

INTRODUCTION:

‘DOMESTIC VIOLENCE & ABUSE’

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- I am Kasia Szyszka, licensed cosmetologist and a hairdresser since August of 2002 and a proud founder of Tears in Heaven,
- As well as a certified 60-Hour Domestic Violence & Sexual Assault professional since February of 2019,
- Illinois State licensed BCENT Domestic Violence CE Sponsor since July of 2019,
- As a hair professional I have been exposed to a lot of different family situations. And problems that customers talk about,
- I decided to take it to the higher level and talk about it. As well as educate on topic of Domestic Violence & Abuse.



WHAT IS DOMESTIC VIOLENCE?

- **Violent** or other **aggressive behavior** and **abuse** by one person against another in a domestic setting such as in a marriage, relationship or cohabitation in order to establish an maintain **POWER AND CONTROL.**

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WHO ARE VICTIMS?

- **VICTIMS ARE PEOPLE:**
- All genders (men, women.)
- Kids.
- Heterosexual and LGBTQ community.
- Elderly.
- Any race, any age, any religion.



KINDS OF DOMESTIC VIOLENCE & ABUSE

- **PHYSICAL**

- Hitting, slapping, punching, shoving, biting, cutting, kicking, burning, spitting.
- Destruction of property, throwing objects.
- Abandonment in unsafe, unknown and distant location.
- Neglect, restraint of movement, drowning, strangulation.
- Infliction of pain or injury with an object (gun, knife, bat, brick, chain, hammer, scissors, rope, belt buckle, extension cord, branch, bottle.)

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KINDS OF DOMESTIC VIOLENCE & ABUSE

- **EMOTIONAL/ PSYCHOLOGICAL**
- Yelling, name-calling, screaming, raging, criticism, silent treatment, ridicule, “crazy making”.
- Isolation, public or private humiliation, accusations of infidelity.
- Display of weapons, abuse of pets.
- Threat of injury, murder, harm, suicide, deportation.
- Minimizing or denying the abuse, blaming the victim for the abuse.

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KINDS OF DOMESTIC VIOLENCE & ABUSE

- **SEXUAL**

- Force victim to have sex against their will, force unwanted sexual acts.
- Force to watch others, have sex with others or commit sadistic sexual acts.
- Force sex after beating, when they're sick, when pregnant, or when danger to their health.
- Criticize sexual performance, blaming of sexual intercourse with others, acting jealous and angry.
- Criticize or insist victims clothing preferences.
- Reproduction.

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KINDS OF DOMESTIC VIOLENCE & ABUSE

- **FINANCIAL**
- Prohibiting employment, harassing victim at work.
- Not allowing victim access to bank accounts, controlling money, forcing victim to write bad checks.
- Monitoring spending, withholding food or money for food, withholding money for transportation.
- Putting credit cards, bank accounts and cars under perpetrator's name only.
- Refusing to file tax returns / Forcing victim to file false tax returns.
- Stealing victims identity, property or inheritance.

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KINDS OF DOMESTIC VIOLENCE & ABUSE

- **SPIRITUAL**
- Imposing theology on partner / victim.
- Destruction of religious objects or icons.
- Prohibiting or restricting religious practices.
- Use of religious text or verses (out of context) to control or manipulate.
- Excessive criticism of or making fun of another's religious beliefs or practices.

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HOW DOES IT START?

- It **IS NOT** evident, seen, noticed at the beginning of a relationship.
- It **IS NOT** an isolated, single event during the relationship.
- It is **TO MUCH, TOO FAST** in the beginning of the relationship.
- **JEALOUSY & POSSESIVENESS** is **NOT** noticed or considered care & love.
- Is a **PATTERN** of behavior for a purpose of establishing
POWER & CONTROL.

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THE PROGRESSION & ESCALATION OF VIOLENCE & ABUSE

- **TEMPER** is raised, **VERBAL ABUSE** escalates.
- **OBJECTS** are involved.
- **VIOLENCE** becomes **MORE FREQUENT** and **MORE SEVERE**.
- Eventually the act of violence **IS NOT EVEN NECESSARY**.
- Simple **THREAT** is **ENOUGH** to reinforce the **POWER & CONTROL** dynamic.
- **FEAR GROWS** & the **ABUSE GROWS**.

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CYCLE OF VIOLENCE & ABUSE AT VICTIMS PROSPECTIVE

- #1 **TENSION BUILDING PHASE**

- Tension is in the air. The abusive partner is irritable and easily “set off”.
- The abused person feels like they are “walking on eggshells” and works hard to keep the peace.

- #2 **EXPLOSION PHASE**

- The abusive partner can no longer control their rage and the tension erupts into a violent episode
- (verbal, physical or sexual.)

- #3 **HONEYMOON PHASE**

- The abusive partner is apologetic, making promises of change and love.
- For the abused person, this phase restores hope and keeps the relationship intact.

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WHY DO VICTIMS STAY?

- VICTIMS **MINIMIZE** THE IMPACT OF ABUSE.
- VICTIMS **DON'T TAKE** THE CONCERNS OF ABUSE SERIOUSLY.
- VICTIMS SAY THE **ABUSE DIDN'T HAPPEN**.
- VICTIMS **BLAME** THE ABUSIVE BEHAVIOR ON STRESS, ALCOHOL, DRUGS OR JEALOUSY.
- VICTIMS **SAY THEY ARE THE ONES THAT CAUSED THE ABUSE**.
- VICTIMS **ARE AFRAID**.
- VICTIMS **HAVE LOW SELF ESTEEM**.
- VICTIMS **HAVE NO HOPE** AND NO HELP FROM ANYONE.
- VICTIMS **ARE INSECURE**.

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DID YOU KNOW?

- IN THE U.S. , AN AVERAGE OF **20 PEOPLE** ARE PHYSICALLY ABUSED BY INTIMATE PARTNERS **EVERY MINUTE.**
- **1 IN 15** CHILDREN ARE EXPOSED TO AN INTIMATE PARTNER VIOLENCE EACH YEAR,
- AND **90%** OF THESE CHILDREN ARE EYEWITNESSES TO THIS VIOLENCE.
- 30 TO 60% OF PERPETRATORS OF INTIMATE PARTNER VIOLENCE ALSO ABUSE KIDS.
- **20%** VICTIMS OF **HOMICIDES** WERE FAMILY MEMBERS, FRIENDS, NEIGHBORS OR BYSTANDERS.
- IN 2017 **MEN** DIED BY SUICIDE **3.54X** MORE THAN **WOMEN.**
- BETWEEN **JAN. 1ST** AND **DEC.31ST 2018 CHICAGO** REPORTED **561 HOMICIDES.**

- NATIONAL DOMESTIC VIOLENCE HOT LINE: 1-800-799-7233
- DOMESTIC VIOLENCE HOTLINE/ CHILD ABUSE: 1-800-422-4453
- NATIONAL TEEN DATING ABUSE HELPLINE: 1-866-331-9474
- NATIONAL SUICIDE PREVENTION HOTLINE: 1-800-273-8255
- COOK COUNTY DOMESTIC VIOLENCE HOTLINE: 1-800-603-4357
- CONNECTION FOR ABUSED WOMEN & CHILDREN: 1- 773-278-4566
- DOMESTIC VIOLENCE LEGAL CLINIC: 1-312-325-9155 / **CHICAGO** /
- MUTUAL GROUND: 1-630-897-0080 / **AURORA** /
- NEAPOLITAN LIGHTHOUSE: 1-773-722-0005 / **NW CHICAGO** /
- SAFE PASSAGE: 1-815-756-5228 / **DE KALB** /
- SOUTH SUBURBAN FAMILY: 1-708-335-3028 / **HOMEWOOD** /
- THE WOMEN CENTER INC: 1-800-334-2094 / **CARBONDALE** /



OR **911**

• WARNING SIGNS OF ABUSE

ARE YOU WITH SOMEONE WHO.....

- Puts you down
- Scares you or loses their temper quickly
- Hits, pushes, chokes, restrains or physically harms you (or your children/pets) in any way
- Pressures or forces you to have unwanted sex
- Threatens to disclose personal/sensitive information (LGBTQ status, immigration status)
- Is jealous or possessive, checks up on you obsessively, or will not accept breaking up
- Prevents you or makes it difficult for you to see your family and friends
- Takes your money or will not let you have access to money
- Despite what your abuser says:
- **ALWAYS REMEMBER... IT IS NOT YOUR FAULT!**

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- **Pack the following items in your bag, put it in a safe place where abuser can't find it.**
- Identification for yourself and kids: driver's license, ID, Social Security cards, Birth Certificates, Green Cards & Passports.
- Important documents: school and health records, welfare ID, insurance info, car titles, lease or rental agreement, mortgage papers, marriage licenses & address books.
- Copies of any court documents: protective restraining orders, divorce or custody papers.
- Money: checkbook, bankbook or any credit cards (in your own name if possible).
- Medicine: a small supply of any prescription medicines or a list of the drugs and dosages, and the name, address and phone number of a prescribing physicians.
- Keys: any extra sets of car keys, house keys, safe deposit box and office keys.
- Clothing: change of clothes for yourself and kids.
- **REMEMBER DON'T PACK A BAG AND LEAVE IT IN THE PLACE WHERE THE ABUSER CAN FIND IT.**



- **WHEN AN INCIDENT OCCURS:**

- Avoid: use of drugs and alcohol, they will impair your judgement.

- Avoid: arguments, rooms with no exits, rooms with weapons.

- Be familiar with your exit route, and practice exit routes with kids.

- Set up a code with kids, neighbors, and friends and when they should call for help.

- Teach your kids to call 911. **REMEMBER, IT IS NOT YOUR FAULT**



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