

# DOMESTIC VIOLENCE RESOURCE GUIDE



# DOMESTIC VIOLENCE CRISIS CENTER



**Domestic Violence Crisis Center (DVCC) is here to help and support individuals on their journey to safety.**

## ABOUT US

DVCC advocates for individuals who are experiencing abuse in personal relationships. Our multiple services and professional staff help those experiencing any level of domestic violence and assist them in building a safer environment for the well-being of themselves and their families. **All victim services are free and confidential and all services offered are multicultural/multilingual.**

## DOMESTIC VIOLENCE- DID YOU KNOW?

- Domestic violence is a **pattern** of abusive behavior used by one person to gain **power and control** over the other in a relationship. Also known as **intimate partner violence (IPV)**, it can manifest as abuse that is **verbal, emotional, physical, financial, technological, or sexual** in nature.
- **One in four women** and **one in seven men** in the United States have experienced physical violence by an intimate partner in their lifetime.
- Domestic violence is the **leading cause of homelessness** for women and children.
- Growing up in a home where domestic violence is present is the **strongest predictor of a child** becoming either a perpetrator or victim of domestic violence later in life.
- It often takes a victim multiple times to leave a relationship before the terminate the relationship entirely. The most dangerous time for a victim is when they attempt to leave the relationship.



1 in 4 women



1 in 7 men



leading cause of homelessness

## DVCC PROVIDES...

- Crisis intervention including our 24-hour hotline (888-774-2900) and the Lethality Assessment Program
- Trauma informed counseling, in individual and group settings, for adults and children
- Legal advocacy, which includes advocating for victims in criminal cases and helping victims obtain civil restraining order
- Housing & financial advocacy
- Preventive education and training
- Two emergency safe houses



*DVCC's mission is to provide effective services, support and education for the prevention and elimination of domestic violence across the Connecticut communities of Stamford, Norwalk, Darien, New Canaan, Weston, Westport, Wilton and beyond.*

**[www.dvccct.org](http://www.dvccct.org)**

# DOMESTIC VIOLENCE CRISIS CENTER

Domestic violence is a pattern of abusive behavior used by one person to gain power and control over the other in a relationship. Also known as intimate partner violence (IPV), it can manifest as abuse that is verbal, emotional, physical, financial/economic, digital/technological, or sexual in nature.

## TYPES OF ABUSE/METHODS OF CONTROL

### SEXUAL

- Sexual abuse can occur in committed relationships and marriages. Sexual abuse is any sexual contact or behavior that happens without one's consent. It involves:
  - Taking away a person's control over their sexual choices.
  - Trying to pressure or force someone to do something sexually that they do not want to do.
- Between 40% and 45% of women in abusive relationships will also be sexually assaulted during the course of the relationship.

### PHYSICAL

Any use of physical force with the intent to control a partner through fear or injury.

- Restraining
- Object aggression
- Reckless driving

### VERBAL

Using words to hurt someone.

- Mocking
- Belittling
- Name-calling
- Cursing
- Put-downs

### ECONOMIC

Between 94-99% of domestic violence victims have experienced economic abuse.

"Economic abuse involves maintaining control over financial resources, withholding access to money, or attempting to prevent a victim or survivor from working and/or attending school in an effort to create financial dependence as a means of control... Economic abuse can take many forms, including employment-related abuse, preventing the victim from accessing existing funds, coerced debt, and more." – National Coalition Against Domestic Violence

### DIGITAL

The use of technology or social media to intimidate, harass, bully, stalk, or threaten a partner.

### EMOTIONAL

Breaking down someone's self-esteem and/or sense of self.

- Isolation
- Gaslighting
- Blaming
- Manipulation & lying
- Jealousy

**Domestic Violence Crisis Center (DVCC) is here to help and support individuals on their journey to safety.**



[www.dvccct.org](http://www.dvccct.org)

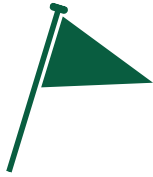


# HOW IS YOUR RELATIONSHIP?

**Everyone has the right to be safe in their relationship.**  
All relationships exist on a spectrum:

## GREEN FLAGS & HEALTHY RELATIONSHIPS

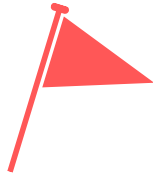
Healthy relationships consist of many different elements that make them strong. We call these green flags:



- Communication
- Support
- Independence
- Trust
- Respect
- Boundaries
- Honesty
- Equality
- Fun

## RED FLAGS & UNHEALTHY RELATIONSHIPS

Red flags are warning signs that a relationship could turn abusive.



- Jealousy
- Possessiveness
- Dishonesty
- Isolation
- Breaks in communication
- Constantly checking in
- Controlling what you wear
- Playing head games

## ABUSIVE RELATIONSHIPS WITH POWER & CONTROL

In abusive relationships one person is making all of the decisions and there is an imbalance of power and control. Power and control are maintained through different forms of abuse, including:

- Physical
- Emotional
- Digital
- Verbal
- Sexual
- Economic

**If you think you are in an unhealthy or abusive relationship, we are here to help and support you.**

**All services are free and confidential.**

**Main Business Line:**  
**(203) 588-9100**

**CT Safe Connect 24 hour hotline**  
**Call/Text: 888-774-2900**



# How Healthy Is Your Relationship?

Everyone deserves a healthy relationship, one where they feel safe and respected. Do you know if your relationship is healthy? Answer yes or no to the following prompts to find out.

- Your partner is very supportive of the things that you do.
- Your partner encourages you to try new things.
- Your partner likes to listen when you have something on your mind.
- Your partner understands that you have your own life too.
- Your partner is well liked by your friends.
- Your partner accepts and appreciates you for who you are.
- Your partner gives you space when you need it.
- Your partner respects your privacy (phone calls, computer, texts, etc.).
- Your partner accepts responsibility for their actions and admits when they are wrong.
- Your partner calls you by the correct pronoun and name.
- Your partner texts or calls you all the time.
- Your partner gets extremely jealous or possessive.
- Your partner accuses you of flirting or cheating.
- Your partner constantly checks up on you or makes you check in with them.
- Your partner controls what you wear or how you look.
- Your partner threatens to 'out' you as a method of control.
- Your partner tries to keep you from seeing or talking to your family and friends.
- Your partner has big mood swings. They get angry and yell at you one minute, but are sweet and apologetic the next.
- Your partner puts you down, calls you names, or criticizes you.
- Your partner makes you feel like you can't do anything right, or they blame you for problems.
- Your partner makes you feel like no one else would want you.
- Your partner threatens to harm themselves because of you.
- Your partner threatens to destroy your things.
- Your partner makes you feel nervous or like you're "walking on eggshells."
- Your partner breaks or throws things to intimidate you.
- Your partner pressures or forces you into having sex or going further than you want to.



**IF YOU ANSWERED "YES" TO MULTIPLE PROMPTS IN THIS COLUMN, YOUR RELATIONSHIP HAS MANY HEALTHY BEHAVIORS!**

**IF YOU ANSWERED "YES" TO MULTIPLE PROMPTS IN THIS COLUMN, YOU MIGHT BE IN AN UNHEALTHY/ABUSIVE RELATIONSHIP DVCC IS HERE TO HELP.**

**DOMESTIC VIOLENCE CRISIS CENTER (DVCC)  
is here to help and support individuals on  
their journey to safety.**

*Source: [loveisrespect.org](http://loveisrespect.org)*

**24-Hour Hotline: (203) 588-9097**

**CT Safe Connect 24-hour Hotline: (888) 774-2900 (call/text)**

**Main Business Line: (203) 588-9100**

**[www.DVCCCT.org](http://www.DVCCCT.org)**

## How to Help Someone Experiencing Abuse

Every situation is unique. It's important that your responses to abuse always reflect those differences. These tips, however, are broadly applicable and can help you support a victim.

### Discuss Their Rights & What They Deserve



**You have the right to be safe.**

**You deserve to feel respected and to have your thoughts and opinions valued.**

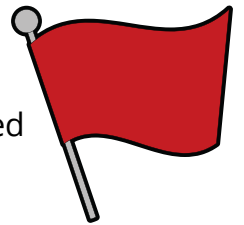
**You have the right to have friends outside of your relationships and to spend time with others.**

**You have the right to be an equal partner in your relationship.**



### Discuss the Warning Signs/Red flags

Discussing red flags can be helpful because they are things that society has normalized or are viewed as loving behaviors. When pointing these out, you should focus on the abuser's actions and not who they are as a person. *"I have noticed that they are always texting you and wanting to know where you are. How does that make you feel? Do you feel like you have your own space and time?"*



- **Extreme jealousy**
- **Dishonesty**
- **Controlling what one wears**
- **Possessiveness**
- **Isolation from friends or family (physically, financially, or emotionally)**
- **Keeping track of them all the time and/or constantly checking in**
- **Playing head games**
- **Checking their phone, email, or social media accounts without permission.**
- **Put downs, name calling, or criticizing constantly, especially in front of others**

### Understand the Complexity of Domestic Violence

#### What We Know

It often takes victims multiple times to leave a relationship before they terminate the relationship entirely.

#### How You Can Help

Be patient and supportive. Don't express frustration if they go back to that relationship.

# DOMESTIC VIOLENCE CRISIS CENTER

## What We Know

Not all victims will leave the relationship. Victims often want the abuse to end, not the relationship to end. Not every moment is bad, and the promise of change could persuade victims to stay. Victims know the risks and rewards of staying or leaving.

Leaving an abuser is the most dangerous time for a victim of domestic violence.

## How You Can Help

It may be hard for you to understand, but people stay in abusive relationships for many reasons. Honor their decisions and be supportive, no matter what they decide to do.

Victims should be connected to domestic violence advocates to help them safety plan throughout the leaving process, to help ensure their safety during this time where there is increased risk of lethality.



- **Center their safety** in your concerns, letting them know you're available and want to help.
- **Offer specific help.** You might say you are willing to just listen, to help with child care, or to provide transportation, for example.
- **Acknowledge that their situation is difficult**, scary, and that they are brave for trying to regain control.
- **Build trust.** They will only turn to you for support if they know that they can trust you, and building that trust depends on supporting and empowering them to make their own decisions.
- **Encourage them to participate in activities** outside of their relationship with friends and family, and be there to support them in such a capacity. This helps counter the isolation they are likely experiencing.
- **Identify and inform the victim of options and resources available** for support such as seeking legal advice, individual and group counseling, emergency shelter, filing a police report, obtaining a restraining order, making a safety plan (for leaving or staying in the relationship), counseling and support for children, and financial advocacy to help overcome the impacts of financial abuse.

**The goal is for victims to make informed decisions, not based in fear, to help them on their journey to a safer life.**

# DOMESTIC VIOLENCE BOOKLIST

Novels can be a powerful way to learn about the dynamics around domestic violence. This book list includes both fiction and non-fiction.

---

- *Assume Nothing* – Tanya Selvaratnam
  - *Behind Closed Doors* – B.A. Paris
  - *Big Little Lies* – Liane Moriarty
  - *Black and Blue*– Anna Quindlen
  - *The Color Purple* – Alice Walker
  - *Crazy Love* – Leslie Morgan Steiner
  - *Drowning* – Katelin Maloney
  - *Everything Will Be Okay* – Dana Buckmir
  - *Finding Your Voice* – Mannette Morgan
  - *Goodbye, Sweet Girl* – Kelly Sundberg
  - *Hush Little Baby* – Suzanne Redfearn
  - *In the Dream House* – Carmen Maria Machado
  - *Invisible Chains* – Lisa Aronson Fontes
  - *It Ends With Us* – Colleen Hoover
  - *The Keeper* – Jessica Moore
  - *The Last Mrs. Parish* – Liv Constantine
  - *Memorial Drive* – Natasha Trethewey
  - *No Visible Bruises* – Rachel Louise Snyder
  - *When I Hit You* – Meena Kandasamy
  - *A Woman Is No Man* – Etaf Rum
  - *The Woman Who Walked Into Doors* – Roddy Doyle
- 

To learn more about DVCC and domestic violence, visit [www.dvccct.org](http://www.dvccct.org)

