

# **THE STATE OF NEW HAMPSHIRE**



## **GOVERNOR'S COMMISSION ON DOMESTIC AND SEXUAL VIOLENCE AND ATTORNEY GENERAL'S OFFICE**

### **FAITH COMMUNITIES: DOMESTIC VIOLENCE PROTOCOL 2007**

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# TABLE OF CONTENTS

<b>TABLE OF CONTENTS .....</b>	<b>I</b>
<b>NEW HAMPSHIRE GOVERNOR’S COMMISSION ON DOMESTIC AND SEXUAL VIOLENCE PROTOCOL COMMITTEE.....</b>	<b>III</b>
<b>FAITH COMMUNITY PROTOCOL COMMITTEE.....</b>	<b>IV</b>
<b>SPECIAL THANKS.....</b>	<b>V</b>
<b>PREFACE .....</b>	<b>VI</b>
<b>PURPOSE AND SCOPE.....</b>	<b>VII</b>
<b>WHAT IS DOMESTIC VIOLENCE?.....</b>	<b>1</b>
THE CYCLE OF VIOLENCE.....	2
EMOTIONAL ABUSE.....	3
SPIRITUAL ABUSE.....	3
WHAT DOMESTIC VIOLENCE ISN’T .....	4
WARNING SIGNS.....	4
MAKING THE BREAK.....	5
SPECIAL CONSIDERATIONS.....	5
CHILDREN EXPOSED TO DOMESTIC VIOLENCE.....	5
TEEN DATING VIOLENCE.....	6
DOMESTIC VIOLENCE IN DIVERSE POPULATIONS .....	6
ANIMAL ABUSE .....	7
<b>HOW TO RESPOND TO VICTIMS IN CRISIS .....</b>	<b>8</b>
GUIDELINES FOR TALKING TO THE VICTIM .....	8
DO’S AND DON’TS WHEN TALKING TO THE VICTIM.....	9
GUIDELINES FOR TALKING TO THE PARTNER WHO CHOOSES TO ABUSE .....	11
DO’S AND DON’TS WHEN TALKING TO THE PARTNER WHO CHOOSES TO ABUSE .....	11
COMMUNITY REFERRALS.....	13
COUNSELING CAUTIONS.....	14
CO-OCCURRING ISSUES: DOMESTIC VIOLENCE, MENTAL HEALTH AND SUBSTANCE ABUSE .....	15
SAFETY PLANNING.....	15
PROTECTIVE ORDERS .....	15
FORGIVENESS .....	16
MARRIAGE PREPARATION.....	16
INTERVIEWING THE COUPLE TOGETHER:.....	16
INTERVIEWING THE INDIVIDUALS SEPARATELY: .....	17
PREMARRIAGE QUESTIONNAIRES: .....	17
PREMARRIAGE COUNSELING: .....	18
FOLLOW-UP .....	18
<b>ADDRESSING DOMESTIC VIOLENCE AS A FAITH COMMUNITY .....</b>	<b>19</b>
POSITIVE STEPS FOR RELIGIOUS LEADERS.....	19
POSITIVE STEPS FOR YOUTH LEADERS.....	19
LOCAL ACTIVITIES .....	20
COLLABORATING WITH CRISIS CENTERS AND OTHER SERVICE PROVIDERS.....	20

**APPENDIX A NEW HAMPSHIRE DOMESTIC VIOLENCE AND SEXUAL ASSAULT SUPPORT SERVICES..... 23**

**APPENDIX B NEW HAMPSHIRE VICTIM/WITNESS ASSISTANCE PROGRAMS ..... 25**

**APPENDIX C NEW HAMPSHIRE COUNTY ATTORNEY OFFICES..... 27**

**APPENDIX D CHILD ABUSE AND NEGLECT MANDATORY REPORTING LAW ..... 29**

**APPENDIX E IT’S NOT JUST BLACK AND BLUE...IT’S MORE LIKE *SHADES OF GRAY*..... 30**

**APPENDIX F POWER AND CONTROL WHEEL ..... 32**

**APPENDIX G NON VIOLENCE WHEEL ..... 33**

**APPENDIX H TEEN POWER AND CONTROL WHEEL..... 34**

**APPENDIX I CHILDREN LIVING IN VIOLENT HOMES WHEEL..... 35**

**APPENDIX J CHILDREN EXPOSED TO DOMESTIC VIOLENCE..... 36**

**APPENDIX K TEEN EQUALITY WHEEL ..... 39**

**APPENDIX L LATER LIFE WHEEL ..... 41**

**APPENDIX M LESBIAN/GAY WHEEL ..... 43**

**APPENDIX N DO’S AND DON’TS WITH A BATTERED WOMAN ..... 44**

**APPENDIX O DO’S AND DON’TS WITH AN ABUSIVE PARTNER..... 46**

**APPENDIX P PERSONALIZED SAFETY PLAN ..... 48**

**APPENDIX Q DENOMINATIONAL POLICY STATEMENTS ON FAMILY VIOLENCE ..... 49**

**APPENDIX R BOOK RESOURCES ..... 51**

**APPENDIX S INTERNET RESOURCES ..... 52**

## **NEW HAMPSHIRE GOVERNOR’S COMMISSION ON DOMESTIC AND SEXUAL VIOLENCE PROTOCOL COMMITTEE**

The Governor’s Commission on Domestic Violence was created in 1993 and in 1998 was expanded to include the issue of sexual violence. The Commission represents all branches of government and those agencies and individuals who work with victims and perpetrators of domestic and sexual violence.

The mission of the Governor’s Commission is to develop and implement programs to reduce the level and seriousness of domestic and sexual violence in New Hampshire, and to increase awareness among the public, governmental and private agencies and the Legislative, Executive and Judicial branches of government, of the causes, effects and magnitude of domestic and sexual violence.

The Commission is composed of nine Committees, each focusing on separate goals. These committees include: Domestic Violence Fatality Review, Survey, Visitation, Protocol, Conference and Training, Batterer’s Intervention, Campus Consortium, Domestic Violence in the Workplace and Public Education.

In 1993 the Public Education Committee conducted statewide public hearings, and identified significant inconsistencies in the handling of domestic violence-related cases and the treatment of victims throughout the state. As a result, the Protocol Committee has developed eighteen multidisciplinary protocols on standardizing the handling of domestic and sexual violence cases among all the disciplines that work with these issues. Protocols include one for prosecution, law enforcement, medical, mental health, probation and parole, the courts, EMS, home health care providers, elder abuse, victim services and employee assistance programs. Each Protocol is designed to enhance and improve systemic responses to these issues. This is the second edition of the Faith Based Protocol, and it outlines appropriate responses to help victims break the cycle of violence by offering safety and support for victims, and accountability for their abusers.

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## **SPECIAL THANKS...**

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***The Commission encourages duplication and distribution of this Protocol. The Protocol is also available at [www.doj.nh.gov](http://www.doj.nh.gov) under Victim Services – Protocols.***

## PREFACE

Anyone can be a victim of domestic violence, regardless of gender, age, physical, mental or emotional ability, sexual orientation, gender expression/identity, socio-economic status, ethnicity, national origin, immigration status, educational level or religious or political affiliation. Based on the findings of the 2000 National Violence Against Women Study, “nearly 25% of surveyed women and 7.6% of surveyed men say they were sexually assaulted by a current or former spouse, cohabitating partner or date at some point in their lifetime.”

Research shows that violence in one generation often continues into the next, creating a cycle of abuse; almost two-thirds of the men who abuse their partners were exposed to domestic violence, or were abused as children. In fact, exposure to domestic violence is the single best predictor of juvenile delinquency and adult criminality for males. Girls who are exposed to/or experience teen dating or domestic violence are at increased risk for use of drugs, alcohol and tobacco use and engaging in sexually risky behavior.

Therefore, it should be no surprise that domestic violence is an enormous public health and safety issue here in New Hampshire. In 2006, 8,186 victims of domestic violence sought assistance from crisis centers, further broken down, 7,570 females and 616 males received services. The consequences of domestic violence can be extreme. An average of 50% of New Hampshire’s homicides are domestic violence related. Realizing the need to address this critical social problem proactively, the State of New Hampshire has made a strong commitment to reduce the effects of domestic violence by educating communities to recognize the signs of domestic violence and meet the needs of victims and their families.

Domestic violence is equally prevalent within faith and secular communities. It is easy to be blinded by familiarity or “picture-perfect” families. An abuser or a victim can be someone in your classes, your committees, your sanctuary. You must know how to respond, for the safety of the victim, the victim’s family, and your faith community.

We encourage you to use this protocol as a starting point to create additional policies on how your faith community will respond when faced with domestic violence. Put an action plan into place to decide, before there is a crisis:

- How will our congregation respond to victims of domestic violence?
- How will we respond to those who choose to use abuse or violence against their partners or families?
- How will we respond if the victim/abuser is a leader or staff person in our faith community?

There are numerous resources in New Hampshire that provide services to victims and families affected by domestic violence. Many of these programs are included in the appendices.

## PURPOSE AND SCOPE

***“By sharing the unequivocal message that God never intends for any human being to be abused or oppressed by another, clergy can support and strengthen the victim’s faith in a loving and just God. This conviction can serve as an important resource for victims as they undertake the journey from an abusive relationship to a life of peace.”<sup>1</sup>***

Your office or sanctuary may be the first place an abuser or victim of domestic violence seeks help. A person of faith will most likely reach out first to his/her own faith community in times of trouble. Therefore, well-informed and committed faith leaders are often in the best position to provide immediate support and referrals to domestic and sexual violence crisis centers and other community resources.

Appropriate response is crucial. To avoid feeling shamed or re-victimized, victims of domestic violence need validation and support in concert with a communal response to their safety needs. The community must jointly deny abusers’ justifications and hold them accountable for their actions. This is the only hope for preventing further abuse.

The purpose of these protocols is to provide all religious and lay leaders of New Hampshire with an action plan to safely respond to families in their faith communities who are experiencing domestic violence. We invite and encourage you to participate in our state’s effort to end domestic violence by incorporating suggestions found here to develop your faith community’s response. To this end, these protocols will identify and discuss some key domestic violence-related concerns, and outline specific points of action for prevention, crisis intervention and support.

We have included a number of topics regarding religious rituals and themes, to assist faith leaders in identifying the numerous ways in which they can educate themselves and families on the issue of domestic violence. This is not an all-inclusive list and we encourage you to adapt these protocols in a way that will honor your tenets and beliefs, while supporting victims and holding batterers accountable. While we have written this protocol to address communities of all faiths, our focus must be to educate these communities about the most effective response to the needs of victims and their families, rather than engaging in theological debate or discourse.

The FaithTrust Institute (formerly The Center for Prevention of Sexual and Domestic Violence) in Seattle, WA, ([www.faithtrustinstitute.org](http://www.faithtrustinstitute.org)) offers various media resources to train clergy and lay leaders to deal with the problems associated with domestic violence. The Institute also has extensive information and materials that provide more in-depth guidance for clergy dealing with domestic violence in the faith communities.

New Hampshire has numerous organizations and agencies, both secular and faith-based, to assist families dealing with domestic violence. You may contact the New Hampshire Coalition against Domestic and Sexual Violence or your local crisis center for training, resources or

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<sup>1</sup> From, “A Message from the Boston Coalition Religious Community Task Force, in *Responding to Domestic Violence: A Guide for Clergy and Laity*. 1997

assistance in working with victims (See *Appendix A*). It is our hope that this protocol will support your efforts to end the cycle of domestic abuse in your faith community.

## WHAT IS DOMESTIC VIOLENCE?

The Family Violence Prevention Fund defines domestic violence as “a pattern of coercive behavior that is used by one person to gain power and control over another, which may include physical violence, sexual violence, emotional and psychological intimidation, verbal abuse, stalking and economic control.” This definition is much broader than is typically recognized by our state laws for obtaining protective orders. Domestic violence may differ in terms of the severity of abuse and there are instances in which there is no physical violence at all in the relationship. Below are some examples of the manipulative and coercive tactics that abusers may use:

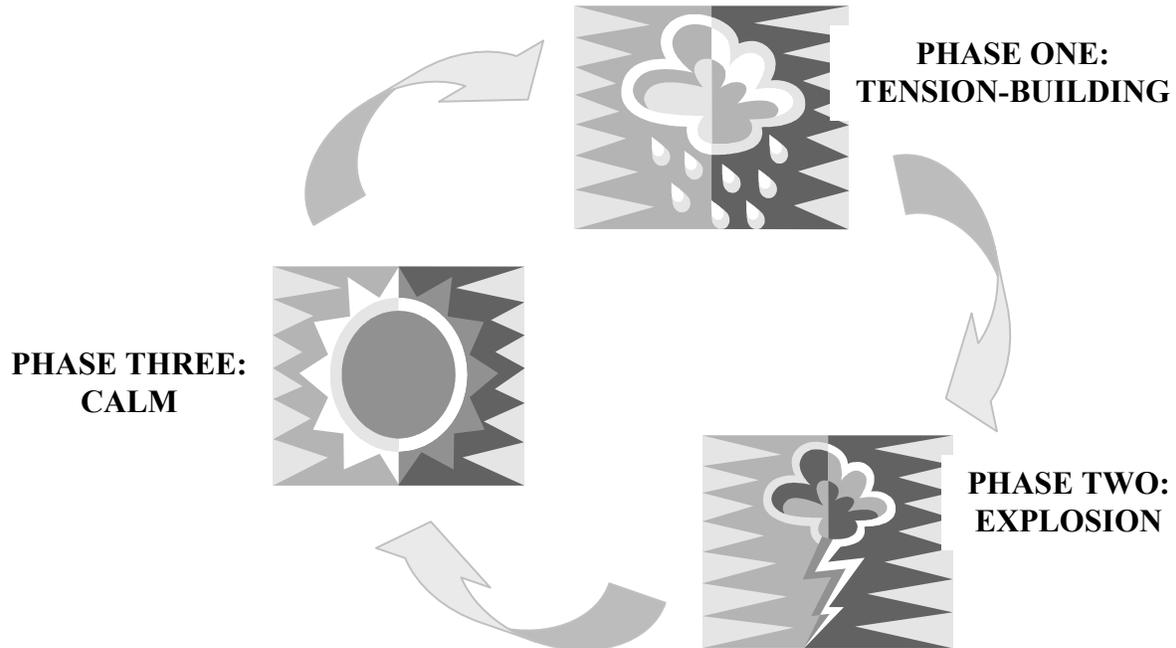
- **Emotional Abuse**—criticizes or ridicules the victim and/or family and friends; yells or swears at the victim; sabotages the victim’s relationships with others; disregards the victim’s feelings.
- **Medical Abuse**—refuses to allow the victim to seek medical treatment for injuries or even for routine care; pushes the victim to use/abuse alcohol or other drugs.
- **Spiritual Abuse**—mocks the victim’s moral values and religious beliefs, and creates situations to “test” them; uses quotes and misconstrues scripture to justify abuse; will not let the victim practice her/his faith.
- **Economic Abuse**—maintains control over all household income, makes the financial decisions and withholds money from the victim; harasses the victim at work to get her fired.
- **Legal Abuse**—threatens to report victim to child protection services; threatens lengthy court battles if victim tries to leave; ignores restraining orders or child support orders.
- **Sexual Abuse**—feels entitled to sex and refuses to take ‘no’ for an answer, makes the victim participate in forced sexual acts that are shameful, demeaning and often painful to the victim.
- **Psychological Abuse**—minimizes or denies the abuse; deprives the victim of sleep; threatens to harm the victim or children; destroys the victim’s belongings; hurts pets.
- **Monitoring/Stalking**—tracks mileage on the victim’s vehicle; monitors the victim’s phone calls and computer usage; makes victim account for time spent during the day; and follows the victim.
- **Physical Abuse**—spits on, grabs, pinches, shoves, pulls, slaps, hits, elbows, knees, bites, kicks, punches, strangles, smothers, burns, stabs (etc.) the victim.

The terms “family violence,” “intimate partner violence” and “domestic abuse” are often used interchangeably to describe this pattern of power and control of one person over another within the context of a current or former intimate or familial relationship. The victim can be related to the abuser through blood or marriage, may have resided with the abuser, or is/was in a dating relationship. Domestic violence can happen in any family dynamic.

The tactics used by abusive partners are often illustrated by the “Power and Control Wheel,” created by the Domestic Abuse Intervention Project in Duluth, Minnesota (see [Appendix F](#))

## THE CYCLE OF VIOLENCE

Lenore Walker first described the “Cycle of Violence” in her book, “The Battered Woman Syndrome.” While not true for all abusive relationships, abusive behavior often follows a cycle that increases in intensity and frequency over time. Without successful help or intervention, the violence is likely to get worse. These are the “phases” of abuse.



### **PHASE ONE: TENSION-BUILDING**

Abuser is edgy, irritable, and possessive. The increasingly controlling behaviors may last for hours, days or even months. The victim may withdraw, sense the tension and may indicate a feeling of “walking on eggshells.”

### **PHASE TWO: EXPLOSION**

The abuser’s aggression is evident and the violence may be explosive or unpredictable. This is when physical and/or sexual violence tends to occur. Violence may include breaking objects, abusing pets, threatening and/or strangling the victim.

**PHASE THREE: CALM:** Also known as the “honeymoon phase.” The abuser may act remorseful, apologize and make promises to the victim to get help or be a better partner. The victim often wants to believe the person due to love and hope that things will change. The abuser may deny or justify the abuse or blame the victim.

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## **EMOTIONAL ABUSE**

A 2005 national survey conducted by Family Circle/Lifetime Television reports that 96% of adults believe that verbal abuse can do just as much damage as physical abuse. However, most victims of physical violence say that the emotional abuse is, by far, the worst to experience. Why? With broken bones or bruises, there is “proof” of their victimization. Physical scars usually heal over time, but if a victim of emotional abuse does not get appropriate help for her/his psychological scars, the damage can last a lifetime.

Because there are no visible scars or wounds, victims of emotional abuse may have difficulty seeing themselves as victims of domestic violence. This is often true for the community-at-large as well; without physical proof of the abuse, they may be less empathetic of the victim’s dilemma.

## **SPIRITUAL ABUSE**

Spiritual abuse tactics can inflict considerable harm on victims of domestic violence, making them question their spiritual values and beliefs. Here are some examples of spiritual abuse used by a perpetrator:

- Abusers cite scripture to justify abusive, dominating or oppressive behavior;
- Abusers deny their partners the freedom to practice the religion of their choice;
- Abusers force their partners to violate their religious beliefs;
- Abusers shame or belittle their partners for their religious practices;
- Abusers make oppressive demands based on their interpretation of scriptures or other religious teachings (e.g., “the scriptures say that you need to obey me because you are my wife”);
- Abusers instill religious guilt for not doing what they want them to do (e.g., “How can you call yourself religious if you don’t forgive me?”);
- Abusers’ sense of marital entitlement causes them to justify their sexual demands, including forced sex (i.e., marital rape);
- Abusers involve or force children to witness ritual abuse (e.g., sacrificing pets).
- Abusers manipulate others in their religious communities to control and ostracize their partners.

Because abusers will misuse scriptures to justify physical, sexual and other abuses, spiritual leaders must guard against unwittingly corroborating an abuser’s claims of “head of household” without expounding upon their responsibilities in this role. They should be encouraged to model respect, mutuality and non-violence.

A victim, praying, or becoming a more religious person will not stop the abuser's abuse. Unfortunately, when a victim receives this kind of advice, she/he is often left feeling hopeless—unworthy of love, respect and dignity. Victims begin to question the validity their faith, or may feel they must choose between their faith and their life. Victims of domestic abuse need to hear that their faith tradition does not condone the violence against them, and that their physical and spiritual well-being is just as important as the family's wholeness.

## WHAT DOMESTIC VIOLENCE ISN'T

Domestic violence is not a disagreement, a marital spat or an anger management problem. The abuser is not out of control; in fact, abusers know that violence, or the threat of violence, will serve to control the victim. The abuser will make the choice about how much violence to use, and when and where to use it. This decision making process shows that the abuser is in fact, in control.

On occasion, when people have difficulty distinguishing the victim from the abuser, they will use the term "mutual domestic violence." *By definition, domestic violence cannot be mutual.* However, there are many forms of violence that are described interchangeably as "domestic violence," which often results in a victim being mislabeled as the abuser:

- **Resistance Violence:** violence that is committed by a victim in reaction to the abuse that s/he is experiencing, and includes defending her/himself from an attack.
- **Pre-emptive Violence:** violence that is committed by a victim because s/he is anticipating an attack by the abuser or has been "walking on eggshells" for so long, s/he is trying to precipitate an end to the tension. The victim often knows that the longer the tension builds, the risk of injury is increased.
- **Situational Violence:** violence that happens in reaction to the victim's circumstances; there is no pattern, or it is out of the victim's character to use violence.
- **Mutual Violence:** this differs from domestic violence because violence or aggressive behaviors may be used but not in the context of one person using those behaviors to make the other partner feel afraid and controlled. Overall, the power imbalance and tactics found on the power and control wheel most often do not apply.

## WARNING SIGNS

While every abuser is different, they might employ some of the same types of abusive and controlling tactics. Here are some signs to look for:

- **Extreme jealousy:** often mistaken for love, it is really indicative of a lack of trust;
- **Possessiveness:** abuser views the partner as an object to be owned;
- **Verbal abuse:** meant to build up the abuser by tearing down the partner;
- **Need to control:** often explained as concern for the partner's safety, it is actually a tactic meant to isolate partner from her or his support system;
- **"Dr. Jekyll and Mr. Hyde" personality:** a manipulative method to get power and control over an intimate partner with alternate threats and kindness;

- ***Expectation of rigid gender roles:*** often use societal expectations of men's and women's roles and negative stereotypes to control their partners. Gender roles and expectations can be used in both heterosexual and same sex relationships.
- ***Cruelty to animals:*** shows a lack of empathy and complete disregard for another living being's pain.

## **MAKING THE BREAK**

Leaving is a process, not an event. Victims often need to overcome a number of issues when coming to a decision to find safety apart from their abuser. Victims may feel that they have to justify leaving someone they and the children may love. Victims also have to overcome social, cultural and religious constraints of their relationships. Then they must find all of the economic resources and support systems necessary to make it on their own.

Many victims who are parents finally decide to leave because they recognize that their children are hurting from the abuse that they are being exposed to and are potentially experiencing first hand. However, when the courts become involved through protective orders or divorce actions, abusers may be given equal rights to their children—and victims may feel that they cannot protect their children when they are alone with the abusers. When victims realize that they are powerless to protect their children in these circumstances, they often make the difficult decision to stay.

Once a victim gains the courage to make the break, community systems may give her/him conflicting messages about whether s/he should stay or go. Leaving the abusive relationship is often the most dangerous time. That's when the abuser has lost control, and is willing to do anything to gain back the power and control.

## **SPECIAL CONSIDERATIONS**

### ***CHILDREN EXPOSED TO DOMESTIC VIOLENCE***

Adults as well as children are affected by domestic violence. Each year, an estimated 3.3 million children are exposed to violence against their mothers or female caretakers by family members. (American Psychological Association, *Violence and the Family: Report of the APA Presidential Task Force on Violence and the Family* (1996), p.11). Children who are impacted by domestic violence may have a variety of responses to what they are seeing, hearing, and feeling. It is important to note that each child will have his/her own way of coping with the violence and behaviors associated with the exposure. Children may develop resiliency through positive interaction and relationships with their non-abusive parent, other trustworthy adults, and peers. As a faith leader, you may have the opportunity to help children learn alternatives to violence, reinforce that their abused parent deserves respect, and reassure the children that the violence is not their fault.

Studies have found that in 30-60% of families where there is an adult victim of violence, the children have also been abused. (Edleson, 1999) New Hampshire has a mandatory child abuse reporting law, which states that all persons having a reason to suspect that a child has been

abused or neglected shall make a report to the State of New Hampshire's Division for Children Youth and Families (DCYF). Reports should be made to the Division for Children, Youth and Families at **1-800-894-5533** in New Hampshire or **1-603-271-6562** from out of state. The report may be made anonymously. Before 8:00 am and after 4:30 pm on weekdays and on weekends, reports should be made to local law enforcement.

### ***TEEN DATING VIOLENCE***

Teens, just like adults, can be subjected to abusive tactics by their dating partners including; emotional abuse, jealousy, isolation, stalking, and physical violence (see *Appendix H* "Teen Power and Control Wheel"). In fact, a 2006 study, conducted by Liz Claiborne Inc. noted that 1 in 5 teens who have been in a serious relationship report being hit, slapped, or pushed by a partner. Teen dating violence is not acceptable and is a serious matter. Teens need to know that it is never their fault and that help is available to them.

### ***DOMESTIC VIOLENCE IN DIVERSE POPULATIONS***

While anyone can be a victim of domestic violence, there are specific groups of people that may face more barriers in accessing and receiving assistance. This section briefly highlights some diverse populations and things to consider when addressing domestic violence within your faith community.

Domestic violence victims come from diverse backgrounds and bring with them their own experiences, beliefs, and values. While it may be difficult to know how to respond to all victims, understanding culturally competent practices may be helpful to faith leaders. Acknowledging and understanding how a victim self-identifies is important to building a relationship that is based on trust and respect. Some diverse populations are difficult to reach in the community, in part, due to oppression and racism in our society.

Some things to consider include:

- Domestic violence can happen in both heterosexual and same sex relationships. It is important to not force someone to disclose her/his sexual orientation or gender identity and to keep that information confidential. Using gender neutral language such as partner or mirroring the victim's language can be helpful when discussing the abuser and the violence. Remember that regardless of the size and the sex of the victim or the abuser, domestic violence is always about one person trying to gain and maintain power and control.
- If someone is an immigrant or refugee, learning more about her/his culture and identity may be helpful in responding to the abuse s/he is experiencing. Victims in the immigrant and refugee community may have limited to no English proficiency. If possible, use a certified or confidential interpreter to communicate with the victim. Try to avoid using family, friends, and members of their community to interpret, as it may not be safe for the victim. Immigrants may not understand what domestic violence is or how it is defined

here in New Hampshire, or may be fearful of deportation and arrest. If you are unsure of the domestic violence laws or how to best explain what domestic violence is, refer to your local crisis center.

- Many elders and other adults with disabilities are often dependent on caregivers to assist them with activities of daily living. These individuals are vulnerable to abuse and neglect by those they entrust with their care. The abuse may include; physical abuse, harassment, emotional abuse, neglect that deprives the adult of needed service or support, sexual abuse or exploitation. Abuse may occur in a number of places including the adult's home, a nursing home, group living home, or in a relative's home. Faith leaders are among the few professionals whose responsibilities regularly take them into homes and care facilities, and are in a position to observe signs of abuse and neglect by a family member or caregiver. Reinforce that the abuse is not the victim's fault and that help is available.

New Hampshire has a mandatory elderly and incapacitated adult abuse reporting law, which states that all persons having a reason to suspect that an elderly or incapacitated adult has been abused or neglected shall make a report to the State of New Hampshire's Bureau of Elderly and Adult Services. Reports should be made to the Bureau of Elderly and Adult Services at **1-800-949-0470** in New Hampshire or **1-603-271-7014** from out of state. The report may be made anonymously. Before 8:00 am, after 4:30 pm on weekdays and on weekends, reports should be made to local law enforcement.

### ***ANIMAL ABUSE***

Pet and animal abuse is cited as an early indicator for domestic violence. Abusers will often use violence against family pets and animals as a way to abuse his/her intimate partner and/or children. According to the American Society for the Prevention of Cruelty to Animals, "...numerous small studies have indicated that in homes where victims of domestic violence keep animals, anywhere from 70 to 80 percent of the animals have been abused or threatened with abuse." Many victims may not want to leave their animals behind or with the abuser out of fear of the animal being harmed or even killed. It is important to acknowledge that many people have attachments to their pets, and may even consider them part of the family. If a victim needs or wants to leave a violent relationship, help her/him to find resources for a temporary or long-term placement for the pets or animals.

## HOW TO RESPOND TO VICTIMS IN CRISIS

A thorough understanding of domestic abuse is essential when offering help to a victim. Often, victims are viewed to be responding in an irrational manner to what others may view as a rational situation. Victims of domestic abuse often use survival and coping skills that are very rational in the face of irrational situations. The victim is taking a very courageous step in coming to you for help, and that courage must be met with equal compassion and understanding.

If you are working with the victim on an ongoing basis, you may need to limit your interactions with the abuser in order to assure the victim's safety and trust.

You receive a call from a victim who has been abused and is asking for help **in the immediate crisis:**

- First ask the victim if s/he is safe, and if the police need to be called.
- *Do not* go to the home.
- *Do not* attempt to work with both parties at the time of crisis. The abuser may still be dangerous to the victim and/or the children, and may threaten or harm anyone who tries to interfere. Offer to call the police.
- Ask the victim if the immediate violence is over, and what assistance is needed, such as medical attention? Will the abuser come back if s/he has left? Are the children safe? Does the victim have somewhere safe to go and the means to get there?
- Provide the victim with the phone number for the **24-hour Statewide Domestic Violence Hotline (866-644-3574)** to speak with a crisis center advocate. If you call on a victim's behalf, you should know that domestic violence programs need to speak to the victim directly for intake into their shelters. Empower and encourage the victim to make the call.
- Take the lead from the victim to discern the victim's needs. If the victim asks for privacy while talking to the crisis center, provide it. If the victim indicates that s/he does not want to be alone, give your support.
- If the victim chooses not to go into shelter or speak with a crisis center advocate, help the victim safety plan (see *Appendix P* "Personalized Safety Plan").
- Recognize your limitations, and do not give help beyond what you have been trained to do. If you need assistance to help the victim develop an effective safety plan, call the local crisis center for suggestions.

## GUIDELINES FOR TALKING TO THE VICTIM

When a victim has finally made the decision to come forward for help, it is essential that you provide nonjudgmental support. How you react may determine whether or not the victim seeks help in the future. (See *Appendix N*, "Do's and Don'ts with a Victim of Domestic Abuse," Faith Trust Institute).

The information you will hear from the victim may be sensitive and difficult to hear. Especially if you have an ongoing relationship with the entire family, the victim's allegations may seem unbelievable or exaggerated.

If the victim is female and expresses discomfort in speaking with a male clergy person, make every effort to refer her to a woman clergy person. If one is not available, ask how you can provide her services in a way that would make her more comfortable. If you are a female working with a male victim who prefers to speak to a male clergy make every effort to accommodate his request.

### ***DO'S AND DON'TS WHEN TALKING TO THE VICTIM***

- 1) ***Protect confidentiality.*** The victim needs to know that information s/he shares with you will be protected by you, and only released to others when s/he has given you written permission to do so. Do let the victim know the limitations to confidentiality, and your need to report any disclosure of child abuse/neglect. *Do not confront the abuser with allegations or ask for the abuser's side, and do not share information with others who might bring information back to the abuser. Victim safety depends on this.*
- 2) ***Believe the victim.*** The victim's ability to trust you will grow in response to you expressing belief in all that the victim tells you. Remember that the victim is also likely to minimize, deny and blame him or herself for the violence done towards him or her. Doubting the victim will likely result in the victim not coming back for help, and may make the victim feel cut off from other resources.
- 3) ***Listen with an open mind.*** Empty your mind of biases and prejudices; put aside your perceptions of this person and the family. Focus your complete attention on all that the victim has to say; listen without judgment. Reiterate what the victim has said so s/he knows you have heard.
- 4) ***Ask direct and clarifying questions.*** Your ability to address this sensitive subject with candor will give the victim assurance that it is OK to talk about it. Do not use vague terms like 'violence' and 'threats.' Help the victim name the abuse s/he is experiencing; use specific terms such as 'hitting,' 'name-calling,' 'isolation,' etc.
- 5) ***Be cautious in expressing emotion.*** It is good to be empathetic when listening to a victim recount his/her experiences. However, be careful not to react with disgust, anger, doubt or shock. Extreme reactions can trigger the victim, or make the victim reluctant to continue to share her/his experience. Keep your emotions in check.
- 6) ***Address moral and religious concerns.*** A victim's faith can be a powerful resource for survival, or an unimaginable roadblock for safety. This is an opportunity to emphasize the love, safety and support found in faith traditions.
- 7) ***Give referrals, especially to the local crisis center.*** Offer to let the victim call the local crisis center to learn all of the options available to address the abuse, and to create a safety plan. It is important for the victim to see that the faith community supports

accessing outside resources to more completely address the victim's needs. Have a resource handout ready, and give appropriate referrals to community agencies, such as:

- Domestic violence service agencies (see *Appendix A*)
  - Batterer intervention programs (call your local crisis center for contacts)
  - Substance abuse programs (call your local crisis center for contacts)
  - Counselors/therapists (call your local crisis center for contacts)
- 8) ***Express concern for the victim and children's safety.*** Ask questions to better assess safety needs, and help develop a safety plan. Encourage the victim to put away financial resources for an emergency. If the abuser remains in the faith community, plan ways to allow the victim to maintain fellowship while preserving safety. If the victim requests it, help the victim find a safe place to go.
- 9) ***Tell the victim s/he is not alone.*** Stress that domestic violence can happen to anyone. According to the 2000 Violence Against Women Survey, 24.8% of women and 7.6% of men will be physically and/or sexually assaulted by an intimate partner in their lifetime. Crisis centers provide peer support and information for all victims of domestic violence.
- 10) ***Respect and support the victim's choices.*** Understand that the victim is the most knowledgeable about the relationship, and is capable of making the right decisions at the right time to protect her/himself and the family, even if that means staying with the abuser. Do not have expectations, or pressure the victim to take action one way or another; outline the options, and let the victim decide.
- 11) ***Acknowledge the victim's courage, and that s/he is not responsible for the abuse.*** The best way to keep communication open is to let the victim know that faith tradition does not condone the abuser's behavior, the victim did nothing to deserve the abuse, and that the victim is doing the right thing by finding safety. Acknowledge the courage in coming forward; assure the victim that you will honor the disclosure and the faith community will do what they can to provide support.
- 12) ***Set boundaries, and know your limits.*** If something is beyond your expertise, make appropriate referrals and seek help from your local crisis center, community colleagues and other resources
- 13) ***Do not physically touch a victim without permission.*** Many victims experience severe physical or sexual trauma, and can be triggered by touch. Ask permission to hug, hold a victim's hand, etc. Never become emotionally or sexually involved with a victim.
- 14) ***Do not ignore the abuse.*** Doing nothing may send a message to both the victim and the abuser that the abuse is condoned by those who know about it. When someone says, "We don't want to get involved," what the victim may hear is, "You're not important enough for me to become involved" or "I don't believe you."

## **GUIDELINES FOR TALKING TO THE PARTNER WHO CHOOSES TO ABUSE**

There is no typical abuser. Abusers can be any gender or of any sexual orientation. They are also from diverse socio-economic, racial, ethnic, religious and age groups. Many abusers are respected members of their community, without a criminal record. They are often well spoken, and present very well to professionals evaluating their families.

Domestic abuse has no place in any loving, mutual, respectful partnership. It is not a family fight that has escalated out of control, nor is it caused by extreme stress. The victim or the victim's personal problems do not cause domestic violence. Domestic violence is about entitlement—the abuser feels he/she has the right to treat the intimate partner in this manner. The abuser is solely responsible for choosing to use violence against the victim and the children. The abuser alone should be held accountable for the behavior.

Because abusers' power and control depends on the violence being kept secret, they are vested in manipulating and controlling how you perceive them and their victims. They may disparage their victims, often in the guise of "just trying to help," claiming that it is the victim who is the problem. From the outset, abusers may be charming. It is important that you recognize the various ways they will minimize, deny and blame the victims for what the abusers are perpetrating in their homes (see *Appendix O*, "Do's and Don'ts with the Abusive Partner," Faith Trust Institute).

### ***DO'S AND DON'TS WHEN TALKING TO THE PARTNER WHO CHOOSES TO ABUSE***

***Do not disclose the victim's allegations to the abuser and do not confront the abuser.*** Do not ask the abuser to confirm the victim's story. To confront the abuser, even with the victim's permission, puts the victim at great risk for harm. Never speak to the abuser unless the victim is first aware of your intentions and you know that the victim is safe. It is **NOT** your responsibility to confront the abuser. ***Do not reveal where the victim and/or children have gone for safety.***

- 1) ***Meet in a public place or with other people around.*** Most abusers will only focus their rage on their intimate partner, but you still should be careful of your own safety. Prior to meeting with the abuser, find out the extent of the violence from the victim. Has the abuser assaulted anyone else? Under what circumstances?
- 2) ***Be prepared for the abuser to confront you.*** If the abuser becomes aware that the victim has spoken to you, s/he may seek you out to tell their 'side' of the story. The abuser may come to you to find out what the victim has said to you. The abuser needs you to believe that s/he is not at fault, and will try to convince you that the fault for the abuse lies entirely with the victim, or deny it altogether. Do not confirm or deny anything the victim has said to you or even whether you have spoken with the victim.
- 3) ***If the abuser is arrested, support accountability.*** It is inappropriate to advocate for the abuser to avoid legal consequences for the behavior, or to provide a character witness for

legal proceedings. The greatest chance for change lies with the abuser being held accountable for the violence.

- 4) ***If the abuser acknowledges any abusive behaviors, encourage him/her to accept responsibility.*** Let the abuser know unequivocally that violence is never okay, and power and control have no part in a mutual, loving relationship. Ask the abuser to take responsibility for the behavior and invest the effort to change. Make appropriate referrals for services if the abuser is serious about his/her efforts to change his/her abusive behavior.
- 5) ***Beware of claims of a conversion experience.*** Often abusers will claim that they have “found God” in an attempt to gain access to the victim or make the faith leader pressure the victim for reconciliation. Avoid urging the victim to reconcile based on this claim, and don’t confuse remorse for getting caught with true repentance. If the repentance is genuine, it will be a great strength and comfort to the abuser as the accountability process progresses; if not, the abuser will seek to use this ‘conversion’ as a way to avoid the consequences of the actions.

Also be aware that a ‘confession’ and request for ‘forgiveness’ may be another tactic designed to manipulate you to get the victim back under control. Underscore that the idea of repentance means turning from abusive ways and THAT the abuser can choose to change, whether or not the victim chooses to forgive.

- 6) ***Confront the abuser’s religious rationalizations for the abusive behaviors.*** Just like the victim, the abuser’s faith can be either a resource for change, or a roadblock. Challenge the use of scripture to justify abusing the partner. Point out teachings that talk about the equality of men and women and the responsibilities the abuser has to the family.
- 7) ***Challenge the abuser’s excuses.*** The abuser will use a number of excuses for the behavior: alcohol or other drugs, an abusive parent, low self-esteem, stress, unemployment, provocation from the partner, etc. The abuser may minimize, deny, lie about, or blame the violence on others. Do not allow the abuser to rationalize the behavior, or lay the blame on the victim. Only the abuser can change the behavior.
- 8) ***Avoid labeling the abuser.*** Using the terms “batterer” or “abuser” makes a statement about who the person is, rather than confronts what the person has done. Using terms such as “men/women who batter” implies that the person can choose the behavior, and thus make a choice to change.
- 9) ***Reinforce his/her love for the family.*** Someone who uses abuse in a personal relationship is attempting to meet needs in a way that is harmful to others. Encourage the abuser to look at how the behavior affects the children and the partner to help him/her develop internal motivations to stop the abuse.
- 10) ***Help the abuser distinguish between feelings and behaviors.*** There is a difference between feeling angry and raging. No one can get hurt from another person feeling

emotions; harm occurs when emotions are inappropriately expressed. Dispel the myth that the victim “makes” the abuser feel certain emotions, thus “causing the violence.

- 11) ***If the abuser is male, help him redefine masculine thinking.*** Show him that “real men” do not need to use tactics of power and control within a relationship. Help him to understand that it takes as much strength to control his own behavior as it does to control his partner, and that rigid sex roles are as harmful to him as they are to his partner. Be a role model, if you are a male faith leader.
- 12) ***Assess for threats of suicide or homicide.*** If there are threats of suicide, follow your institution’s suicide protocol. Take all threats to safety seriously. If the abuser makes threats against the victim, warn her/him immediately. When some abusers are suicidal there is an increased risk of them causing potential harm to their victims.
- 13) ***Refer to a batterer intervention program.*** This is the most appropriate intervention to address the abuser’s feelings of entitlement, “black-and-white” thinking, and the abuse tactics. Some of these programs also integrate “parenting after violence” programs that can help the abuser recognize what effects the behavior has on the children. Contact your local crisis center to find reputable programs.

## COMMUNITY REFERRALS

Many services are available to you and the family to help address the domestic violence and co-occurring issues they are facing. To give the family the most complete support system possible, relationships should be developed between your faith community and local services.

**Crisis centers may be the single most valuable resource for victims and/or their family. Crisis center advocates receive extensive training on domestic violence, sexual assault, stalking, teen dating violence and sexual harassment, and are a valuable 24-hour resource when you are looking for guidance. They can provide referrals to a variety of services, and are often familiar with the best programs to fit your faith community member’s needs. They can also provide legal and social service advocacy, and help the victim navigate local community services. Crisis center services are free and confidential.**

New Hampshire has programs for victims in every county (see [\*Appendix A\*](#)). Services for children who are exposed to domestic violence, and for abusers vary across the state. Learn what resources and services are available to victims and abusers before you need to consult with or refer to them. In addition to domestic violence or sexual assault crisis centers, the community agencies you should be in contact with include:

- Local police department;
- Batterer Intervention Programs
- Substance abuse counselors trained in domestic violence;
- Therapists who specialize in domestic violence;
- The local County Attorney’s Office (see [\*Appendix C\*](#));
- The local Victim/Witness Assistance Program (see [\*Appendix B\*](#)).

Questions to ask community resources include:

- Are they trained to handle, and do they have experience with domestic violence cases?
- Is there a waiting list? How long before a family can access services?
- What do they charge for their services, if anything? Do they provide assistance to low-income families?
- Do they offer couples counseling even with a current threat of violence? (If so, **do not** make that referral. See “Counseling Cautions.”)

## COUNSELING CAUTIONS

There are many types of counseling or therapy programs available; you may even consider providing counseling yourself if qualified. Joint counseling sessions can be dangerous for couples in an abusive relationship, and are **not** appropriate. Not all victims are in need of therapy. Care should be taken to make other referrals. Keep these things in mind when recommending counseling to people living with domestic violence:

- ***Providing counseling to the couple/family:*** When an abuser hurts his/her partner, it is most important for you to be available to relate and counsel both parties in different roles: for the abuser as an agent of accountability and change, and for the victim as a safety net. Consider whether it is in anyone’s best interests—or if it is safe—to provide counseling services to either party. If you do choose to provide counseling services, they should only be provided to each person individually, and only if you have received training as a professional counselor, with additional training in domestic violence.
- ***Couples/marital counseling:*** For the victim of domestic abuse, couples or marital counseling is dangerous. An abuser relies on the victim to keep the abuse a secret. The abuser may subject the victim to further abuse if s/he discloses the truth about the abusive situation. An abuser may even be willing to assault the victim during a counseling session, if the victim ignores the cues to “keep the secret.” If the victim cannot tell the truth, the counseling does no good. Worse yet, if the counselor is not fully aware of the dynamics, the victim may hear victim-blaming messages. **A responsible couples counselor should not provide services to a couple when domestic violence is an issue.**
- ***Conflict resolution:*** This type of program is only viable for two individuals who have equal power and equal opportunity to express their opinions and concerns. Domestic violence is not about irresolvable conflict, it is about one person exerting power and control over another; equality is not possible when one person is abusing another in a relationship.
- ***Stress/anger management:*** Both of these programs take the focus off of the real problem—*the abuser’s choice to use violence*—and make excuses for the behavior. One of the results is that abusers become more emotionally and psychologically terrorizing towards the victim.

- ***Batterer's intervention programs:*** Good programs hold abusers accountable for their actions, and refuse to allow victim-blaming, minimizing and denying behaviors that are their trademarks. Reputable batterer intervention programs will follow standards set by their respective states. For New Hampshire's standards, see the Governor's Commission Batterer's Intervention Program Standards. (<http://www.state.nh.us/nhdoj/victim/domesticprotocols.html>)
- ***Substance abuse programs:*** Because substance abuse does not cause domestic violence, it is not enough for abusers to receive only substance abuse treatment. In fact, some abusers become more violent after they become clean and sober. They must also be held accountable through a program that will address the entitlement and use of violence toward their intimate partner.

## **CO-OCCURRING ISSUES: DOMESTIC VIOLENCE, MENTAL HEALTH AND SUBSTANCE ABUSE**

Not all domestic violence victims experience substance abuse or mental health problems. Research shows us that victims, who have extensive trauma histories, including physical and sexual violence, are at greater risk of having or developing co-occurring mental health issues and substance abuse problems. Some victims will use alcohol or other drugs as a coping mechanism in order to numb their pain or disconnect from what is happening to them. Victims may also be forced to use substances by their abusers.

Repeated exposure to physical and/or sexual abuse can significantly increase the likelihood of mental health problems, such as Post-Traumatic Stress Disorder (PTSD), depression and anxiety and panic attacks. Victims may engage in other activities that are also considered self-destructive, such as cutting, self-mutilation or eating disorders.

It is important to remember that victims of domestic violence respond to trauma and fear on a continuum. Each victim's response to her/his situation will vary. It is also important to recommend treatment for mental health and substance abuse problems that will address the trauma, which may be underlying the presenting problems. Regardless of whether the victim or the abuser obtains sobriety and/or mental health treatment, it does not mean that the violence will stop.

## **SAFETY PLANNING**

Victims should be encouraged to develop a safety plan. Crisis center advocates have extensive experience working with victims to develop a safety plan. If the victim asks for help see the sample safety plan in the appendix and feel free to call the crisis center for assistance.

## **PROTECTIVE ORDERS**

New Hampshire law provides for protection of victims of domestic violence through protective orders. If the victim chooses to get a protective order, s/he should be supported fully in that

endeavor. In order for the victim to have an understanding of all of the available options, encourage the victim to contact the local crisis center. An advocate can discuss with the victim all of her/his safety concerns and legal options, and can assist the victim through the process of obtaining a protective order if the victim chooses to do so.

## **FORGIVENESS**

While forgiveness may have value bringing healing to some victims of domestic violence, too often spiritual leaders advocate for the victim to forgive the abuser. This once again lays the burden on the victim's shoulders to fix a relationship that s/he is powerless to fix.

The victim may already be facing internal and external pressures to forgive the abuser and reconcile. "Forgive and forget" is a phrase heard over and over by the victim, but rarely is forgiveness that simple. Forgiveness may be a long process for some victims, and may not be possible for all.

It is important to be clear about what forgiveness is not. Forgiveness is not about pretending the violence never took place. Forgiveness is not excusing the abuser. It is not condoning the abusive behavior, and it does not give up on justice. Forgiveness is also different from reconciliation, which is a process where two people seek to restore a safe, compassionate, fair and kind relationship.

## **MARRIAGE PREPARATION**

Any marriage preparation your faith community provides is an excellent forum to present domestic violence prevention and education. Having open and honest discussions about intimate partner abuse will provide valuable resources for all individuals in the event they, or someone they know, find themselves married to a violent partner.

Premarital counseling is a valuable opportunity for a faith counselor to assess how well each partner deals with a range of feelings including anger, fear, disappointment and frustration. It is also the time to detect warning signs such as alcohol or drug abuse, physical and non-physical abuse, and cruelty to animals. Possessiveness and jealousy, history of violence, an inflated sense of entitlement and rigid sex roles are other red flags to assess while working with a couple.

**Before or during the couple's session, if there is any concern about domestic violence, meet with the couple individually first.** Do not encourage the victim to speak of these issues together with the abusive partner, as that puts her/him at risk for further abuse.

### ***INTERVIEWING THE COUPLE TOGETHER:***

It is good practice to meet with the couple several times before the wedding. Domestic violence and sexual assault should be discussed as part of this preparation phase. At sessions where both parties are present, discussions about general issues are appropriate. These issues include:

- Education about domestic violence;

- Teaching about healthy relationships;
- Their families of origin, except issues relating to violence and child sexual abuse;
- Roles and expectations.

### ***INTERVIEWING THE INDIVIDUALS SEPARATELY:***

Interviews should also take place with each individual as a matter of practice. This gives each person an opportunity to talk with the spiritual counselor freely. If intimate partner violence is an issue, the victim will have a safe place to discuss concerns about her/his future

Opening your door to each person individually lets both know that, should your time and assistance be needed in the future, you are available. Topics for individual discussion include:

- Current physical violence or other forms of abuse;
- Warning signs of potential abuse;
- Any history of abuse in this relationship, or either party's previous relationships.

If a person discloses s/he is currently or previously has been a victim of domestic violence, sexual assault or stalking, make appropriate referrals to the local crisis center. Keep the shared information confidential.

### ***PREMARRIAGE QUESTIONNAIRES:***

Premarriage questionnaires help to assess current attitudes and behaviors of both parties regarding domestic violence. They also provide a framework for prevention and education about intimate partner abuse, and the faith community's teaching about domestic violence.

Organizations such as the Faith Trust Institute in Seattle can provide information about the questionnaires currently available to clergy. One such tool is the FOCCUS (Facilitating Open Couple Communication, Understanding, Study) Program. This tool has been developed for a range of faith communities, and all versions are available online at [www.foccusinc.com](http://www.foccusinc.com). It is a useful tool to help couples evaluate their relationships, identify their strengths and challenges, and address areas of concern.

Group programs offered to engaged couples should include the following topics about domestic violence:

- Healthy communication skills and equality in the relationship;
- The importance of social support from family, friends and faith community;
- The nature of domestic violence and warning signs;
- Clear condemnation of violence in or out of marriage;
- Accepting responsibility for one's own abusive behaviors.
- The impact of children's exposure to domestic violence;
- A listing of resources for victims and perpetrators of abuse.

Faith leadership should invite participants to address any concerns privately, and promise to provide confidentiality and assistance for those seeking help. Facilitate a discussion about domestic violence, giving special attention to the misuse of sacred texts, and their true teachings about marriage and the responsibilities of both partners.

Information should be openly distributed to all participants, and it should be explained that all materials are distributed to all couples as a matter of practice. This is a safety precaution, as some abusive partners may think they are the only ones receiving the information, causing suspicion that their partner divulged abuse in the relationship.

The preparation process should be sensitive to those who may be in an abusive relationship or who are in fear of violence. Individual sessions to facilitate referrals to domestic violence services should be provided.

Marriage preparation programs should also include opportunities to present information and to lead discussions with groups of women separately from groups of men. For instance, the men's group can include a discussion of male response to anger, social conditioning, entitlement and the perceived need to dominate in a relationship. Men may feel less defensive when having these discussions with their peers.

### ***PREMARRIAGE COUNSELING:***

Despite your efforts to educate or intervene, a victim of intimate partner violence may still choose to marry the abuser. It is important that you as the faith leader support that decision. It is Okay to express your concerns for the victim's safety and for the success of the relationship; you may even recommend postponing the wedding. But do not abandon the victim for the decision to stay in the relationship—the victim needs to depend on your unconditional support in the future.

### **FOLLOW-UP**

Follow-up or aftercare is an important part of marriage preparation and consists of contact with and support for newly married couples during the first few years of marriage. Continue to share information about domestic violence, what healthy relationships look like, and how to recognize warning signs of violence. Ask about how each person is adjusting to married life.

Develop monthly support groups for newly married couples as part of the mission of the faith community, to give couples an opportunity to discuss topics that will help strengthen their relationship. Information and resources about family violence and healthy relationships should continue to be disseminated, so that possible victims have continuous access to available help.

## ADDRESSING DOMESTIC VIOLENCE AS A FAITH COMMUNITY

Faith communities have an important role to play in addressing domestic violence. According to the March 2005 Family Circle/Lifetime Television survey on family violence, *89% of adults believe that religious institutions should do more to combat violence in the home.* By preaching against it, by making literature on the subject available to your faith community, by observing October as “Domestic Violence Awareness Month,” and by developing relationships with domestic violence centers, religious leaders can demonstrate that they take the issue seriously.

Most major denominations have policy statements regarding domestic violence and child abuse, and can provide you with direction in adapting these protocols to your faith traditions (see *Appendix Q*).

### POSITIVE STEPS FOR RELIGIOUS LEADERS

- **Accept** that domestic violence is a serious problem occurring in all facets of society—including your faith community.
- **Support** the victim when s/he comes forward to ask for help.
- **Know** what resources are available in your community to make appropriate and timely referrals.
- **Understand** that couple’s counseling is not an appropriate referral, because a victim is not safe to disclose abuse—the victim may suffer retaliation.
- **Lead by example**, and serve on the board of directors of your local domestic violence/sexual assault crisis center, or participate in a local domestic violence community council for training and access to resources.
- **Participate** in training from a domestic violence/sexual assault crisis center.
- **Speak out** against family violence. You can profoundly impact people’s attitudes and beliefs.
- **Sponsor** an awareness program or healing service for victims and survivors of domestic violence and/or sexual assault.
- **Do the theological homework necessary** to better respond to family violence and address the spiritual crisis of victims and perpetrators.
- **Develop** a resource center that includes books, videos and other materials addressing the subjects of family violence and sexual assault.
- **Educate** your fellowship through weekly announcements and monthly newsletters.

### POSITIVE STEPS FOR YOUTH LEADERS

- **Develop**, along with your local crisis center faith community activities, such as anti-bullying, anti-violence and mentoring programs.
- **Host** young people’s classes that address teen dating violence and domestic violence.
  - **Create** a general youth bulletin board including local crisis line numbers and pamphlets, addressing issues such as:

- Teen dating violence and date/acquaintance rape ([www.reachouthn.com](http://www.reachouthn.com))
- Domestic violence and getting help staying safe
- Teen suicide
- Drug and alcohol abuse intervention
- **Designate** a youth day to discuss these sensitive topics both from a spiritual and a secular viewpoint.
- **Build** an in-house Big Brother/Sister Program.

## LOCAL ACTIVITIES

### 1. **Participate in victims' rights observances and other awareness programs:**

- The "Clothesline Project" coordinated by the AmeriCorps Victim Assistance Program
- January - Stalking Awareness Month
- April - Sexual Assault Awareness Month  
Child Abuse Prevention Month  
National Crime Victims' Rights Week
- October - Domestic Violence Awareness Month

For more information on these projects contact your local crisis center.

2. **Reach out to same-sex couples in your faith community.** Gay and lesbian couples experience domestic violence too. However, they may be particularly reluctant to seek help from the religious community for fear that they will be condemned for their lifestyle. Whether or not you agree with their lifestyle, they still need compassion and help to deal with violence in their homes.
3. **Collaborate with your local crisis center and other community members to form a men's group to develop training/education programs relating to violence against women.** Violence against women is not just a women's issue. Invite men in your faith community to come together to talk about how violence against women hurts men, and create programs for men by men to challenge and hold each other to account for behaviors that minimize and devalue women.

## COLLABORATING WITH CRISIS CENTERS AND OTHER SERVICE PROVIDERS

To build the most effective collaborations, communication is key. Participate in a local domestic violence coordinating council, or invite your local crisis center and other community services to come speak to your group. Learn the crisis center's philosophies and how they operate, and discover ways that your faith community can partner with the crisis center for services.

- **Post** emergency hotline numbers, victim services and batterer intervention program materials in prominent (but private) locations.
- **Meet** with community programs and their staff members.
- **Find** out what these programs need, and challenge your congregation to help fill those needs.
- **Recruit** volunteers from within your congregation for community programs.
- **Write** to local, state and federal legislators encouraging them to support local programs.
- **Offer** space at your meeting place for crisis centers to hold fundraisers, trainings and support groups.



# APPENDIX A

## NEW HAMPSHIRE DOMESTIC VIOLENCE AND SEXUAL ASSAULT SUPPORT SERVICES

### NH Coalition Against Domestic and Sexual Violence

PO Box 353, Concord

NH 03302-0353

603-224-8893 (Office)

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

Statewide Domestic Violence Hotline (in NH only): **1-866-644-3574**

Statewide Sexual Assault Hotline (in NH only): **1-800-277-5570**

Teen Web Site: [www.reachouthn.com](http://www.reachouthn.com)

The NH Coalition is comprised of 14 member programs throughout the state that provide services to survivors of sexual assault and domestic violence, stalking or sexual harassment. You do not need to be in crisis to call. Services are free, confidential, and available to everyone regardless of age, race, religion, sexual preference, class, or physical ability. The services include:

- 24-hour crisis line
- Emergency shelter and transportation
- Legal advocacy in obtaining restraining orders against abusers
- Hospital and court accompaniment
- Information about and help in obtaining public assistance

#### **RESPONSE to Sexual & Domestic Violence**

c/o Coos County Family Health Service  
54 Willow Street

**Berlin, NH 03570**

1-866-644-3574 (DV crisis line)

1-800-277-5570 (SA crisis line)

603-752-5679 (Berlin office)

603-237-8746 (Colebrook office)

603-788-2562 (Lancaster office)

#### **Women's Supportive Services**

11 School Street

**Claremont, NH 03743**

1-800-639-3130 (crisis line)

603-543-0155 (Claremont office)

603-863-4053 (Newport office)

[www.free-to-soar.org](http://www.free-to-soar.org)

#### **Rape and Domestic Violence Crisis Center**

PO Box 1344

**Concord, NH 03302-1344**

1-866-644-3574 (DV crisis line)

1-800-277-5570 (SA crisis line)

603-225-7376 (office)

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

#### **Starting Point: Services for Victims of Domestic & Sexual Violence**

PO Box 1972

**Conway, NH 03818**

1-800-336-3795 (crisis line)

603-356-7993 (Conway office)

603-539-5506 (Ossipee office)

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

#### **Sexual Harassment and Rape Prevention Program (SHARPP)**

University of New Hampshire

6 Garrison Avenue

Verette House

**Durham, NH 03824**

4-888-271-SAFE (7233) (crisis line)

603-862-3494 (office)

[www.unh.edu/sharpp](http://www.unh.edu/sharpp)

#### **Monadnock Center for Violence Prevention**

12 Court Street

**Keene, NH 03431-3402**

1-888-511-6287 (crisis line)

603-352-3782 (crisis line)

603-352-3782 (Keene office)

603-209-4015 (Peterborough office)

603-532-6288 (Jaffrey office)

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

#### **New Beginnings Women's Crisis Center**

PO Box 622

**Laconia, NH 03246**

1-866-644-3574 (DV crisis line)

1-800-277-5570 (SA crisis line)

603-528-6511 (office)

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

#### **Women's Information Service (WISE)**

79 Hanover Street, Suite 1

**Lebanon, NH 03766**

1-866-348-WISE (toll free crisis line)

603-448-5525 (local crisis line)

603-448-5922 (office)

#### **The Support Center at Burch House**

PO Box 965

**Littleton, NH 03561**

1-800-774-0544 (crisis line)

603-444-0624 (Littleton office)

603-747-2441 (Woodsville Office)

[www.tccap.org/supportcenter.htm](http://www.tccap.org/supportcenter.htm)

#### **YWCA Crisis Service**

72 Concord Street

**Manchester, NH 03101**

603-668-2299 (crisis line)

603-625-5785 (Manchester office)

603-432-2687 (Derry office)

#### **Bridges: Domestic and Sexual Violence Support**

PO Box 217

**Nashua, NH 03061-0217**

603-883-3044 (crisis line)

603-889-0858 (Nashua office)

603-672-9833 (Milford office)

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

#### **Voices Against Violence**

PO Box 53

**Plymouth, NH 03264**

603-536-1659 (crisis line)

603-536-3423 (office)

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

#### **A Safe Place**

6 Greenleaf Woods, Suite 101

**Portsmouth, NH 03801**

1-800-854-3552 (crisis line)

603-436-4619 (Portsmouth office)

603-330-0214 (Rochester crisis line)

603-890-6392 (Salem crisis line)

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

#### **Sexual Assault Support Services**

7 Junkins Avenue

**Portsmouth, NH 03801**

1-888-747-7070 (crisis line)

603-436-4107 (Portsmouth office)

603-332-0775 (Rochester office)

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



**APPENDIX B**  
**NEW HAMPSHIRE VICTIM/WITNESS ASSISTANCE PROGRAMS**

Office of Victim/Witness Assistance  
Attorney General's Office  
33 Capitol Street  
Concord, NH 03301-6397  
271-3671

Belknap County Victim/Witness Program  
64 Court Street  
Laconia, NH 03246  
527-5440

Carroll County Victim/Witness Program  
PO Box 218  
Ossipee, NH 03864  
539-7476

Cheshire County Victim/Witness Program  
PO Box 612  
Keene, NH 03431  
352-0056

Coos County Victim/Witness Program  
55 School St., Suite 102  
Lancaster, NH 03584  
788-3812

Grafton County Victim/Witness Program  
3785 Dartmouth College Highway, Box 7  
North Haverhill, NH 03774  
787-2040

Hillsborough County North  
Victim/Witness Program  
300 Chestnut Street  
Manchester, NH 03101  
627-5605

Hillsborough County South  
Victim/Witness Program  
19 Temple Street  
Nashua, NH 03060  
594-3256

Merrimack County Victim/Witness Program  
4 Court Street  
Concord, NH 03301  
228-0529

Rockingham County Victim/Witness  
Program  
PO Box 1209  
Kingston, NH 03848  
642-4249

Strafford County Victim/Witness Program  
PO Box 799  
Dover, NH 03821-0799  
749-4215

Sullivan County Victim/Witness Program  
14 Main Street  
Newport, NH 03773  
863-8345

Victim's Assistance Commission  
NH Attorney General's Office  
33 Capitol Street  
Concord, NH 03301  
271-1284  
1-800-300-4500

United States Attorney's Office  
District of New Hampshire  
James C. Cleveland Federal Bldg.  
55 Pleasant St., Suite 312  
Concord, NH 03301  
225-1552

NH Department of Corrections  
Victim Services  
PO Box 1806  
Concord, NH 03302-1806  
271-1937



**APPENDIX C**  
**NEW HAMPSHIRE COUNTY ATTORNEY OFFICES**

Belknap County Attorney  
64 Court Street  
Laconia, New Hampshire 03246  
(603) 527-5440

Carroll County Attorney  
PO Box 218  
Ossipee, New Hampshire 03864  
(603) 539-7769

Cheshire County Attorney  
PO Box 612  
Keene, New Hampshire 03431  
(603) 352-0056

Coos County Attorney  
55 School Street  
Lancaster, New Hampshire 03584  
(603) 788-3812

Grafton County Attorney  
RR 1, Box 65E  
North Haverhill, New Hampshire 03774  
(603) 787-6968

Hillsborough County Attorney  
Northern District  
300 Chestnut Street  
Manchester, New Hampshire 03101

(603) 627-5605

Hillsborough County Attorney  
Southern District  
19 Temple Street  
Nashua, New Hampshire 03060  
(603) 594-3250

Merrimack County Attorney  
4 Court Street  
Concord, New Hampshire 03301  
(603) 228-0529

Rockingham County Attorney  
PO Box 1209  
Kingston, New Hampshire 03848  
(603) 642-4249

Strafford County Attorney  
PO Box 799  
Dover, New Hampshire 03821-0799  
(603) 749-4215

Sullivan County Attorney  
14 Main Street  
Newport, New Hampshire 03773  
(603) 863-8345



## **APPENDIX D**

### **CHILD ABUSE AND NEGLECT MANDATORY REPORTING LAW**

#### **1. Reporting is Mandatory**

New Hampshire Law (RSA 169-C:29-30) requires that any person who has reason to suspect that a child under the age of 18 has been abused or neglected must report the case to: **New Hampshire Division of Children, Youth and Families - Central Intake 1-800-894-5533.**

#### **2. An Abused Child is one who has:**

- a. Been sexually molested; or
- b. Been sexually exploited; or
- c. Been intentionally physically injured or;
- d. Been psychologically injured so that said child exhibits symptoms of emotional problems generally recognized to result from consistent mistreatment or neglect; or
- e. Been physically injured by other than accidental means.

#### **3. A Neglected Child means a child:**

- a. Who has been abandoned by his parents, guardian, or custodian; or
- b. Who is without proper parental care or control, subsistence, education as required by law, or other care or control necessary for his physical, mental or emotional health, when it is established that his health has suffered or is very likely to suffer serious impairment; and the deprivation is not due primarily to the lack of financial means of the parents, guardian or custodian; or

**Note:** A child who is under treatment solely by spiritual means through prayer, in accordance with the tenets of a recognized religion by a duly accredited practitioner thereof, shall not for that reason alone be considered to be neglected.

#### **4. Nature and content of Report**

- a. Oral - immediately by telephone or otherwise.
- b. Written - within 48 hours if requested.
- c. Content - if known.
  1. Name and address of the child suspected of being neglected or abused.
  2. Name of parents or persons caring for child.
  3. Specific information indicating neglect or the nature of the abuse (including any evidence of previous injuries.)
  4. Identity of parents or persons suspected of being responsible for such neglect or abuse.
  5. Any other information which might be helpful or is required by the bureau.

#### **5. Immunity from Liability**

Anyone who makes a report in good faith is immune from any liability, civil or criminal. The same immunity applies to participation in any investigation by the bureau or judicial proceedings resulting from such a report.

#### **6. Privileged Communication**

"The privileged quality of communication between a professional person and his patient or client, except that between attorney and client, shall not apply to a proceedings instituted pursuant to this chapter and shall not constitute grounds of failure to report as required by this chapter."

#### **7. Penalty**

Violation of any part of the New Hampshire Child Protection Act, including failure to report is punishable by law. "Anyone who knowingly violates any provision of this subdivision shall be guilty of a misdemeanor." (RSA 169-C:39.) In New Hampshire, a misdemeanor is punishable by up to one year's imprisonment, a one thousand-dollar fine, or both.

## APPENDIX E

### IT'S NOT JUST BLACK AND BLUE...IT'S MORE LIKE *SHADES OF GRAY*

Abuse is more than physical. The behaviors listed below are examples of ways someone can be abused by their partner, if there is a pattern or frequency in these behaviors. Abuse can be defined as: a cyclical pattern of coercive and increasingly violent behaviors intended to alter the behavior of the victim, so as to gain complete control, physically and mentally, over that victim. *Does your partner...*

#### *Emotional Abuse*

- Constantly criticize you
- Belittle you, puts you down
- Tell you that you're useless as a spouse, parent, friend, etc.
- Make every effort to minimize your accomplishments/achievements
- Blow your mistakes out of proportion
- Always bring up the "wrong" you've done
- Deliberately start arguments
- Always seem in a bad mood
- Tell lies about you to friends/family
- Call you names
- Give you "The Silent Treatment"
- Seldom keep promises
- Sabotage your relationships with others
- Disregard your feelings and opinions
- Act jealous or possessive
- Make all the decisions
- Yell, shout, swear at you often
- Talk over you or interrupts you
- Humiliate you in public
- Ridicule your family and friends
- Minimize or deny your hurt feelings
- Threaten to leave you
- Use guilt as a means to control you
- Treat you more like a servant than an equal or partner ("Master of the Castle")
- Decide your role and chores in the home—giving you no say

#### *Medical Abuse*

- Withhold necessary medication
- Refuse to let you seek treatment for injuries, or routine medical/dental care for yourself or your children
- Take away devices necessary for your mobility (crutches, wheelchairs, etc.)
- Refuse to care for you when you're sick
- Force you to use alcohol or drugs
- Monitor your food/drink consumption
- Use alcohol or drugs as an excuse for his/her violence

#### *Economic Abuse*

- Try to make you financially dependent
- Withhold money, or access to money
- Control whether/not you get a job
- Confiscate any money you earn
- Harass you at work to get you fired
- Make you justify all money you spend
- Take your name off of bank accounts and deeds to assets

#### *Legal Abuse*

- Threaten to report you to Child Protection Services
- Threaten to take the children, "and you'll never see us again"
- Bring on costly legal battles to wear you down financially and emotionally
- File motions and delays to prolong legal haggling
- Refuse to make court-ordered child support or alimony payments
- Ignore court directives concerning restraining orders, division of property, child support, etc.
- Use visitation with the children to gain access to you
- Coerce you to do illegal acts

#### *Monitoring/Stalking*

- Follow you for no reason, causing you to be fearful
- Track mileage on your car's tachometer
- Check phone bill for unrecognized or "forbidden" phone numbers
- Monitor computer usage
- Ask friends/family for information about your daily routine
- Harass you constantly
- Decide what you should/shouldn't wear
- Demand to know your whereabouts
- Hunt you down when you're not where he thinks you should be
- Tell you where you can/can't go
- Tell you who you can/can't talk to

### *Spiritual Abuse*

- Mock your moral values, and create situations to “test” them
- Make fun of your faith
- Misuse scripture to justify actions or demands
- Refuse to let you or your children go to your house of worship
- Get angry when you practice your faith
- Only allow practice of his/her faith
- Claim to be your only God
- Claim to be all-powerful, all-knowing

### *Psychological Abuse*

- Place responsibility for abuse on you
- Play mind games
- Make gestures or movements that are meant to frighten or intimidate you
- Threaten to harm you or loved ones
- Threaten to kidnap you or children
- Cause intense emotional pain
- Abuse or kill animals/family pets
- Destroy your personal belongings
- Deprive you of sleep
- Drive recklessly with you in the car
- Punch walls or throw things at you
- Make you doubt your experience
- Minimize or deny your injuries

### *Sexual Abuse*

- Refuse to take “no” for an answer, even if you’re sick or uncomfortable
- Coerce you into unwanted sex
- Hurt or mutilate your breasts or genitals
- Pressure you to have sex with other people (“pimping”)
- Force you to have unprotected sex
- Demand or force sex acts that you find painful or humiliating
- Use pornography to belittle you or your performance in bed
- Have affairs
- Expose you to sexually transmitted diseases
- Force “make up” sex
- Insult you sexually or call you sexual names (“cunt,” “whore,” “frigid,” etc.)
- Accuse you of infidelity
- Threaten to “out” you, whether or not you are homosexual
- Have sex with you while you’re sleeping
- Refuse responsibility for birth control

- Use dangerous and inappropriate objects (guns, bottles, knives, etc.) as “sex toys”

### *Do You Find That...*

- You call out from work a lot?
- Your friends and family can’t stand your partner, and stay away?
- You have to rearrange your life around your partner’s all the time?
- You/your efforts are never good enough?
- It’s almost like you’re expected to read his/her mind?
- Your partner is Dr. Jekyll/Mr. Hyde?
- You walk on eggshells all the time?
- You feel tired or sick frequently?
- There are constant promises to change, and no effort to do so?
- You are constantly making excuses for your partner’s actions and behaviors?
- You almost always feel sad, ashamed, worthless, or deserving of the abuse?
- You are afraid? You feel abused?

### *The Stakes are Higher If...*

- He/she threatens suicide or homicide
- He/she develops a plan about committing suicide or homicide
- He/she possesses weapons, and/or has used them or threatened to use them
- Your partner has threatened “Death before Divorce!” “If I can’t have you, no one can!” or other such statements indicating his/her ownership of you
- Your partner is entirely dependent on you (“I can’t live without you”), and is convinced that his/her life cannot go on if you leave—sense of betrayal
- Separation from you causes your partner great rage or despair (in his/her mind, leaving no other option), killing may become the most viable option
- You suspect your partner suffers from, or he has been treated for, depression
- Your partner still has access to you or your family
- You have had to call the police frequently
- There is a perceived lack of concern for legal or personal consequences on behalf of your partner
- Your partner has taken you hostage

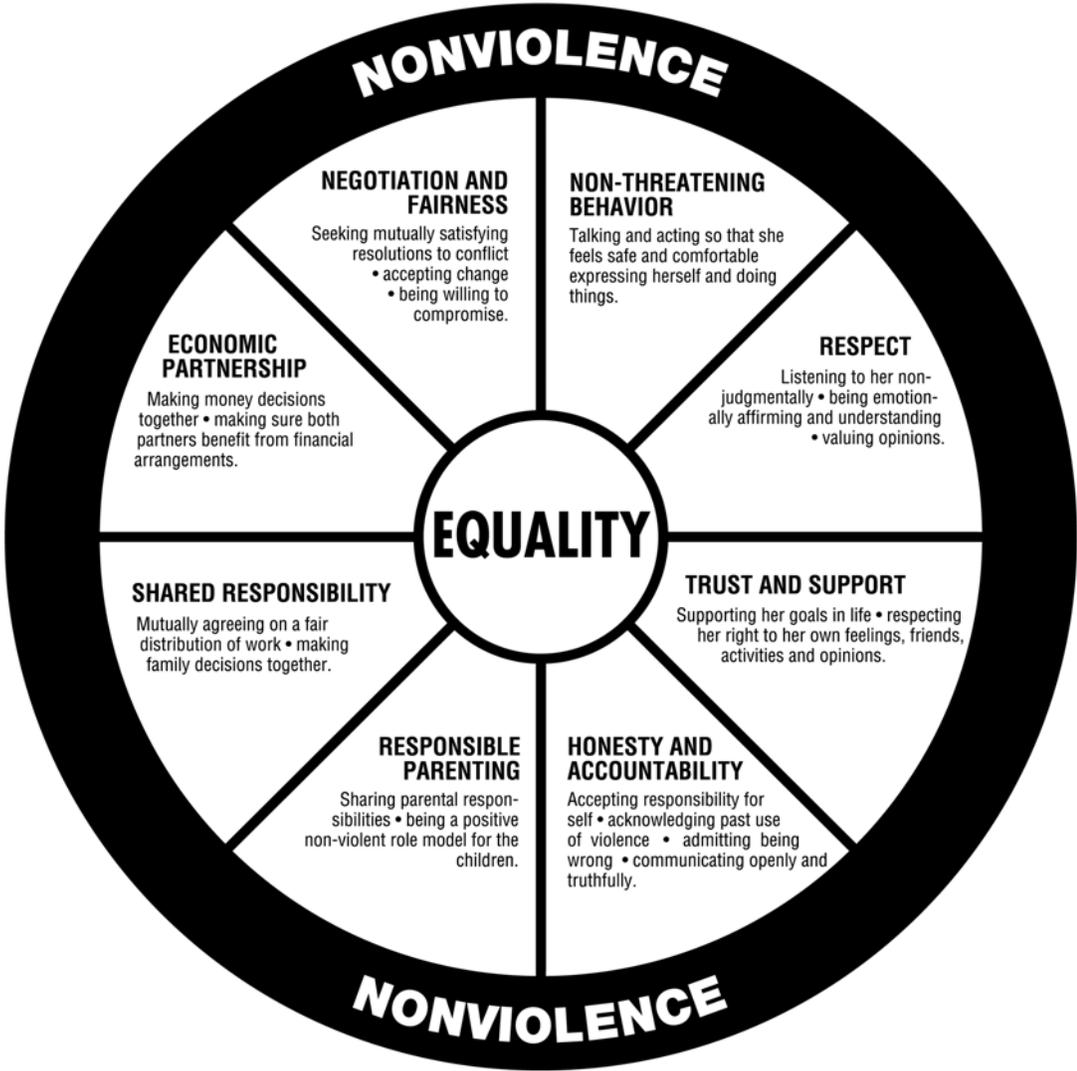
## APPENDIX F POWER AND CONTROL WHEEL



**DOMESTIC ABUSE INTERVENTION PROJECT**

202 East Superior Street  
Duluth, Minnesota 55802  
218-722-2781  
[www.duluth-model.org](http://www.duluth-model.org)

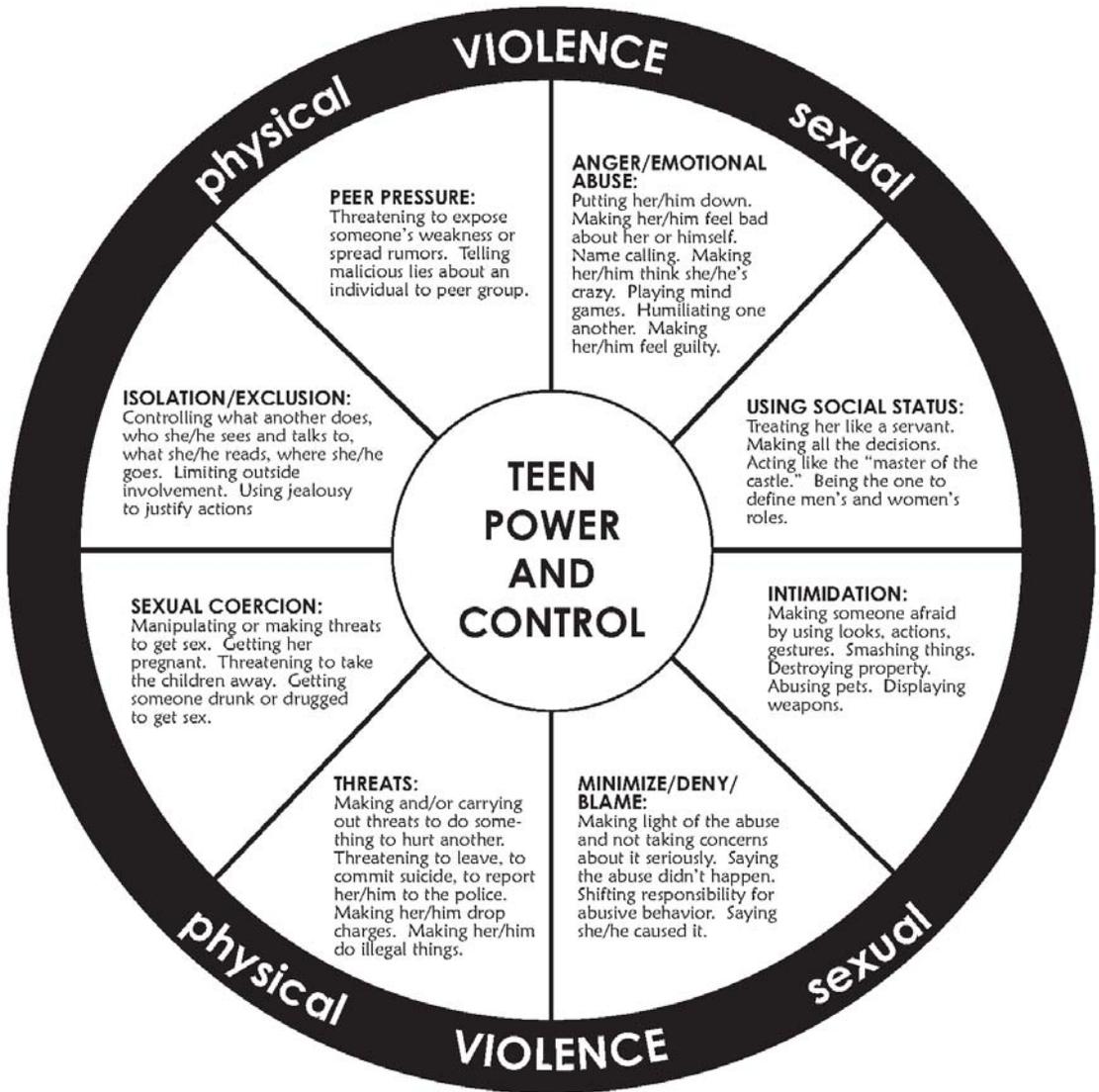
**APPENDIX G NON VIOLENCE WHEEL**



**DOMESTIC ABUSE INTERVENTION PROJECT**  
 202 East Superior Street  
 Duluth, Minnesota 55802  
 218-722-2781  
[www.duluth-model.org](http://www.duluth-model.org)

## APPENDIX H TEEN POWER AND CONTROL WHEEL

# TEEN POWER AND CONTROL WHEEL



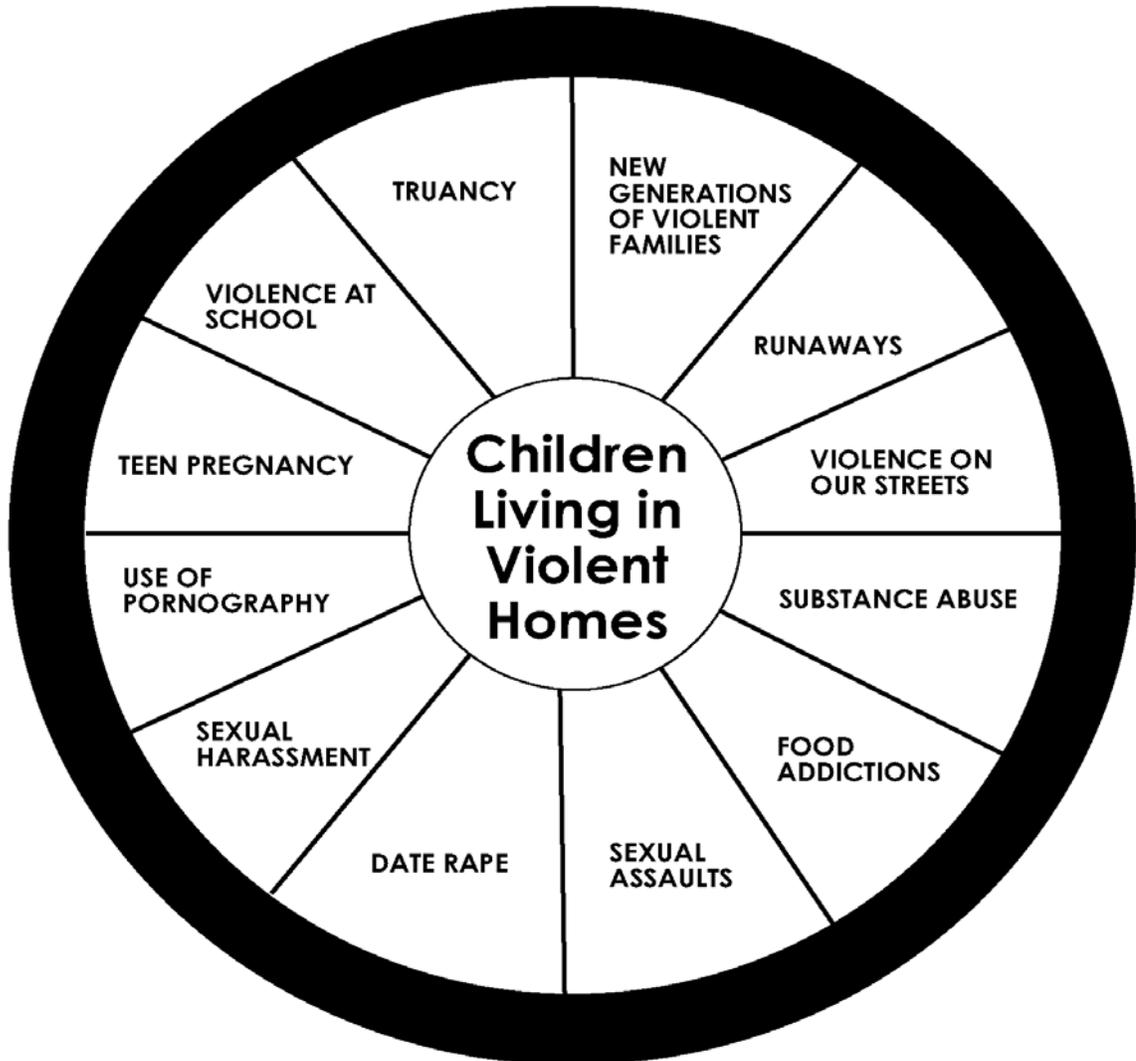
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Developed from:  
Domestic Abuse Intervention Project  
202 East Superior Street  
Duluth, MN 55802  
218.722.4134



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## APPENDIX I CHILDREN LIVING IN VIOLENT HOMES WHEEL



Developed from: Domestic Abuse Intervention Project 202 East Superior Street Produced and distributed by:

## APPENDIX J

### CHILDREN EXPOSED TO DOMESTIC VIOLENCE

**Children who are exposed to domestic violence experience it in different ways. Children are remarkable in their resiliency, but they must be protected from continued exposure to the victim's abuser in order to heal. It is particularly important to note changes in children's behaviors. Here are some symptoms of children who live domestic violence:**

#### **DEVELOPMENTALLY:**

- Born with medical conditions
- Cognitive development is delayed
- Delay of self-care skills
- Develop more slowly vs. children from non-abusive homes
- Minimal/delayed speech, muteness
- Motor development delayed
- Delayed ability to toilet-train
- Incontinence (after previously being toilet-trained)
- Regression
- Inability to communicate needs
- Inability to develop sound reasoning/thinking skills
- Learn inappropriate ways to deal with the world

#### **BEHAVIORALLY:**

- Aggressive, acting out (usually boys)
- Withdrawn, unresponsive, passive (usually girls)
- Bedwetting (after toilet training)
- Disturbed sleep, sleepwalking, nightmares
- Changes in eating habits
- Crying, whining, distress
- Excessive/extreme attention seeking
- High risk play/activities
- Reenacts trauma through talk and play
- Hypervigilant, "startle" reaction
- Poor impulse control
- Rigid defenses—aloof, sarcastic, defensive
- Disobedient, defiant, tantrums
- Fighting with other children
- Uses violence to resolve conflict
- Hurting other children or animals
- Early interest in drugs/alcohol, substance abuse
- Premature/increased sexual activity, promiscuity
- Running away
- Self-abuse
- Stealing, shoplifting

(Note: Look for behaviors in opposite extremes)

#### **COGNITIVELY:**

- Attempts to understand/explain violence
- Intrusive thoughts and images of violence
- Develops tolerance for violence
- Understands that using violence gets needs/desires met
- Sees violence as a way to gain power
- Blames others for own behaviors
- Believes anger equals someone getting hurt
- Views assault as normal
- Confuses love and violence
- Limited understanding of violence
- "Black and white" thinking or reasoning
- Inflexibility in gender roles
- Blurred parental boundaries
- Concern about disrupted routines
- Fantasizes about rescuing victim/family
- Concentration and memory deficiencies
- Short-term memory of events
- Inability to express needs/wants
- Inability to learn "cause and effect"

#### **PHYSICALLY:**

- Born prematurely
- Failure to thrive
- Asthma
- Chronic illness
- Headaches
- Range of physical ailments (stomachaches to ulcers)
- Becoming victim of child abuse (physical, sexual)
- Unintended injuries
- Desensitized to pain
- Eating disorders
- No energy for normal activities
- Tired, lethargic
- Sleeping disorders
- Poor personal hygiene
- Psychosomatic complaints

- Post Traumatic Stress Disorder
- Suicide

**EMOTIONALLY:**

- Anger, rage, irritability
- Explosive feelings
- Angry about violence/chaos in life
- Anxiety, fear, panic, nervousness
- Fear of abandonment/separation
- Fear of abuse/retaliation by abuser
- Fear of expressing feelings
- Fear of going to sleep
- Fear of personal injury
- Fear of male or loud voices
- Confusion, numbness
- Depression, sadness, listlessness
- Embarrassment, shame
- Emotionally (cont'd):
- Guilt, self-blame
- Helpless to intervene
- Hopelessness, powerlessness
- Insecure, low self-esteem
- Stressed, worried
- Feels responsible to stop violence
- Feels responsible to protect victim
- Grief over losing one parent/home
- Grief over losing positive image of abuser
- Conflicted feelings towards parents
- Suicidal ideation

**ACADEMICALLY:**

- Short attention span, inability to concentrate
- Feelings of inadequacy
- Over-achieving/under-achieving
- Declining school performance
- Absenteeism
- Delinquency/truancy

(Note: Later in life, over-achieving child tends to become perfectionist, causing problems with self image and adult relationships.)

**SOCIALLY:**

- Abusive towards victim
- Anger towards victim for allowing abuse
- Anger towards victim for not protecting child
- Acts out violently, sometimes to divert violence
- Aggression/cruelty towards others
- Ambivalent about family separation
- Ambivalent allegiance to one parent
- Anxious attachment to parents

- Hypersensitive to danger cues
- May become family caretaker
- Parentification/role reversal
- Conflicted loyalties
- Ambivalent towards abuser
- Identifying with abuser
- Embarrassed by family
- Distrustful of adults
- Disturbed relationships with peers
- Problems with peers
- Inability to create/express/honor boundaries
- Engage in exploitive relationships (as perpetrator or victim)
- Accepts violence/abuse in relationships
- Prematurely serious dating relationships
- Relationships are stormy, intense-end abruptly
- Explosive/violent interpersonal behavior
- Inhibited/passive social behavior
- Isolated, lonely
- Disassociative
- Lack of empathy
- Lack of social skills
- Poor anger managing/problem-solving skills
- Antisocial behavior
- Bullying, destruction of property
- Drawn into Violence by:
- Seeing/hearing violence
- Choosing one parent to defend
- Attempting to intervene
- Getting injured during violent incident toward victim
- Being abused to gain compliance by victim
- Being physically or sexually abused
- Being coerced by abuser to abuse, or participate in attack
- Attempting to/killing the abuser
- Being interrogated by abuser
- Being used as a "spy"
- Being used as a confidante
- Having to call police for help
- Running for help
- Being removed from non-violent parent
- Being restricted from contact with others

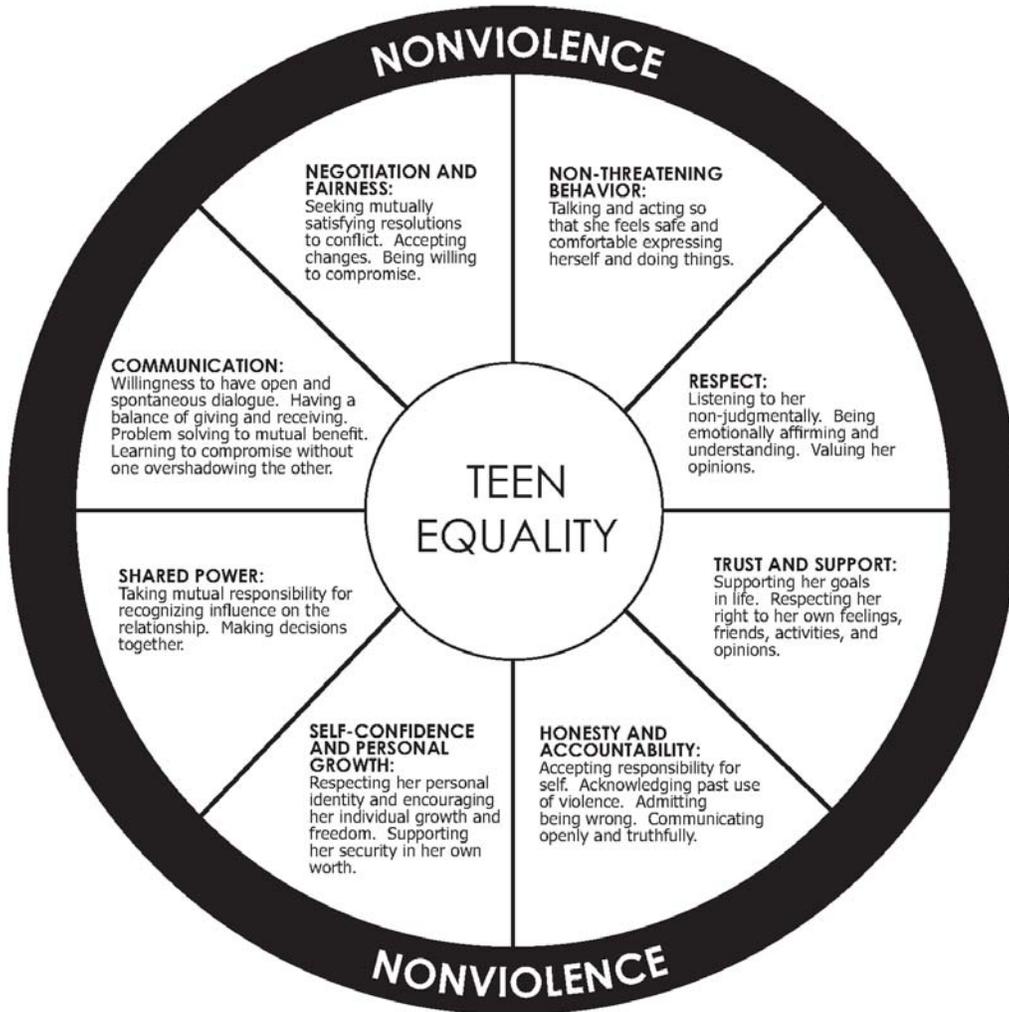
**THE BATTERER AS PARENT:**

- Won't allow victim to meet children's needs
- Is a negative parenting role model
- Is under involved/superficially involved in children's education/activities
- Sabotages victim's parent role by using physical/verbal abuse in front of children

- Controlling, possessive, manipulative
- Entitled; believes he has special rights and privileges, without responsibilities
- Selfish and self-centered
- Attitude of superiority
- Behaviors contradicts statements
- Externalizes responsibility for his behavior
- Denies, minimizes, and blames

## APPENDIX K TEEN EQUALITY WHEEL

# EQUALITY WHEEL FOR TEENS



Adapted from:  
Domestic Abuse Intervention Project  
202 East Superior Street  
Duluth, MN 55802  
218.722.4134

Produced and distributed by:

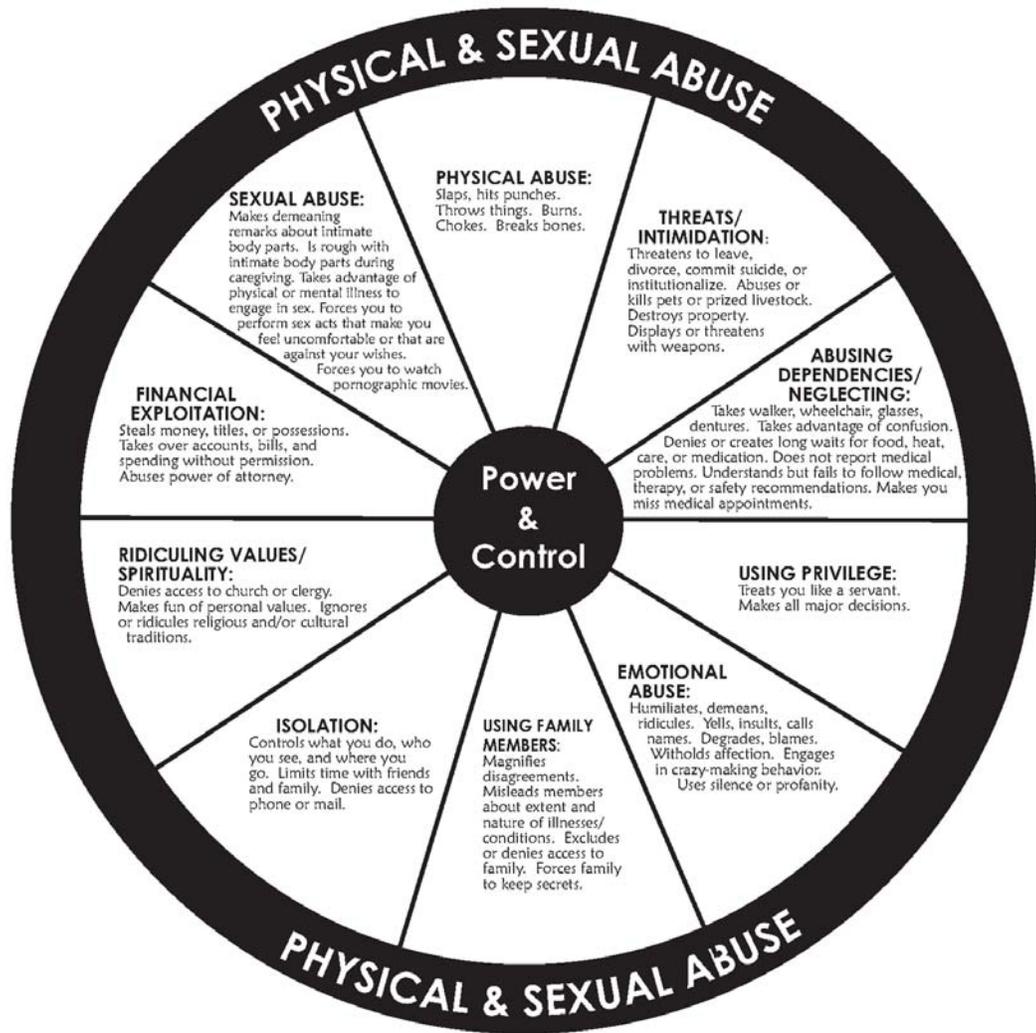


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## APPENDIX L LATER LIFE WHEEL

# FAMILY VIOLENCE IN LATER LIFE



Produced and distributed by:

*Adapted by the Wisconsin Coalition Against Domestic Violence (608.255.0539) based upon the model developed by the Domestic Violence Intervention Project, Duluth, MN.*



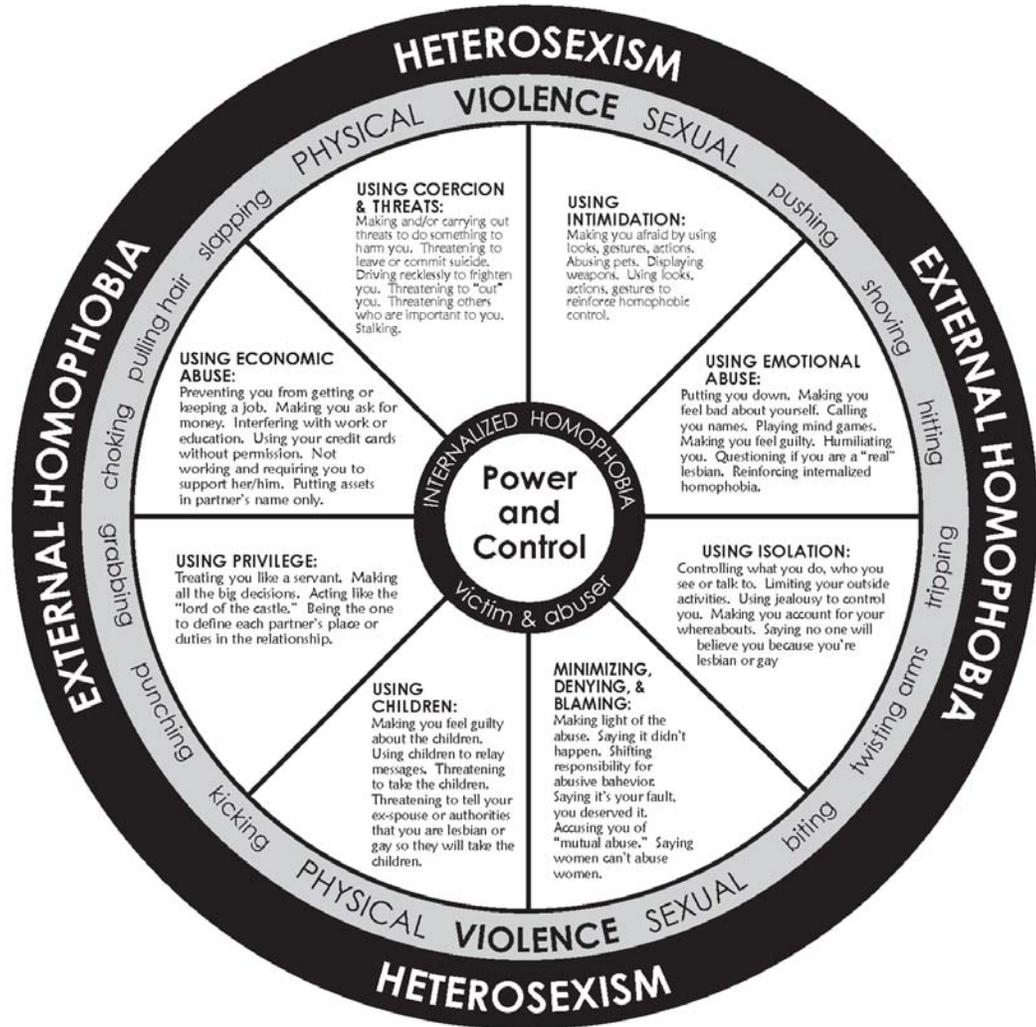
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## APPENDIX M LESBIAN/GAY WHEEL

# LESBIAN/GAY POWER AND CONTROL WHEEL



Developed by Roe & Jagodinsky.  
Inspired and adapted from:  
Domestic Abuse Intervention Project  
202 East Superior Street  
Duluth, MN 55802

Produced and distributed by:



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## APPENDIX N

### DO'S AND DON'TS WITH A BATTERED WOMAN

*Adapted from the FaithTrust Institute, Seattle, WA*

#### REMEMBER THE GOALS:

1. **SAFETY** for the woman and children.
2. **ACCOUNTABILITY** for the abuser.
3. **RESTORATION** of individuals and, **IF POSSIBLE** the relationship  
OR
4. **MOURNING** the loss of the relationship.

DO believe her. Her description of the violence is only the tip of the iceberg.

DO reassure her that this is not her fault, she doesn't deserve this treatment, and it is not God's will for her.

DO give her referral information. Primary resources are battered women's services or shelters and National Hotline: 1-800-799-SAFE (7233) 1-800-787-3224 (TDD).

DO support and respect her choices. Even if she chooses initially to return to the abuser, it is her choice. She has the most information about how to survive.

DO encourage her to think about a safety plan: set aside some money; copies of important papers for her and her children; a change of clothes in the care of a friend if she decides to go to a shelter. Plan what to do about the children if they are at school; if they are asleep, etc. (This is both practical and helps her stay in touch with the reality of the abuser's violence. Safety planning is a process that is ongoing.)

DO protect her confidentiality. DO NOT give information about her or her whereabouts to the abuser or to others who might pass information on to the abuser. DO NOT discuss with the parish council/session/elders who might inadvertently pass information on to the abuser.

DO help her with any religious concerns.

DO emphasize that the marriage covenant is broken by the violence from her partner.

DO assure her of your commitment to assist her through this difficult time.

DO help her see that her partner's violence has broken the marriage covenant and that she should not remain in a situation where her life and the lives of her children are in danger.

***DO** support her and help her mourn the loss to herself and her children, if she decides to separate and divorce.*

DO pray with her. Pray for her to receive the strength and courage she needs.

DON'T minimize the danger to her. You can be a reality check. "From what you have told me, I am very concerned for your safety...."

DON'T tell her what to do. Give information, referrals and support.

DON'T react with disbelief, disgust, or anger at what she tells you. But don't react passively either. Let her know that you are concerned and that what the abuser has done to her is wrong and not deserved by her.

DON'T blame her for his violence. If she is blaming herself, try to reframe: "I don't care if you did have supper late or forget to water the lawn, that is no reason for him to be violent with you. This is his problem"

DON'T recommend couples counseling or approach her husband and ask for "his side of the story". These actions will endanger her.

DON'T recommend "marriage enrichment," "mediation," or a "communications workshop." None of these will address the goals listed above.

DON'T send her home with a prayer and directive to submit to her husband, bring him to church, or be a better wife.

DON'T encourage her to forgive him and take him back.

**DO NOT** encourage her dependence on you **OR BECOME EMOTIONALLY OR SEXUALLY INVOLVED WITH HER.**

DO consult with colleagues in the wider community who may have expertise and be able to assist you in your response, all the while protecting her confidentiality.

***DON'T** do anything.*

## APPENDIX O

### DO'S AND DON'TS WITH AN ABUSIVE PARTNER

*Adapted from the FaithTrust Institute, Seattle, WA*

#### REMEMBER THE GOALS:

1. **SAFETY** for the woman and children.
2. **ACCOUNTABILITY** for the abuser.
3. **RESTORATION** of individuals and, **IF POSSIBLE** the relationship  
OR
4. **MOURNING** the loss of the relationship.

DO name the violence as his problem, not hers. Tell him that only he can stop it and you are willing to help.

DON'T meet with him alone and in private. Meet in a public place or in the church with several other people around.

DON'T approach him or let him know that you know about his violence unless a) you have the victim's permission, b) she is aware that you plan to talk to him and c) you are certain that his partner is safely separated from him.

DO address any religious rationalizations he may offer or questions he may have. DON'T allow him to use religious excuses for his behavior.

DO refer him to a program, which specifically addresses abusers.

DO call your local crisis center for recommended batterers program information.

DO assess him for suicide or threats of homicide. DO warn the victim if he makes specific threats toward her.

DON'T pursue couples counseling with him and his partner if you are aware that there is violence and/or abuse in the relationship.

DON'T go to him to confirm the victim's story.

DON'T give him any information about his partner or her whereabouts.

DON'T be taken in by his minimization, denial, or lying about his violence. DON'T accept his blaming her or other rationalizations for his behavior.

DON'T be taken in by his "conversion" experience. If it is genuine, it will be a tremendous resource as he proceeds with accountability. If it is phony, it is only another way to manipulate you and the system and maintain control of the process to avoid accountability.

DON'T advocate for the abuser to avoid the legal consequences of his violence.

DON'T provide a character witness for this purpose in any legal proceedings.

DON'T forgive an abuser quickly and easily. DON'T confuse his remorse with true repentance.

DON'T send him home with a prayer. Work with others in the community to hold him accountable.

DO pray with him. Pray for his commitment to stop his violence, repent and find a new way.

DO assure him of your support in this endeavor.

**DO find ways to collaborate with community agencies  
and law enforcement to hold him accountable.**

## APPENDIX P

### PERSONALIZED SAFETY PLAN

*Suggestions for increasing safety in the relationship*

- I will have important phone numbers available
- Police 9-1-1
- Hotline- 1-866-644-3574 (toll free)
- Friends \_\_\_\_\_  
\_\_\_\_\_

Crisis Center \_\_\_\_\_

- I can tell \_\_\_\_\_ and \_\_\_\_\_  
about the violence and ask them to call the police if they hear suspicious noises coming from my home.

- If I leave my home, I can go to (choose a friend or neighbor at whose house you would feel safe, or contact the crisis center to see about shelter)

\_\_\_\_\_  
\_\_\_\_\_

- I can leave extra money, car keys, clothing, and copies of documents with

\_\_\_\_\_

- To ensure safety and independence I can: always keep change for phone calls with me; open my own savings account; rehearse my escape route with a support person; and review the safety plan on \_\_\_\_\_ (date)

### Where Do You Go If You Are Being Abused?

New Hampshire has 14 crisis centers across the state available to assist you if you are victim of domestic violence or sexual assault. Crisis center staff and volunteers work with adults and minors who are victims of physical, sexual, emotional, verbal, and psychological abuse. If you are being abused, an advocate from a crisis center is available to assist you.

## APPENDIX Q

### DENOMINATIONAL POLICY STATEMENTS ON FAMILY VIOLENCE

**Anglican:** At the time of publication, resource could not be located.

**Assembly of God:** [http://ag.org/top/Beliefs/relations\\_08\\_abuse.cfm](http://ag.org/top/Beliefs/relations_08_abuse.cfm)

**Baptist:**

American Baptist Churches:

<http://70.84.25.226/%7Eabcusa/resources/resol/famviol.htm>

Southern Baptist Convention:

[www.sbc.net/resolutions/amResolution.asp?ID=304](http://www.sbc.net/resolutions/amResolution.asp?ID=304)

[www.sbc.net/resolutions/amResolution.asp?ID=1078](http://www.sbc.net/resolutions/amResolution.asp?ID=1078)

**B'hai:** At the time of publication, resource could not be located.

**Brethren:**

Church of the Brethren:

[www.brethren.org/genbd/washofc/alert/VAWA2.htm](http://www.brethren.org/genbd/washofc/alert/VAWA2.htm)

[www.brethren.org/ac/ac\\_statements/97ChildExploitation.htm](http://www.brethren.org/ac/ac_statements/97ChildExploitation.htm)

**Buddhism:** [www.buddhanet.net](http://www.buddhanet.net)

**Catholic:**

United States Conference of Catholic Bishops:

[www.usccb.org/laity/help.shtml](http://www.usccb.org/laity/help.shtml)

**Charismatic:** At the time of publication, resource could not be located.

**Christian Science:** At the time of publication, resource could not be located.

**Church of God in Christ (COGIC):** At the time of publication, resource could not be located.

**Episcopalian:** [www.episcopalchurch.org/ecw\\_8763\\_ENG\\_HTML.htm?menu=menu8593](http://www.episcopalchurch.org/ecw_8763_ENG_HTML.htm?menu=menu8593)

**Evangelical:** At the time of publication, resource could not be located.

**Hinduism:** [www.hindunet.org](http://www.hindunet.org)

**Islam:** [www.iiie.net](http://www.iiie.net); [www.mwlusa.org](http://www.mwlusa.org)

**Jehovah's Witness:**

[www.watchtower.org/library/g/1985/1/22/article\\_01.htm](http://www.watchtower.org/library/g/1985/1/22/article_01.htm)

[www.watchtower.org/library/g/2001/11/8/article\\_01.htm](http://www.watchtower.org/library/g/2001/11/8/article_01.htm)

**Judaism:**

Jewish Women International: [www.jewishwomen.org](http://www.jewishwomen.org)

Union of American Hebrew Congregations:

<http://rac.org/advocacy/issues/issuedv/#position>

[http://uri.org/Articles/index.cfm?id=7424&pge\\_prg\\_id=29601&pge\\_id=4590](http://uri.org/Articles/index.cfm?id=7424&pge_prg_id=29601&pge_id=4590)

United Synagogue of Conservative Judaism:

[www.uscj.org/Domestic\\_Violence6732.html](http://www.uscj.org/Domestic_Violence6732.html)

[www.uscj.org/DomVUSCJ\\_on\\_Domestic5325.html](http://www.uscj.org/DomVUSCJ_on_Domestic5325.html)

Lutheran:

**American Lutheran Church:**

[www.elca.org/jle/alc/alc.families\\_violence.html](http://www.elca.org/jle/alc/alc.families_violence.html)

**Evangelical Lutheran Church in America:**

[www.elca.org/dcs/elca\\_actions/ca89\\_4\\_20.html](http://www.elca.org/dcs/elca_actions/ca89_4_20.html)

[www.elca.org/christianeducation/lifetransitions/pdf/domesticviolence.pdf](http://www.elca.org/christianeducation/lifetransitions/pdf/domesticviolence.pdf)

[www.elca.org/youth/helpsheets/abuse.html](http://www.elca.org/youth/helpsheets/abuse.html)

**Methodist:**

United Methodist Church:

<http://archives.umc.org/interior.asp?mid=1730>

<http://archives.umc.org/interior.asp?ptid=4&mid=6732>

**Mormon:**

[www.mormon.org/question/faq/category/answer/0,9777,1601-1-62-1,00.html](http://www.mormon.org/question/faq/category/answer/0,9777,1601-1-62-1,00.html)

[www.mormon.org/learn/0,8672,1461-1,00.html](http://www.mormon.org/learn/0,8672,1461-1,00.html)

**National Council of the Churches of Christ in the USA:** <http://www.nccusa.org/news/99news89.html>

Pentecostal: At the time of publication, resource could not be located.

Presbyterian:

Presbyterian Church USA:

[www.pcusa.org/phewa/pdf/padvn-couplescounselingpolicy.pdf](http://www.pcusa.org/phewa/pdf/padvn-couplescounselingpolicy.pdf)

[www.pcusa.org/phewa/pdf/2004dvp/2004dvp-trainingplan.pdf](http://www.pcusa.org/phewa/pdf/2004dvp/2004dvp-trainingplan.pdf)

[www.pcusa.org/family/guidance/datingviolence.pdf](http://www.pcusa.org/family/guidance/datingviolence.pdf)

[www.pcusa.org/family/guidance/elderabuse.pdf](http://www.pcusa.org/family/guidance/elderabuse.pdf)

[www.pcusa.org/oga/publications/dancing.pdf](http://www.pcusa.org/oga/publications/dancing.pdf)

**Quaker:**

Religious Society of Friends:

<http://goals2000.quaker.org/Family.htm>

**Russian Orthodox:** At the time of publication, resource could not be located.

**Seventh Day Adventist:**

[http://www.adventist.org/beliefs/statements/main\\_stat2.html](http://www.adventist.org/beliefs/statements/main_stat2.html)

[http://www.adventist.org/beliefs/statements/main\\_stat51.html](http://www.adventist.org/beliefs/statements/main_stat51.html)

[http://www.adventist.org/beliefs/statements/main\\_stat12.html](http://www.adventist.org/beliefs/statements/main_stat12.html)

[http://www.adventist.org/beliefs/statements/main\\_stat41.html](http://www.adventist.org/beliefs/statements/main_stat41.html)

[http://www.adventist.org/beliefs/statements/main\\_stat28.html](http://www.adventist.org/beliefs/statements/main_stat28.html)

**Unitarian Universalist Association:**

<http://www.uua.org/actions/women/79battered.html>

<http://www.uua.org/actions/women/93violence.html>

<http://www.uua.org/actions/youth/77abuse.html>

**United Church of Christ:**

<http://www.ucc.org/justice/children.htm>

## **APPENDIX R**

### **BOOK RESOURCES**

#### **DOMESTIC ABUSE AND THE FAITH COMMUNITY**

- **“Domestic Violence: What Every Pastor Needs to Know,” Reverend Al Miles, Fortress 2000**
- **“Woman Battering: Creative Pastoral Care and Counseling Series,” Carol J. Adams, Fortress 1997**

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#### **DOMESTIC ABUSE**

- **“The Batterer as Parent,” Jay Silverman and Lundy Bancroft, 2001**
- **“He Promised He’d Stop: Helping Women Find Safe Passage from Abusive Relationships,” Michael Groetsch, CPI Publishing, Brookfield, WI**
- **“The Verbally Abusive Relationship,” Patricia Evans, Adams Media Corporation, Avon, MA**
- **“When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse,” Lundy Bancroft, GP Putnam’s Sons, New York, NY**
- **“Why Does He Do That? Inside the Minds of Angry and Controlling Men,” Lundy Bancroft, The Berkley Publishing Group, New York, NY**

#### **CHILDREN**

- **“A Better Safe than Sorry Book,” Sol and Judith Gordon, 1992, Prometheus Books.**
- **“Even If I Did Something Awful,” Barbara Shook Hazen, 1981, Vintage Books.**
- **“A Safe Place,” Maxine Trottier, 1997, Albert Whitman and Company.**
- **“Some Secrets are for Sharing,” Randy Winston-Hillier, 1986, M.A.C. Publishing.**
- **“A Terrible Thing Happened,” Margaret M. Holmes, Magination Press, Washington, DC**
- **“A Very Touching Book,” Jan Hindman, AlexAndria Associates, Baker City, OR**

#### **VIDEO RESOURCES**

- **“Wings Like a Dove: Healing the Abused Christian Woman,” FaithTrust Institute**
- **“To Save a Life: Ending Domestic Violence in Jewish Homes,” FaithTrust Institute**

## APPENDIX S

### INTERNET RESOURCES

[www.faithtrustinstitute.org](http://www.faithtrustinstitute.org): The FaithTrust Institute (formerly the Center for the Prevention of Sexual and Domestic Violence) provides resources for churches about domestic and sexual abuse in religious systems. It also contains helpful links to informational and educational resources as well as links for victims of clergy or other professional sexual abuse.

[www.parentsanonymous.org](http://www.parentsanonymous.org): Education and support groups for building strong, healthy family relationships and strengthening communities. Resources and support for adults, children and youth. Includes information to help find local resources, and for organizations which are interested in becoming a Parents Anonymous network.

[www.nonprofitrisk.org](http://www.nonprofitrisk.org): The Nonprofit Risk Management Institute provides resources and newsletter articles for nonprofit organizations to use in reducing a variety of risks. One is a Staff Screening Toolkit. Includes a useful grid for helping organizations to determine “how much screening is enough”.

[www.volcanopress.com](http://www.volcanopress.com): Provides excellent resources for clergy to understand family violence and to respond to it.

[www.ncadv.org](http://www.ncadv.org): National Coalition Against Domestic Violence

[www.nnedv.org](http://www.nnedv.org): National Network to End Domestic Violence, a social change organization representing state domestic violence coalitions, is dedicated to creating a social, political and economic environment in which violence against women no longer exists.

[www.fvvpf.org](http://www.fvvpf.org): Family Violence Prevention Fund contains information on domestic violence and its effects on children, workplace, and health care, immigrant women, and legal aspects. Also contains helpful resources and interesting articles.

[www.elderabusecenter.org](http://www.elderabusecenter.org): Provides information on various forms of elder abuse, fact sheets, publications, statistics, elder abuse laws, research, resources for caregivers, state numbers and agencies.

[www.childhelpusa.org](http://www.childhelpusa.org): Dedicated to the treatment and prevention of child abuse, info on reporting, statistics, great links, and special section for kids.

[www.calib.com/nccanch](http://www.calib.com/nccanch): National resource for professionals and others seeking info on child abuse, neglect and welfare.

[www.safelaceministries.com](http://www.safelaceministries.com): Provides information and resources to help victims, church leaders, friends and family members, and victim service providers better understand and respond to sexual abuse/assault and domestic violence.

[www.jewishwomen.org](http://www.jewishwomen.org): Resource for Rabbis and the Jewish community.

[www.reachoutnh.com](http://www.reachoutnh.com): A website about violence in dating relationships geared toward teenagers in NH. It also contains hotline and toll free numbers to call for assistance or answers to questions.