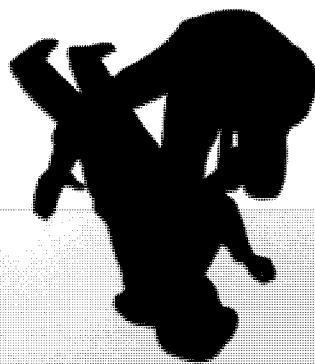
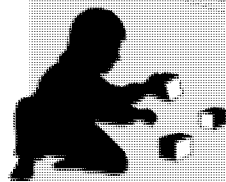


Domestic



Violence

GUEST SPEAKER NOTES





WORDS TO KNOW

cycle of violence

economic dependence

denial

rescue complex

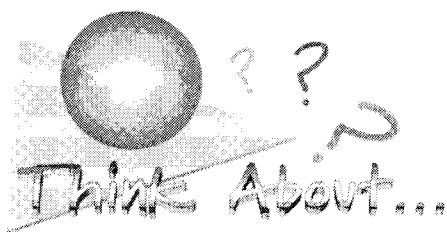
responsibility

embarrassment

OBJECTIVES

As a result of this lesson you should be able to:

- explain the importance of holding domestic batterers accountable for their acts
- define the cycle of battering
- classify domestic violence myths and realities
- explain why women stay in battering situations
- list characteristics of an abuser



Read the following true story.

Over a period of eight months, Tracey had repeatedly pleaded with the Torrington police to arrest her husband, Charles “Buck” Thurman. For the most part, her efforts had been shrugged off.

On a warm June evening, Buck stabbed Tracey 13 times in the chest, shoulders, neck and face. As she lay in the backyard in a pool of blood, Buck kicked Tracey’s head with his booted foot, ran into the house and snatched up the Thurman’s two-year old son, C. J. Buck then dashed outside, held the terrified child close to Tracey’s face and screamed, “I’ve killed your rotten mother!” Then, as the police officer called to the scene remained frozen in indecision, Buck kicked Tracey’s head for a second time. The young mother, her neck broken, lapsed into a coma from which she did not emerge for eight days.

Two days after coming out of the hospital, Tracey’s family asked Burton W. Weinstein, a lawyer, to visit Tracey in the hospital. She had tubes in her nose and throat where an emergency tracheotomy had been performed. She communicated with Weinstein through nods and eye blinks. If he held his fingers against Tracey’s trachea tube she could whisper. Weinstein left the hospital, he says, wondering how to break it to Tracey and her family that he couldn’t represent her. It would be futile. Because there were no grounds for suing the police for failure to protect her from an abusive husband.

But the more he thought about it during his hour-and-a-half drive home, the more the case of the battered wife nagged at him. By the following morning, he had mentally outlined a bold attack by which Tracey Thurman would accuse the police of violating her constitutional right to equal protection under the Civil Rights Act. No such case had ever been heard in the history of the United States, but a determined Weinstein set to work. He notified the startled police in Tracey's hometown of Torrington, of his intention to sue and hired a private investigator to dig up the complete file of Tracey's largely unproductive complaints to the police.

Burt Weinstein and his associate, Judith A. Mauzaka, devoted a total of 2,600 hours to the Thurman case. A formidable battery of opposition lawyers sought to have the case dismissed. But the senior judge in the United States District Court, M. Joseph Blumenfeld, denied the defense motions. And, in a passage that flatly contradicted the traditional attitude so long honored by law-enforcement agencies that men retain the Anglo-Saxon right to "chastise" their wives, the judge held: "A man is not allowed to physically abuse or endanger a women merely because he is her husband. A police officer may not knowingly refrain from interference in such violence, and may not automatically decline to make an arrest simply because the assaulter and his victim are married to each other."

Judge Blumenfeld's decision swung the door wide open for the jury trial itself, which got under way at the beginning of June, 1985. On June 26th, Tracey Thurman, hospitalized for seven months, permanently disabled and scarred, her left side functioning but unable to feel, her right side able to feel suffering an 80-percent loss of motor functioning, was awarded \$2,300,000.

For C.J., still traumatized by his experience, there was an additional \$300,000 in punitive damages. Torrington's insurance carrier settled out of court for \$1,975,000.

The news of the verdict reverberated across the country. Alarm bells rang in every village, town and city police department. For countless women who looked in vain for police protection from their violent husbands, there was a rainbow of hope.

DEFINITIONS

Abuse, as defined in Webster's Dictionary, is "turning from proper use; ill-use; to deceive; to vilify; to violate." Therefore, any action of one person which violates another is considered "abuse". It may be physical; it may be emotional; or it may be sexual.

What is battering?

Battering is a pattern of behavior which establishes power and control over another person through fear and intimidation, often including the threat or use of violence. Battering happens when people believe they are entitled to control another person, when violence will produce the desired effect or prevent a worse one, and when the benefits of abuse appear to outweigh the consequences to the offender.

Not all battering is physical. Battering includes emotional abuse, economic abuse, sexual abuse, using children, threats, using male privilege, intimidation, isolation, and a variety of other behaviors used to maintain fear, intimidation and power.

Battering escalates. It often begins with behaviors like threats, name calling, violence in her presence (such as punching a fist through a wall), and/or damage to objects or pets. It may escalate to restraining, pushing, slapping, pinching. The battering may include punching, kicking, biting, sexual assault, tripping, throwing. Finally, it may become life-threatening and seriously injurious behavior such as choking or breaking bones. (National Coalition Against Domestic Violence, 1993.)

Because physical abuse is easier to recognize than sexual or emotional abuse, it is often the criteria upon which an abusive relationship is identified. It is important to realize each state defines battering differently.

“Disagreeing” or “fighting” is not abuse. Persons can be angry with one another without being abusers.

Following is a list of three types of abuse and some of the characteristics of each.

Physical

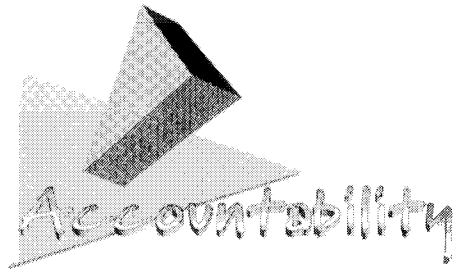
pushing/shoving
pinching
scratching
kicking
hitting with hand
or object
abandoning in
dangerous place
restraining person to
keep him/her from
leaving

Emotional

name-calling
criticizing
threatening
publicly humiliating
controlling
isolating from others
ignoring feelings
behaving jealously
destroying abused
possessions
refusal to work or
share money

Sexual

calling sexually
derogatory names
continued sexual
advances after being
told “no”
unwanted or uncomfortable touching
forced sex
minimizing victim’s
feelings
treatment as an object
withholding sex/affection



Domestic violence has a severe physical, emotional and financial impact on its victims. The physical injuries can be severe and they usually get worse over a period of time. Some domestic violence episodes end in homicide.

Battering occurs among people of all races and ethnic groups, socio-economic levels, educational backgrounds, and occupations. It is reported less often in upper classes.

Physical violence is a learned behavior. How a person deals with feelings of rage, frustration, or tension is a choice. Some believe that it is acceptable to demonstrate strong feelings by using violence. **Battering is an exercise in power and control.** A man may have a variety of reasons and excuses for abusing his partner, but it is important to understand that only the violent person is responsible for the abuse. Victims do not provoke or cause the violence against themselves.

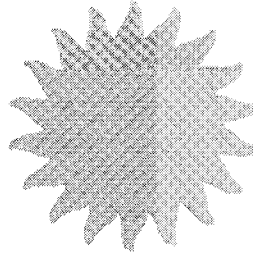
All individuals experience intense feelings of anger and frustration at some point in their lives. Domestic Violence, however, *is a system of abusive behaviors which are used to maintain power and control.* Many people think of domestic violence as a physical act, such as pushing or hitting. It also includes threatening with any weapon, objects being thrown at the victim, refusing help when the victim is ill, and reckless driving.

The victim comes from all walks of life. Two main risk factors are: 1) Having been abused or witnessed abuse as a child, and 2) being female. The victim frequently has a low self-esteem, economic dependence, fear of greater danger to self/children, cultural and religious belief considerations, lack of emotional support, and the hope that things will change.

CYCLE OF VIOLENCE

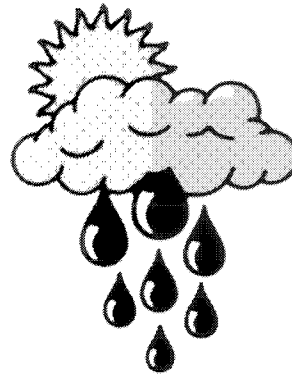
Honeymoon Period

Calm stage (this stage may decrease over time)
Denial of violence, say they are sorry and promise it will never happen again.



Abusive Incident

Battering-hitting, slapping, kicking, choking, use of objects or weapons. Sexual abuse. Verbal threats of abuse.



Tension Building

Increased tension, anger, blaming, and arguing.

Most abusive relationships follow this behavioral pattern. The cycle spirals inward, becoming more and more frequent and severe until, at its worst, someone dies.

Over time the battering affects the victim with increased risks of abuse, emotional problems, illness, increased fears, anger and the possibilities of increased injuries or death. Many, if not most, just want the violence to end, not the relationship. The victim continues to stay, trying any tactic to stop the violence.

The batterer, meanwhile, continues to have an increased belief that the power and control he wants are achieved by violence. Violent behavior increases, along with emotional problems and a decrease in self-esteem for the victim. The batterer's emotional dependence, insatiable ego needs, and accepting of no blame for failures (marital, familial, or occupational) coupled with their suggestion that change and improvement will happen when the victim changes her ways, can be well masked depending upon their level of social and educational sophistication.

It is rarely questioned why the abuse continues or why it is tolerated. The question is more often, "Why does the victim stay?" Batterers are rarely held accountable for their actions until there is visual evidence of their choice method of control. Victims are often concentrating so completely on surviving from day to day, they don't see that they are imbedded in a cycle. An outside comment from an observer such as "Why do you allow that [verbal or physical or other abusive action]? You deserve so much more, you are such a wonderful person" can plant a seed of reality in their situation.

The batterer, being smart enough to hide his/her actions from most, is assuredly smart enough to detect resistance from his partner, and increases the inward spiral of the cycle of abuse. At the point of leaving, a victim is in most danger.

Shelters and counseling programs are available in most areas, for both male and female victims. Getting the information to the unaware victim is not always easy.

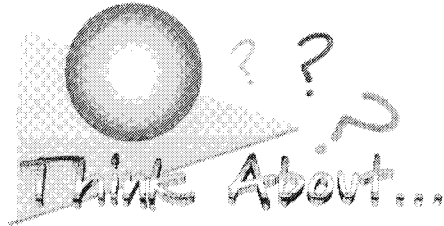
Even more difficult is helping the batterer become aware of the situation. There are many types of batterer programs available. It is estimated that at least six months to one year participation is necessary in such programs to begin to break the cycle of violence. By the time a batterer enters a program for “anger control” they are often wise to the system, a skill they developed in order to disguise their abusive behaviors.

(Adapted from materials written and produced by the National Woman Abuse Prevention Project, The Women’s Haven and The Women’s Shelter)

REMEMBER:

1. Anger is a natural emotion.
2. The person who uses violence is the one who is responsible for that action.
3. Hurting someone is not okay.

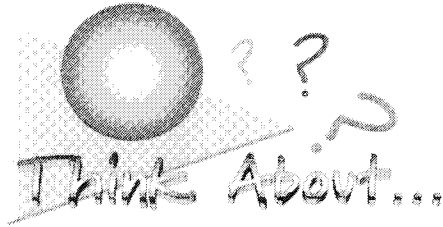
4. There is a difference between abusive behavior and disagreeing. Abuse is the use of physical, verbal or emotional force to frighten or control someone.
5. When someone loses control and is abusive it may occur once or it may occur often and over a long period of time.



Watch the video "*Battered Women, Shattered Lives*" be prepared to answer the following questions:

1. **Domestic violence is a serious problem in the United States. (List at least four events or facts in the video which support this statement.)**
2. **Who are the victims of domestic violence? How are they affected?**

3. Name three of the “solutions” to domestic violence in our society noted in the video.



Read the following statement and place a T or F in the margin to the left indicating whether you think the statement is true or false. Be prepared to discuss your answers.

- _____ 1. The battered women syndrome affects only a small percentage of the population.
- _____ 2. Wives batter husbands, too.
- _____ 3. Battering is restricted to poorly educated families from lower social-economic classes.
- _____ 4. Husbands and wives have always fought. It's natural and can't be bad.
- _____ 5. A slap never hurt anyone.

- _____ 6. Battered women are masochistic and enjoy it, otherwise they wouldn't stay.
- _____ 7. Some women provoke a man and deserve to get beaten.
- _____ 8. Batters are psychopathic.
- _____ 9. The batterer is not a loving person.
- _____ 10. Alcohol abuse cause violence.
- _____ 11. Men who batter are reacting to the feminist movement.
- _____ 12. Most of society does not condone domestic violence.

_____ 13. The police do not take domestic violence seriously.

_____ 14. Shelters break up families.

_____ 15. A batterer also beats his/her children.

_____ 16. Once a batterer, always a batterer.

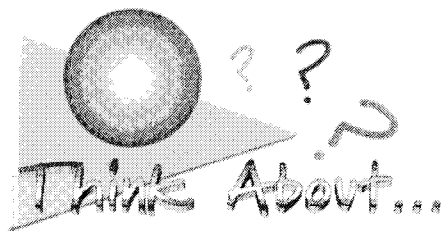
_____ 17. Once a battered woman, always a battered woman.

(From the Los Angeles Commission on Assaults Against Women and the U. S. Department of Justice, Bureau of Justice Statistics, 1994)

Why Do Women Stay In Battering Relationships?

- Economic Dependence: "I can't make it on my own."
- Parenting: "The children need a father."
- Religious Pressure: "Divorce is a sin."
- Extended Family Pressure: "I should be able to keep my family together."
- Fear: I'm afraid of being alone, of being on my own. I'm afraid I can't cope with home and the children by myself.
- Fear: "I'm afraid he will find me and kill me, the kids, and/or my family if I leave."
- Loyalty: "If he had cancer, I'd stick by him. This is a disease, too, and I need to help him."
- Pity: "He's really so much worse off than I am. I feel sorry for him."
- Rescue Complex: "If I stay, I can save him and help him get better."
- Fear of His Suicide: "He says that he'll kill himself if I leave."
- Denial: "It's really not so bad. Other people have worse problems."
- Love: "I love him, and he is often quite loving and lovable when he's not being abusive."
- Duty: "I said I'd stay married to him 'till death do us part."
- Guilty: "He says our marital problems are my fault. I caused his difficulties and his problems."
- Responsibility: "It's up to me to work things out and save the marriage."
- Shame, Embarrassment, Humiliation: "I don't want anyone to know."

- The Dream: “I believe in the American Dream of growing up and living happily ever after. To let go of that dream and get a divorce would be very hard for me.”
- Identity: “I need a man in order to be complete.”
- Optimism: “Things will get better.”
- Low Self-esteem: “It must be my fault. I must deserve it. I’ll never find anyone better. A little love is better than no love at all.”
- Sex Role Conditioning: “This is just the way men are.”
- Survival: “I can’t survive on my own. I have no work skills, no car, no access to money, no place to stay, and no support network.”



Think of someone you know who has been battered. Go over the list above and put an “X” by every reason you think why she stayed. Then go back and circle the “X’s” you think were legitimate reasons for staying.

CHILDREN IN VIOLENT HOMES

Children from violent homes come from all walks of life. They suffer emotional trauma and psychological scars from watching the abuse. Fear, instability, and confusion replace the love, comfort and nurturing they needed. They may feel guilt for the violence, or blame themselves. A poor self image usually develops with a mixture of hope and depression, deceptiveness, and social isolation. In this type of dysfunctional relationship, children may adopt the abusive behavior itself, or develop other inappropriate behaviors.

Children are often the unintended victims of battering. Children in violent homes face dual threats: the threat of witnessing traumatic events, and the threat of physical assault. The following statistics are excerpted from "A Guide to Research on Family Violence, 1993." Children of abused women may:

- Be injured during an incident of parental violence;
- Be traumatized by fear for their mother and their own helplessness in protecting her;
- Blame themselves for not preventing the violence or for causing it;
- Be abused or neglected themselves.

Child Abuse in Violent Homes

- The risk of child abuse is significantly higher when partner assault is also reported.
- Nearly half of men who abuse their female partners also abuse their children.
- Nationally, 75% of battered women say that their children are also battered. One study found that one-third of the families reporting a violent incident between the parents also reported the presence of child abuse.

- Women being battered are less able to care for their children. Eight times as many women report using physical discipline on their children while with their batterer than when living alone or in a non-battering relationship.

Witnessing Parental Violence

- Over 53 million children are at risk of exposure to parental violence each year.
- Children from violent families can provide clinicians with detailed accounts of abusive incidents their parents never realized they had witnessed.

The Impact on Children

The damage inflicted by living in a home with severe parent-to-parent violence is often overlooked. The immediate impact of this exposure can be traumatic—fear for self, fear for their mother’s safety, and self-blame.

- The range of problems among children who witness parental violence includes psychosomatic disorders, such as stuttering, anxiety, fear, sleep disruption, and school problems.
- Children older than five or six have a tendency to identify with the aggressor and lose respect for the victim.

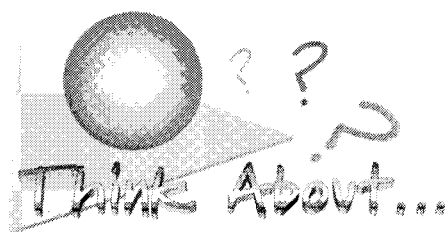
Over a longer period of time, the child’s exposure to violence may lead to later violence on the part of the child—as well as to other serious emotional and behavioral problems.

- Violence witnessed at home is often repeated later in life. Violent parental conflict has been found in twenty to forty percent of the families of chronically violent adolescents. Seventy-five percent of boys who witness parental abuse have demonstrable behavioral problems.
- A comparison of delinquent and nondelinquent youth found that a history of family violence or abuse was the most significant difference between the two groups.
- Child and adult victims of abuse are more likely to commit violent acts outside the family than those not abused. Abused children are arrested by the police four times more often than non-abused children.

Frequently, battered women are blamed for the violence their children experience as a result of living with an abusive father. For instance, courts and Child Protective Services have penalized battered women for “failure to protect” by having the children taken away. Fathers’ rights groups have used statistics as a tool against battered women in custody disputes. In reality, battered women strive to protect their children from violent partners. They strive to be good parents despite their own terror, depression, and injuries inflicted by their partners. Often, battered women leave abusive relationships for the sake of their children. At the same time, many of them return to the relationship because they become homeless, are no longer able to provide for their children, and fear losing custody of the children.

It is always the abuser's responsibility to stop abusive behavior. It is this behavior that endangers children of battered women and their mothers.

Courts should consider the effects of parental violence in custody and visitation cases. Counseling should be available to help children from violent homes avoid the serious consequences of abuse. (National Resource Center on Domestic Violence, 1993).

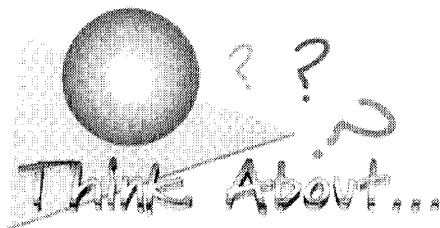


If you witnessed violence in your own home write in the space below how you think it affected you. You will not be asked to share this in the group unless you choose. You may want to discuss your answer with your counselor.

Domestic Violence Case Example

Lisa is 30 years old. She graduated from high school and is employed. She has been married to her present husband for four years and has two children from her first marriage. Lisa's husband is 44 years old and is employed as a cook. Her husband beat her so savagely that her next door neighbor did not recognize her. This was not the first reported occurrence.

Lisa did prosecute and her husband was convicted. We will explore with the class why she stayed in this violent situation for three years and why she finally decided to leave.



Apply the information from "Why Do Women Stay in Battering Relationships?" to "Lisa's Story."

1. Why do you think Lisa stayed for three years?

2. Why did she finally decide to leave?

BATTERERS

Abusers, or batterers, come from all walks of life. Two main risk factors are: 1) Abused or witnessed abuse as a child, and 2) Being male. However, statistics indicate that five percent of the victims are male with female abusers. While not violent in other relationships, such as at work or with friends, abusers often have a rigid and traditional view of sex roles and parenting. Their focus is on their own needs and not on the pain or fear they cause their victims. Alcoholism or drug abuse does not cause battering. Batterers have learned, for the most part, that there are few negative societal consequences for their behavior. Often they deny an incident or blame the victim. Common to all is refusal to accept responsibility for their actions.

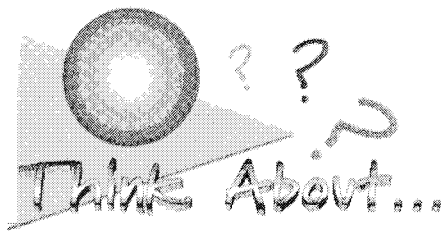
PREDICTORS OF DOMESTIC VIOLENCE

People often wonder if there are any signs that occur before actual abuse that might serve as clues to potential abuse. Think of an abusive person you know and answer the following questions “yes” or “no”.

1. Did he grow up in a violent family? _____
2. Does he tend to use force or violence to “solve” his problems? _____
3. Does he abuse alcohol or other drugs? _____
4. Does he think poorly of himself? _____
5. Does he have strong traditional ideas about what a man should be and what a woman should be? _____
6. Is he jealous, not just of other men but also of her girlfriends and family? _____

7. Does he play with guns, knives, or other lethal instruments? _____
8. Does he expect women to follow his orders or advice? _____
9. Does he go through extreme highs and lows, as though he is almost two different people? _____
10. When he gets angry, do you fear him? _____
11. Have you seen him treat her roughly? _____
12. Do you feel threatened by him? _____

(National Coalition Against Domestic Violence, 1993)



Read the following and answer the questions. Be prepared to discuss your answers in class.

Juanita and Jose have been married for five years and have one child. Juanita does not work. Jose started beating Juanita when she was pregnant. Juanita says that Jose is a good father and works hard and only hits her when he drinks or when she does something wrong. Jose gets drunk about twice a month.

1. Should Juanita stay with Jose? Explain your answer.
2. Should Juanita tell someone what is going on? If yes, who should she tell?
3. What could Juanita do wrong that would make it okay for Jose to hit her?
4. Do you think that Jose and Juanita's child is going to be affected by this violence? If so how?
5. Is alcohol really Jose's only problem?
6. Do you think it is harder for women with children to leave? Why?

PERSONALITY TRAITS OF ABUSERS

Family Background

A violent person was often raised in a violent home:

- 73% of batterers were abused as children
- 60% of boys who witness violence in the home grow up to abuse their adult mates

Personality

Batterers typically:

- SUFFER from low self-esteem and insecurity
- ADHERE strictly to stereotypical sex roles
- FEEL an obsessive need to be “in control”
- EXPRESS all emotions as anger and ACT abusively on that anger
- PRESENT a “Dr. Jekyll-Mr. Hyde” personality—bouts of violence alternate with periods of tenderness and affection

Social Relationships

In the context of intimate relationships batterers typically:

- ARE unable to maintain relationships except on a superficial level
- ARE isolated and often described as “loners”
- ARE inappropriately jealous of their partner’s friends and contacts
- BLAME others, particularly their wives or partners, for their own problems

- USE sex as an act of aggression to exert control and boost self-esteem
- ACCEPT violence as an appropriate solution to conflict
- DO not expect their violence to have negative consequences

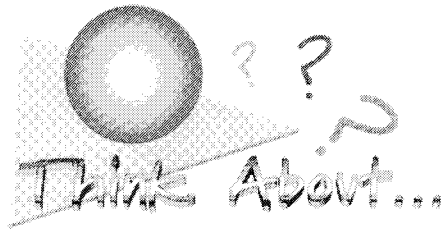
(This information was adapted from *The Battered Woman* and *AMEND*, Lenore Walker, and Jennifer Fleming)

The Importance of the Victim in the Life of the Abuser

1. Their mate is someone to control so that they can feel in control.
2. Their mate is someone to hurt by whom they can be forgiven - - an unconditional love.
3. Their mate is someone to complete their sense of wholeness - - an extension of their ego, a reflection of themselves.
4. He needs her perhaps more desperately than she needs him, but his needs are so frightening to him that in order to conceal them and to avoid vulnerability he destroys his mate's emotional and physical power. A powerless, helpless, fearful wife will not leave him.
5. His mate is someone to reaffirm his sense of masculinity, his feelings of worth, his feelings of power.

To Lose His Mate

1. Means to lose control
2. To lose his sense of emotional protection and acceptance
3. To lose self esteem
4. To lose a part of his identity



Danielle and Michael have been living together for two years. Tonight, Michael came home and was angry because dinner was not ready. Danielle and Michael argued and Michael lost control and began hitting and kicking Danielle. He then left the house in their car.

Danielle had several injuries including a large cut above her right eye that was bleeding. She also thought that her ribs were cracked.

Check the feelings that you think Danielle might be feeling:

fear	sad	responsible
anger	love for abuser	confused
hopelessness	responsible for abuser	upset
helplessness	guilty	depressed
feeling isolated	ashamed	suicidal
insecure	embarrassed	other

1. Choose one of the feelings you checked above and explain your choice.

2. If Danielle was your sister which of the choices shown below would you want her to do?

Circle your choices and then go back and number your choices as to what you would want her to do first, second, third, etc.)

- Call the police.
- Leave the house and go _____
- Call an ambulance.
- Call a friend or _____
- Do nothing and hope his mood improves before he comes back home.
- Wait for him to return and ask him to take you to the hospital.
- Call a hotline for battered women and hope they can tell you what to do.
- Try to find a place to stay for the night until he has cooled down.
- Leave and plan not to return ever.

3. Why did you choose the decisions you did?

4. What problems did your decision solve?

5. If you chose to leave the house, what items would you try to take with you?

6. How would you get away from the house when he has the car?



PERSONAL SAFETY

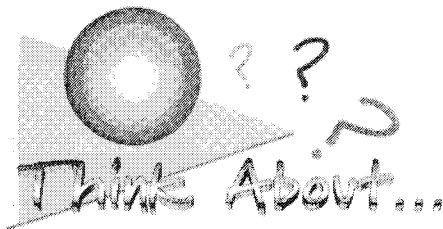
Watch the video "The Tracey Thurman Story." Based on information learned in this chapter and the video, respond to the following questions:

1. If you were a victim of domestic violence, what would you do, what resources are available to you (consider self, family, and community).
2. List five ways that you could assist one of your family members who becomes a victim of domestic violence.
3. How can you as an individual impact the community to take a responsible role for the prevention of domestic violence.

Research Relating Response To Stress And Violent Relationships

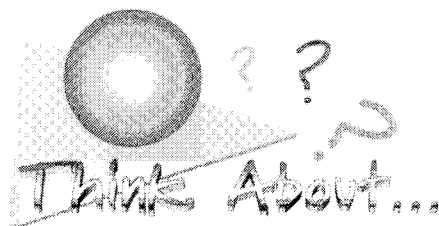
Extensive study since the 1970's has related **stress** to family and marital violence. Statistics from this research indicate that a family is most at risk for violence when there are two or more children, when the husband and or wife experiences considerable life stress within a year, and where decision-making is concentrated in the hands of one person. These researchers also indicate that a child who grows up in a home where stress is responded to in a violent way is at risk for responding in a similar way to stress.

Koss (1988) had done research with adolescents relating life events stress to dating violence. Students were to look at situations which cause stress in their lives. The findings indicated that of similar studies addressing the rate of courtship violence: about 21%, of men reported being violent because of life changes.



1. How would you define “stress”?
2. What kinds of things cause you stress?
3. When you feel stressed or pressured, how does your body feel?

4. How do you feel now?



Watch the video "When the Good Times Go Bad." Answer the following questions.

1. In what ways was Karen abused?

2. How did Karen, Gary and others suggest that Karen was the blame for the treatment she received?

3. Certain characteristics are found in many people in violent relationships. Do you see any of these in Karen and/or Gary? (Family history, exaggerated sex roles, violent reaction to stress, low self-esteem)

4. What evidence indicates that the cycle of violence was developing in this relationship?

(Tension-building, Battering incident, and Honeymoon phase)

5. What might have happened after the last scene (in the restaurant?)

Sex Roles and Stereotypes in Relationships

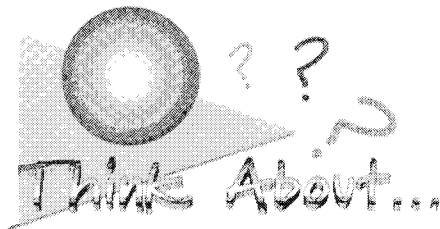
Much research supports the theory that most violent homes are those where one person is dominant and controls decision-making. This person is usually the male. Historically in our society, men have been known as the “protectors” and “breadwinners” of the family while women have been the “nurturers” and “homemakers”. With these family titles or roles have come expected behavioral traits: men have been known to be “tough” or “aggressive” while women have been expected to be more “passive”.

There is nothing wrong with a woman’s choosing a homemaker role and a man’s choosing to be the sole breadwinner if both persons are comfortable with that decision and neither feels a loss of self-esteem or identity. A dominant personality often chooses a submissive one as a partner and the relationship works out satisfactorily.

If, however, a passive person finds her/himself locked into a relationship with a controlling person, or if a person is made to act out a submissive role by an abusive partner, these stereotypical traits can be very unhealthy. It is important that we:

- Freely choose the kind of person we want to be
- And are allowed to be that person within our relationships

(Reprinted from "Presenter's Manual - When The Good Times Go Bad: Teenage Dating Violence", produced by Turning Point and The Columbus Service League, P.O. Box 103, Columbus, Indiana 47202)



Don't Get Trapped With Stereotypes

Directions: List some qualities you look for in choosing a female friend. Then list qualities you look for in choosing a male friend. These adjectives will get you started:

a good listener	a "party" person
affectionate	agreeable
athletic	bashful
cute	decisive
easy-going	friendly
helpless	honest
jealous	kind
mean	moody
reliable	responsible

Continued...

sexy	smart
a "take-charge" person	adventurous
aggressive	assertive
confident	confrontive
dependable	eager
good-looking	happy-go-lucky
intelligent	intense
loner	loving
not too good-looking	passionate
restless	sensitive
strong	tender
warm	

I like my female friends to be:

I like my male friends to be:

Are your lists the same or different?

Should they be the same or different?

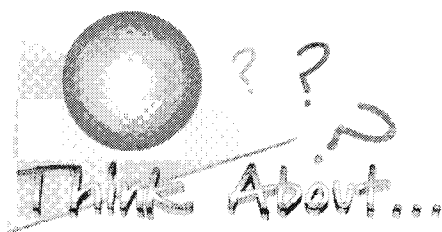
Are you guilty of using sex-role stereotypes?

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Where Can You Find Help For The Abused and The Abuser?

There are people who can help you:

- Your parents
- Your teachers
- Ministers
- Guidance counselors
- Local domestic violence agency
- Domestic violence hotlines
- Mental health center
- Family counseling agency



1. How is a strong self-identity a way to prevent dating violence?

2. Answer the following questions about your self-concept:
 - a) What do I like about myself?

 - b) What are my strengths?

 - c) What long-term and short-term goals do I have?

 - d) What would I like to change about myself?

3. Explain how you could help a friend or family member who is either a victim or abuser in a dating violence situation.

PERSONAL SAFETY

Picture yourself in the following situation: You are at a party with a number of friends. You observe two of your friends arguing, both make derogatory remarks to the other. Your male friend clenches his fist and appears to be ready to strike the female. What could you do to prevent an escalation of violence: Explain three solutions.

GUEST SPEAKER NOTES

