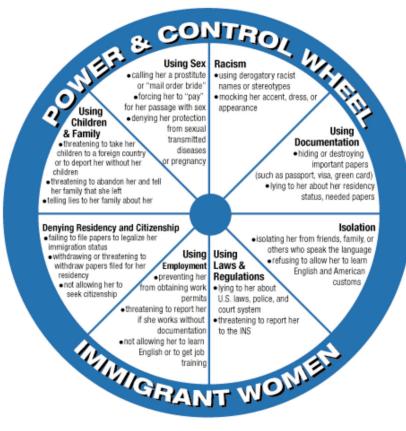
Power and Control Wheel (For Immigrant Women)

THE POWER AND CONTROL WHEEL

(For Immigrant Women)

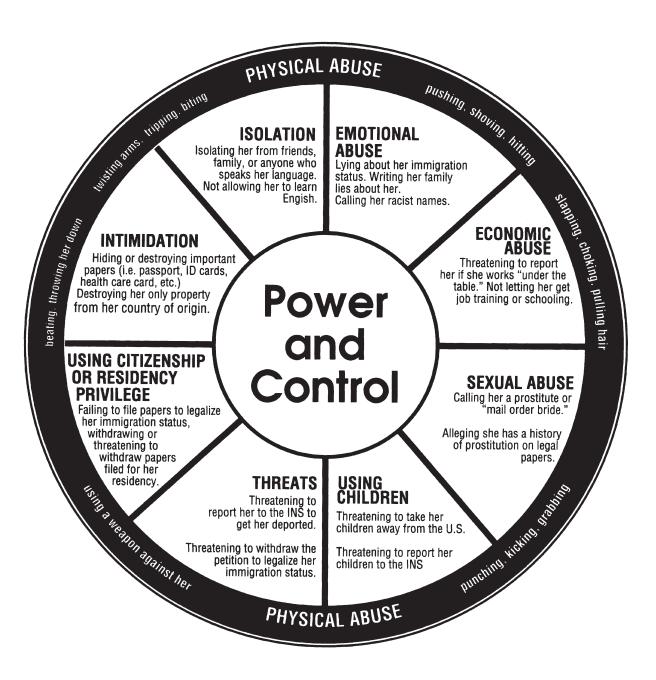
(Source www.life-span.org/immigrantwomenwheel.html)

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.

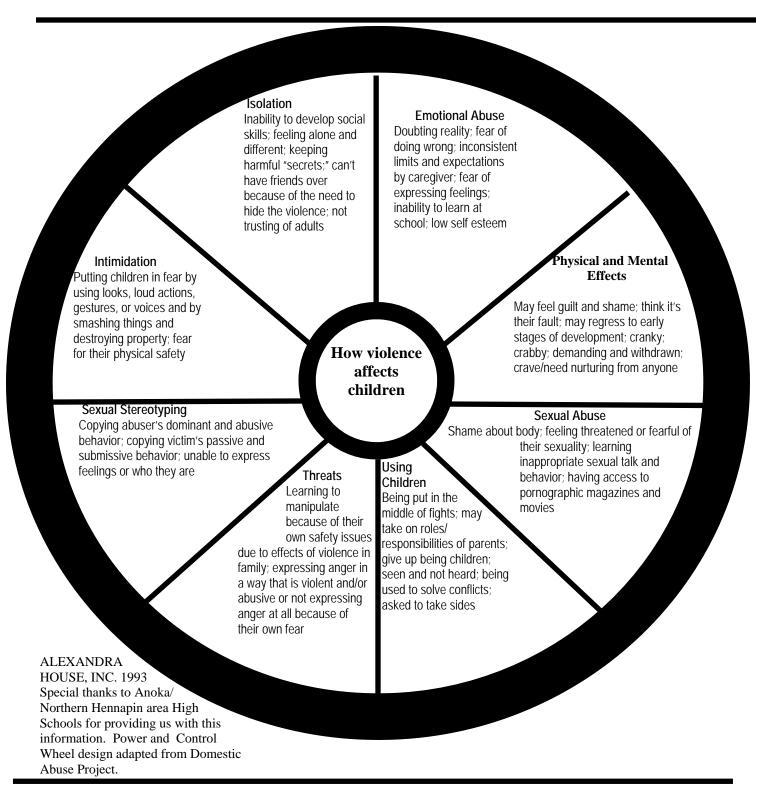
ISOLATION:

- 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 communicat 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





(701)293-7273 / www.raccfm.com

CONTROL WHEEL

for elder abuse

VIOLENCE

CONTROL

THREATS & INTIMIDATION

Threats to leave, divorce, or commit suicide. Threats to institutionalize victim. Abusing or killing pets. Destroying property. Displaying or threatening with weapons.

FINANCIAL EXPLOITATION

Steals money, titles, or possessions. Takes over accounts and bills. Spends without permission. Abuses power of attorney.

MISUSE OF PRIVILEGE

Treats you like a servant. Makes all major decisions.

ISOLATION

Controls what you do, who you see, and where you go. Limits time with friends and family. Denies access to phone or mail.

ABUSE OF DEPENDENCY

Takes walker, wheelchair, glasses, dentures. Denies or makes you wait for food,care, medicine.
Causes you to miss medical appointments. Doesn't report medical problems.

RIDIC

RIDICULE OF VALUES

Denies access to religious services or leaders. Makes fun of victim's values. Ignores or ridicules religious and cultural traditions.

EMOTIONAL ABUSE

Humiliates, degrades, ridicules. Yells, insults, calls names. Uses silence or profanity. Makes you think you're crazy.

MANIPULATION OF FAMILY

Magnifies disagreements.
Misleads family about extent and nature of illnesses or conditions. Excludes or denies access to family.
Forces family to keep secrets.

VIOLENCE

POWER & CONTROL WHEEL: PEOPLE WITH DISABILITIES AND THEIR CAREGIVERS

Physical VIOLENCE

POWER

CONTROL

COERCION AND THREATS:

Threatening to hurt the person; withold basic support and rights; terminate relationship and leave the person unattended; report noncompliance with the program; use more intrusive equipment. Using consequences and punishments to gain compliant behavior. Pressuring the person to engage in fraud or other crimes.

CAREGIVER PRIVILEGE:

Treating person as a child, servant. Making unilateral decisions. Defining narrow, limiting roles and responsibilities. Providing care in a way that accentuates the person's dependence and vulnerability. Giving an opinion as if it were the person's opinion. Denying the right to privacy. Ignoring, discouraging, or prohibiting the exercise of full capabilities.

ECONOMIC ABUSE:

Using person's property and money for staff's benefit. Stealing. Using property and/or money as a reward pr punishment in a behavior program. Making financial decisions based on agency or family needs. Limiting access to financial information and resources resulting in unnecessary impoverishment.

WITHHOLD, MISUSE, OR DELAY NEEDED **SUPPORTS:**

Using medication to sedate the person for agency convenience. Ignoring equipment safety requirements. Breaking or not fixing adaptive equipment. Refusing to use or destroying communication devices. Withdrawing care or equipment to immobilize the person. Physical Using equipment to torture people.

INTIMIDATION:

Raising a hand or using looks, actions, or gestures to create fear. Destroying property and abusing pets. Mistreating service animals. Displaying weapons.

EMOTIONAL ABUSE:

Sexual

Punishing or ridiculing. Refusing to speak and ignoring requests. Ridiculing the person's culture, traditions, religion, and personal tastes. Enforcing a negative reinforcement program or any behavior program the person doesn't consent to.

ISOLATION:

Controlling access to friends, family, and neighbors. Controlling access to phone, TV, news. Limiting employment possibilities because of caregiver schedule. Discouraging contact with the case manager or advocate.

MINIMIZE, JUSTIFY, AND BLAME:

Denying or making light of abuse. Denying the physical and emotional pain of people with disabilities. Justifying rules that limit autonomy, dignity, and relationships for program's operational efficiency. Excusing abuse as behavior management or as due to caregiver stress. Blaming the disability for abuse. Saying the person is not a "good

VIOLENCE Sexual

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

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Based on the model by the Domestic Violence Intervention Project, Duluth, MN.

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