



What Is Abuse? What Do I Do When I See It?

How to Recognize, Respond, and Refer



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How to Recognize, Respond, and Refer- For Adults in Later Life



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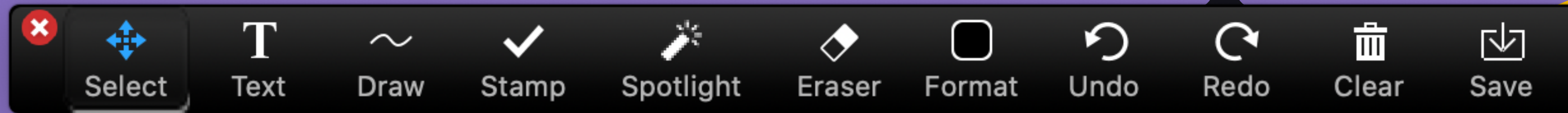
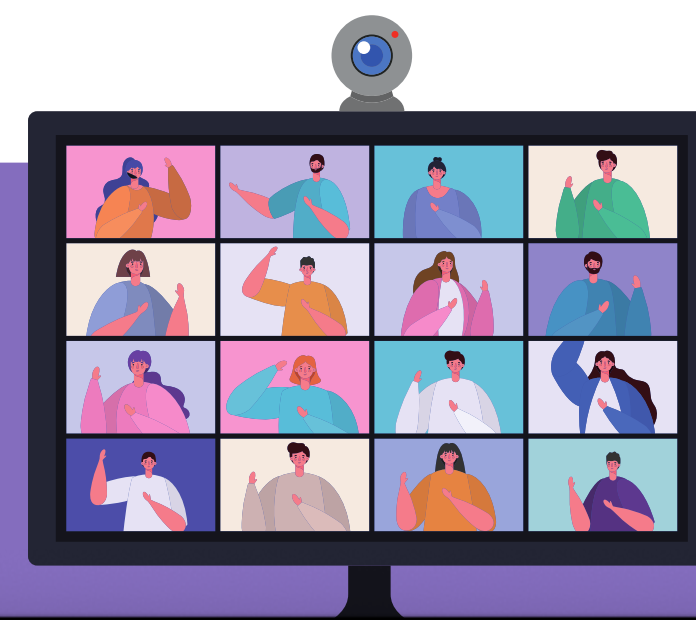
**How to Recognize, Respond, and Refer- For Faith Based
Community Members**



Guidelines for This Session:

- **Take care of yourself**
- **Take breaks when needed**
- **Ask questions anytime**
- **Maintain privacy**

How to Annotate



Select "View Options" from the top of the Zoom window, then choose "Annotate."

To type on the screen, select the "Text" icon from the Annotation toolbar.

To use an icon, select the "Stamp" icon from the Annotation toolbar.

Today's Objectives

1 Recognize

- What is domestic and intimate partner abuse?

2 Respond

- How can we support survivors in a trauma-informed way?

3 Refer

- Where can we go for help and resources?



To eliminate domestic and intimate partner abuse in the Lehigh Valley through survivor empowerment, community education, and engagement.

Domestic and Intimate Partner Abuse- What is it?

What is domestic and intimate partner abuse?

What: Pattern of coercive, intentional behaviors; escalates over time

Why: used to gain or maintain power and control over someone in a relationship

Who: Anyone and everyone. Not discriminatory

Scope of the Problem



Physically
Abused

10MM



Helpline Calls

19K



Homicide

65%



Medical Care

34%

Scope of the Problem



Abused, Neglected, or
Exploited

1 in 10



Family

90%



Adult Children/
Spouse

2/3



Homicides

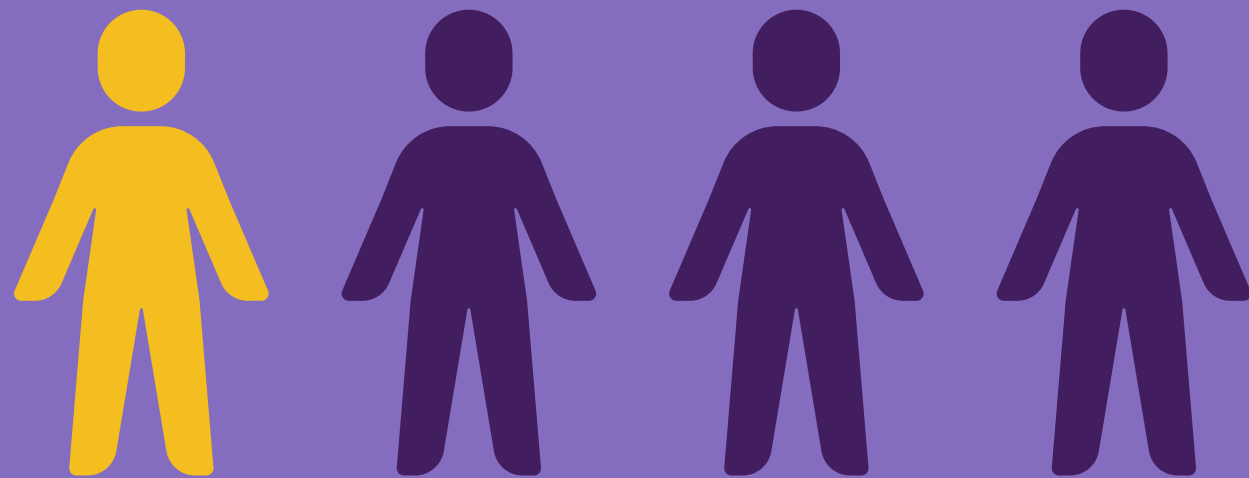
19K



Women



Teens

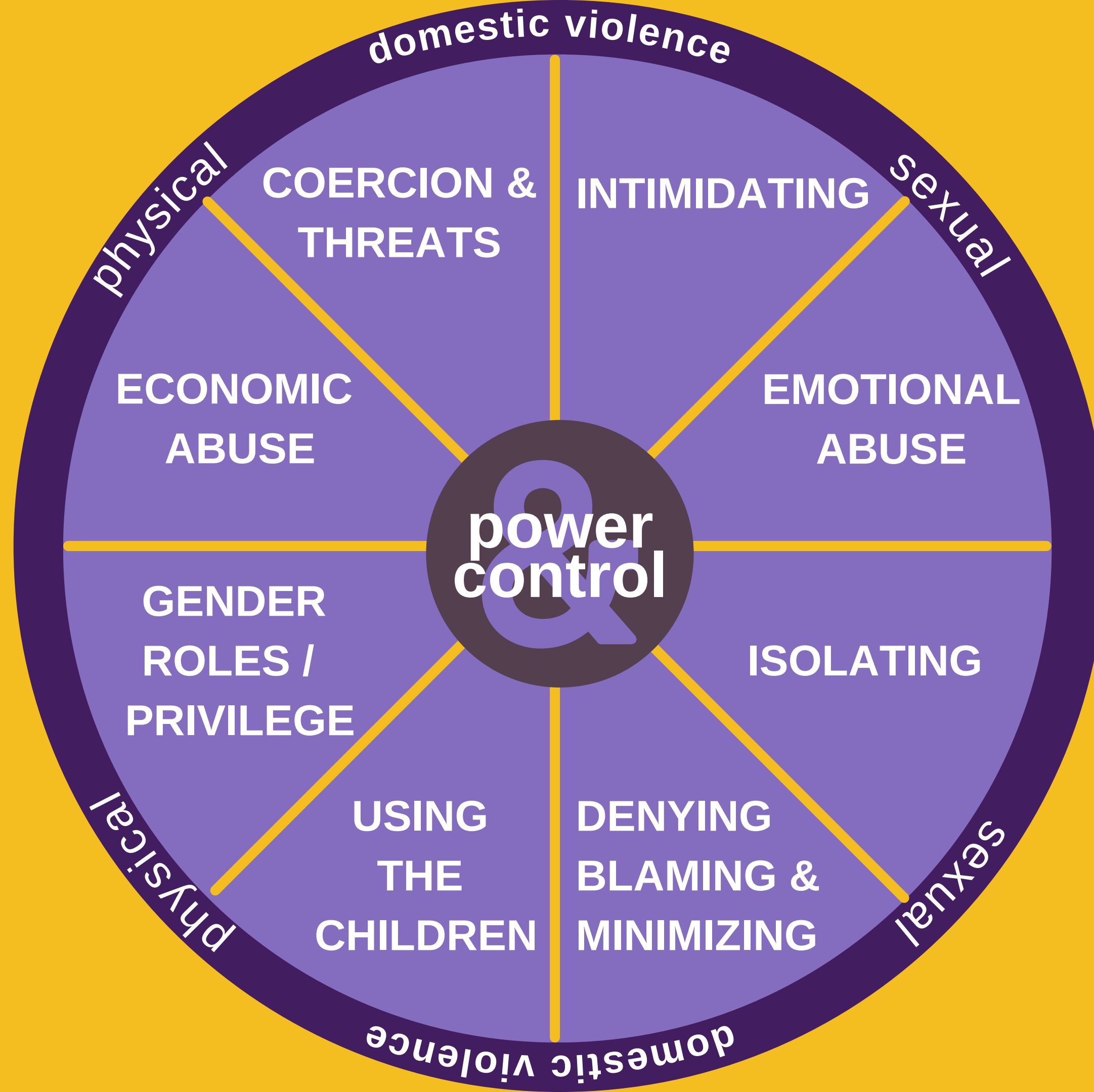


Men



LGBTQ+

What do you think abuse looks, sounds, or feels like?



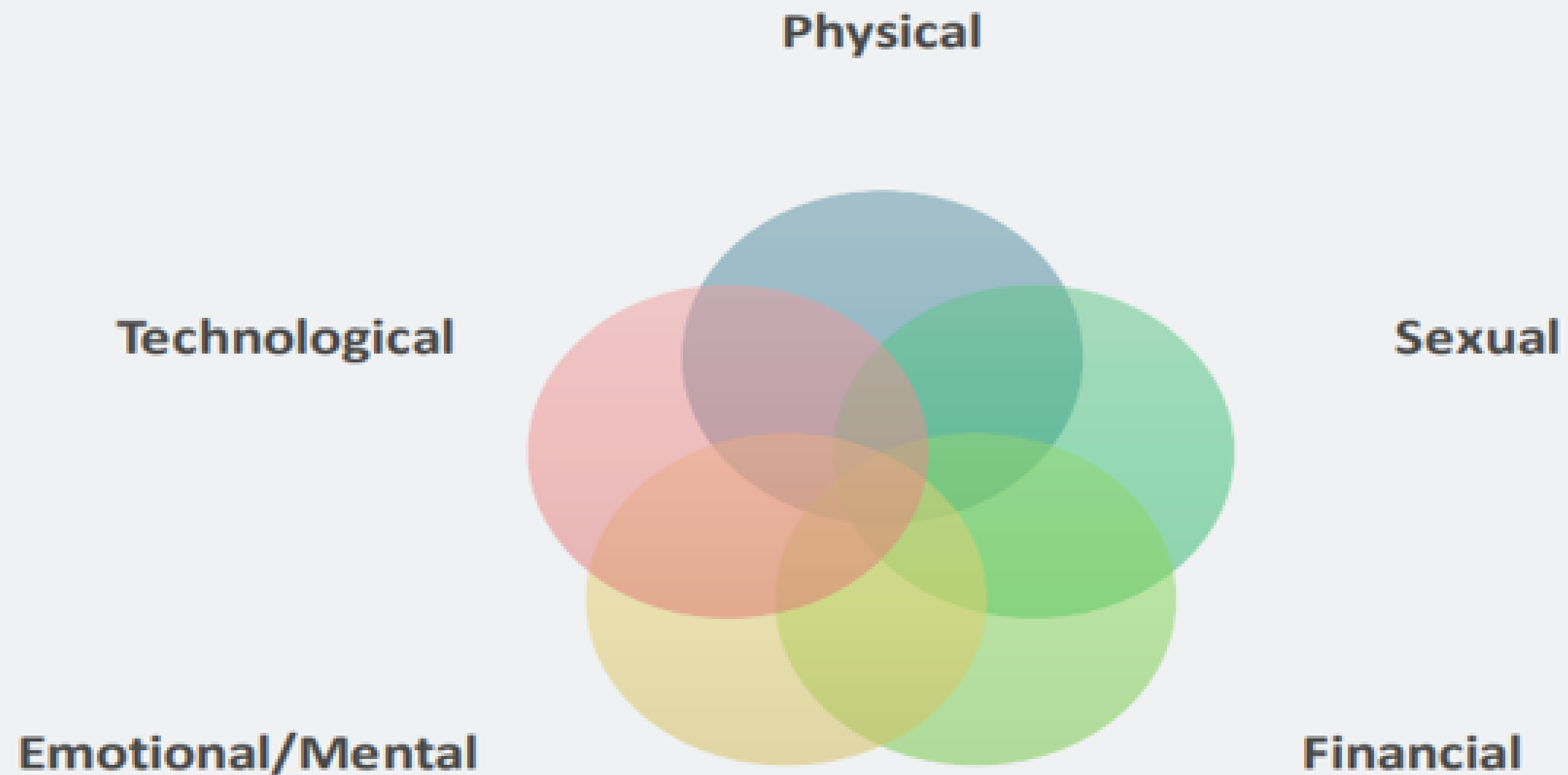
Adapted from the Duluth Model,
"Power and Control Wheel", 1984

**“Abuse grows from attitudes and values,
not feelings. The roots are ownership, the
trunk is entitlement, and the branches are
control.”**

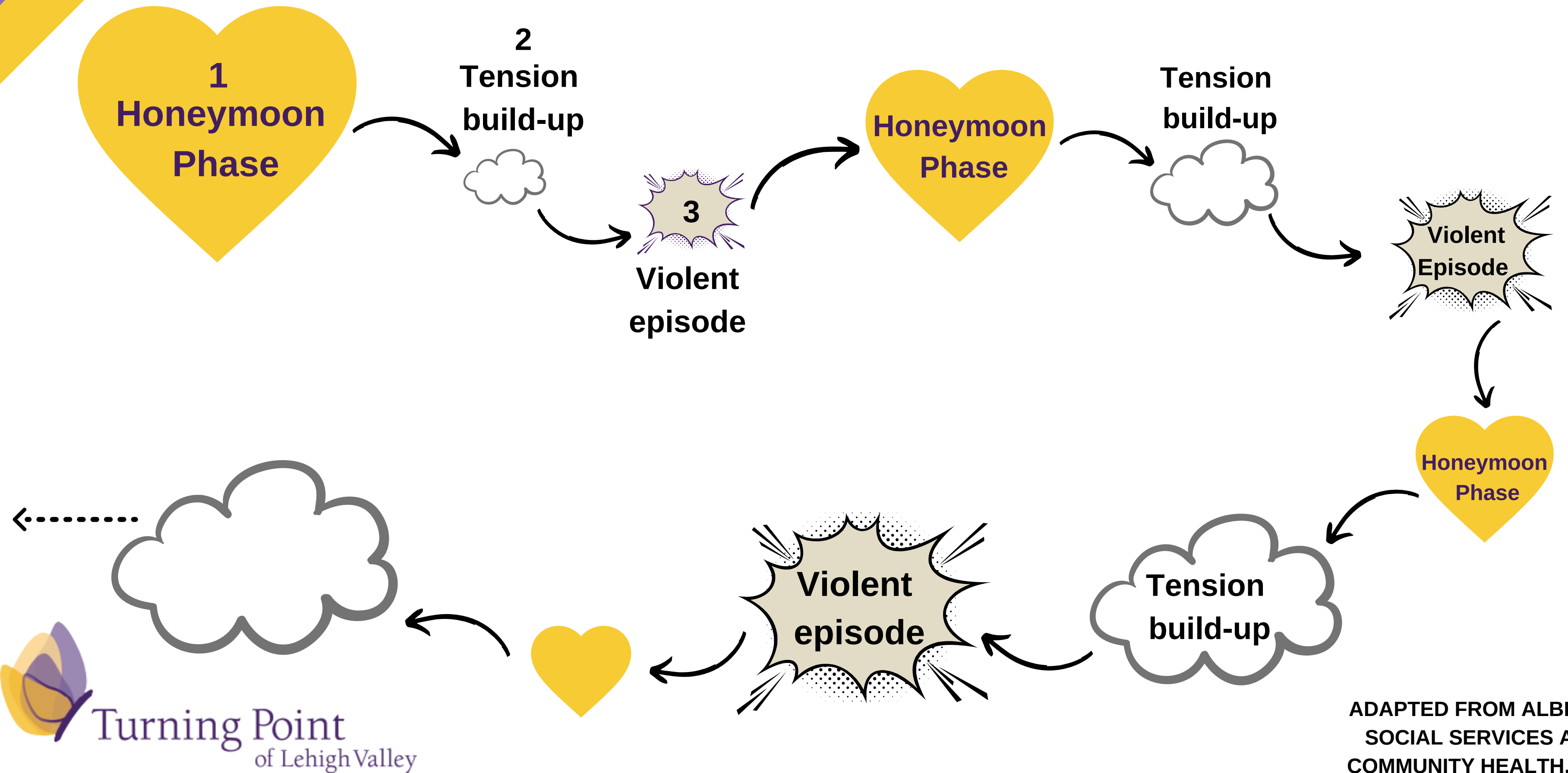
**— Lundy Bancroft, Why Does He Do That?:
Inside the Minds of Angry and Controlling
Men**

Unique Patterns of Abuse

Tactics and patterns vary for each situation and often intersect...no two are the same.



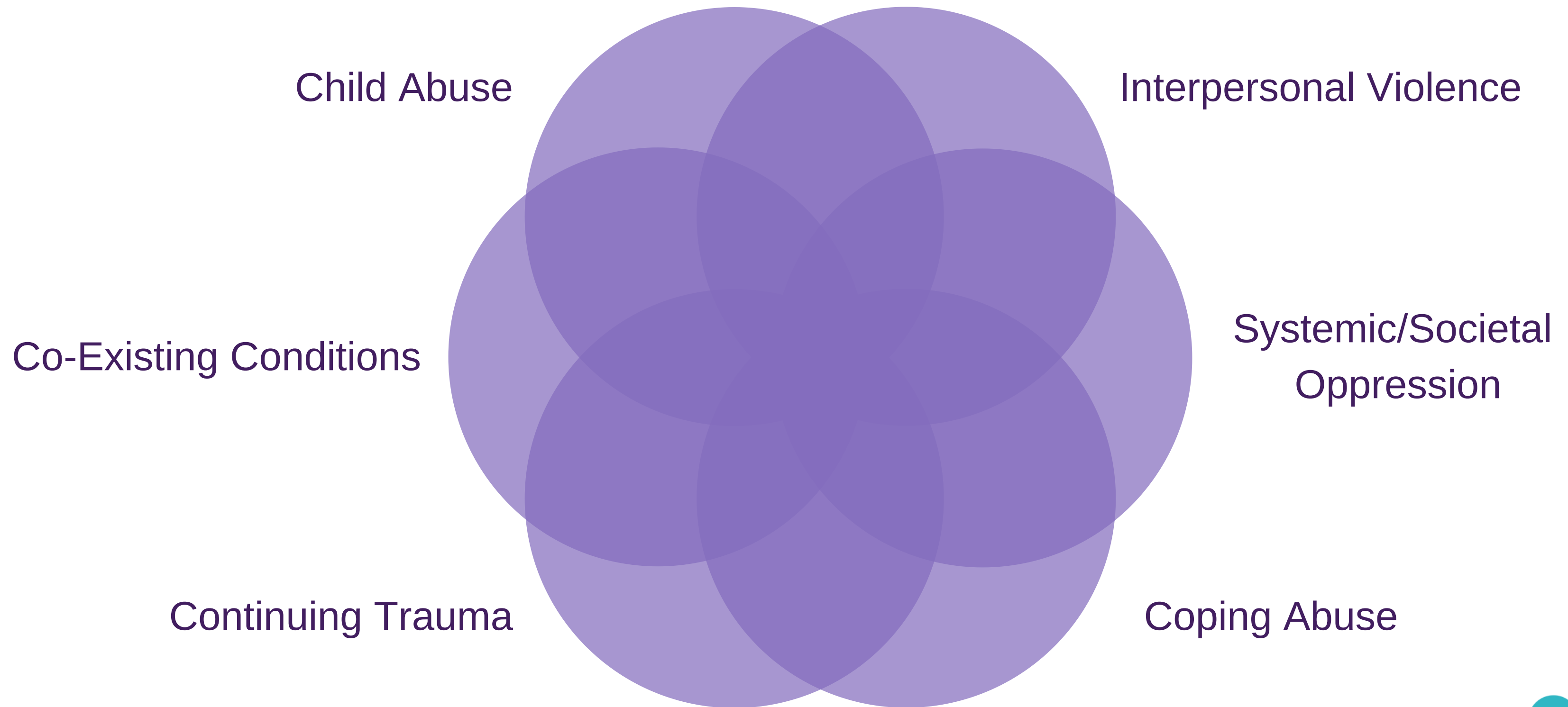
The Cycle of Abuse: Over time



**But Why Would
Someone Stay?**

Why do you think someone might stay?

Life Experience Wheel



Life Experiences

Interpersonal Violence

- Domestic Violence
- Sexual Assault
- Sexual Abuse

Child Abuse

- Physical Abuse
- Emotional Abuse
- Sexual Abuse

Co-existing Conditions

- PTSD
- Mental Illness
- Psychiatric Conditions
- Physical Disabilities
- Development Disabilities

Coping Abuse

- Eating Disorders
- Disassociation
- Self Mutilation
- Self Neglect
- Alcohol Abuse
- Substance Abuse

Societal/Systemic Oppression

- Discrimination Based on Stereotypes
- Microaggressions
- Criminalization of Survival Behaviors
- Others Unable or Unwilling to Help

Continuing Trauma

- Human Trafficking
- Returning to an Abusive Situation
- Poverty
- Homelessness
- Incarceration
- Intergenerational Grief

Join Kahoot! Game



- Scan this QR Code from your camera on your phone or go to kahoot.it.
- Enter code:
- Type in a username
- Get ready!

How Do I Help?

How to Help Someone

**What you don't
say is as
important as
what you do
say.**

**Empower, Not
Rescue**

Hear Them

Acknowledge

Reassure

Support

Non-Judgement

Respect Choices

Listen

Encourage

Safety Plan

Responding to Disclosure



I will support you
and your decisions.

I am concerned
about your safety.

I care about you.

I believe you.

This isn't your fault.

Initiating Conversation



I overheard your partner yelling at you on the phone. Are you okay? Do you want to talk?

I noticed the bruises you have. I'm worried about you. Are you okay?

You looked upset after the phone call today. I'm here if you want to talk.

I've noticed you've had trouble meeting your deadlines lately. Is there anything bothering you? Do you want to talk about it? I am here for you.



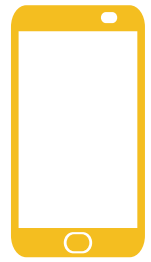
Services Turning Point Provides

24/7 Helpline (610) 437-3369

Empowerment Counseling
Legal Advocacy
Housing
Training and Education

All services are confidential and at no cost.

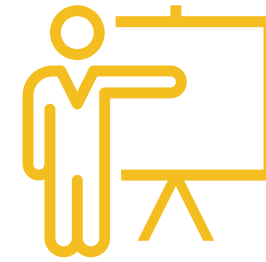
Action Steps



**Stay
Engaged in
the
Movement**



**Update/
Create a
Policy in
your
Organization**



**Refer an
Organization
for a
Training/
Presentation**



**Host a
Fundraiser,
Volunteer,
or Donate**



Connect with us!



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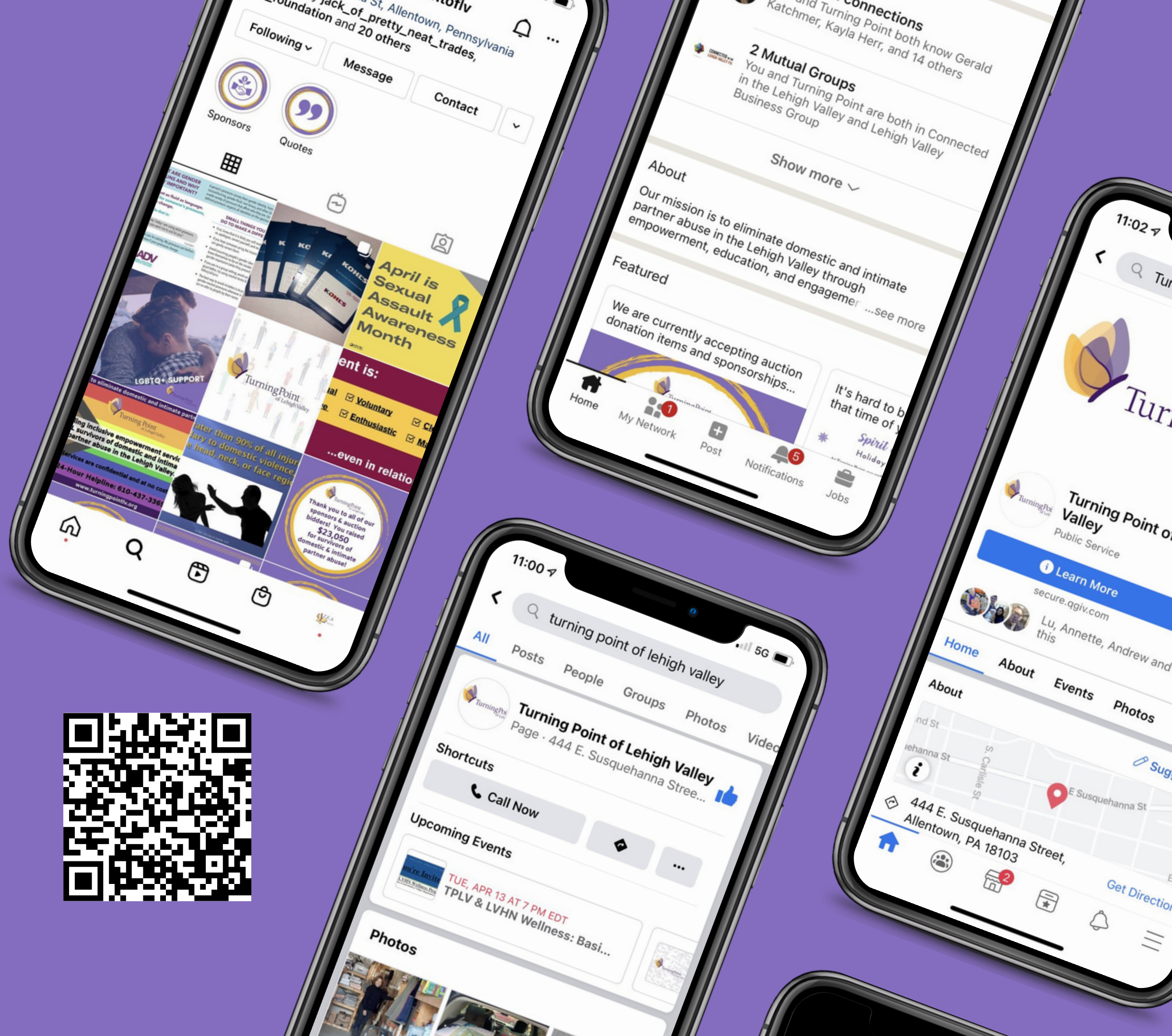


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HEALTHY RELATIONSHIPS
... require time and patience.

The key to any healthy relationship is effective communication.

Try to focus on your experience and how you feel instead of focusing on what the other person did wrong.

Active Listening
You will both have different opinions and feelings, so be willing to listen to the other person's side.
"I hear that you're frustrated because..."

Mutual Respect
Your partner's wishes and feelings have value, but it is equally important that they respect yours as well.
"I don't agree with you but I respect your choice."

Pause Button
Everybody argues or disagrees, but it is important to know when to step back, take a pause, and talk about the issue when you're calm.
"I feel like we're not getting anywhere when we're angry so can we talk about this later?"

Question:
Is it possible to have a perfect relationship 100% of the time?

Answer:
It is not possible to have a perfect relationship "100%" of the time; however, it is possible to have a healthy relationship through good communication, compromise, boundaries, and respect.

What is important to remember is that nobody is perfect. You both must make the effort to...

QUIZ
AM I IN A HEALTHY RELATIONSHIP?
Everyone wants a healthy relationship. Is your relationship where it needs to be? Pick the best answer & total your score.

1 You and your partner start to have a disagreement. How does it play out? **W...**

2 You are out with your friends without your partner. How do they react? **They ...**

3 An ex comments on one of your pictures. How does your partner react? **They ...**

4 You tell your partner you want to take things slow. How do they react? **They ...**

0 Points Perfect Partners
Your relationship is solid. You both know how to communicate & compromise. You both trust & respect each other. Maintaining healthy relationships is no easy task-keep up the good work!

1 to 4 Points Couple Trouble
Every relationship runs into some snags. What's important is how you handle these situations. Communication is key. Never ignore a red flag. Something small could get worse over time, so talk about it in a respectful way. Having a healthy relationship takes work.

5 to 20 Points In The Red
It may be time to re-evaluate your relationship. You are definitely seeing some warning signs of abuse. Remember that you're not alone. Turning Point is here to help. Call our 24-Hour Helpline at 610.437.3369 or 1.877.438.4957.

FIVE TRAITS OF A HEALTHY RELATIONSHIP
Pick and circle the top FIVE non-negotiable healthy character traits that you want in a partner. You can use this list to evaluate past, current, or future relationships. These are not all the healthy traits in relationships.

Feel free to add your own:

Freedom	Communication
Trust	Respect
Non-judgmental	Boundaries
Friendship	Space
Equality	Listening
Acceptance	Caring/Love
Support	Loyalty
Honesty	Other:

PROGRAMS & SERVICES INCLUDE:

You Are Never Alone.

IF YOU OR SOMEONE YOU KNOW IS IN AN ABUSIVE RELATIONSHIP, WE CAN HELP.

Services are confidential and at no cost.

24-Hour Helpline: 610-437-3369

Toll-free: 877-438-4957

TTY: 610-419-4594

www.turningpointlv.org



Working to eliminate domestic violence

Turning Point of Lehigh Valley

- 24/7 Helpline
- Empowerment Counseling
- Empowerment Groups
- Emergency Safe House
- Legal Advocacy
- Outreach Education

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IS SOMEONE YOU KNOW BEING HURT?

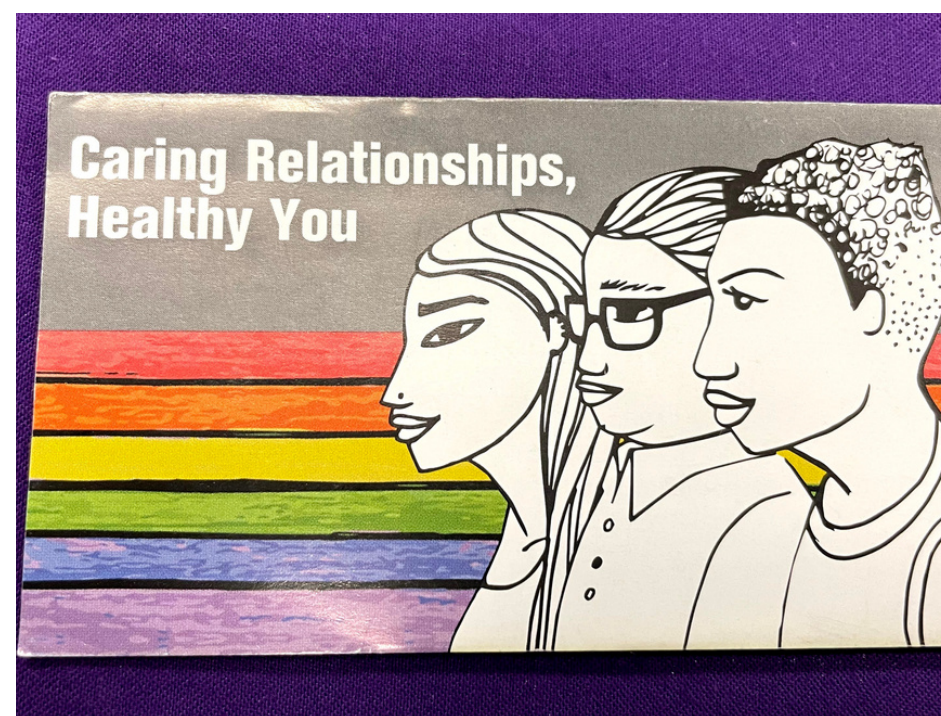
HAVE THEY BEEN . . .

- Hit (slapped, kicked, pushed, punched). . .
- Threatened. . .
- Controlled. . .
- Called names?

IS THEIR PARTNER . . .

- Jealous. . .
- Demanding. . .
- Possessive. . .
- Mean to them?

Need Our Materials?



¿ALGUIEN QUE USTED CONOCE ESTÁ SIENDO MALTRATADA/O?

LE HAN...

- Pegado (cachetadas, patadas, empujones, puños)...
- Amenazado...
- Controlado...
- Insultado?

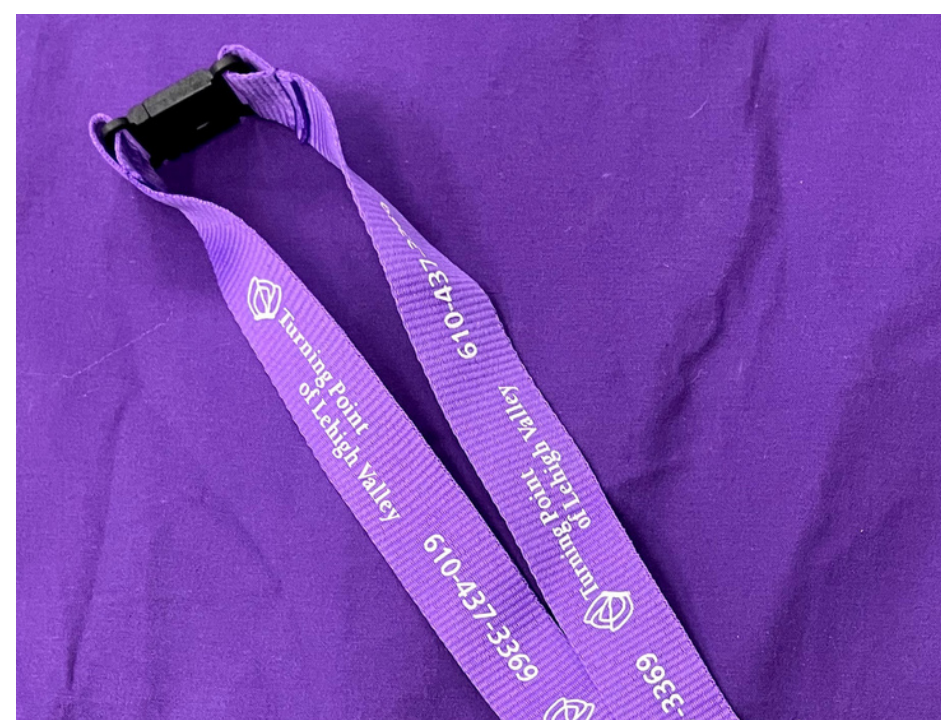
EL COMPAÑERO ES...

- Celoso...
- Exigente...
- Posesivo...



Turning Point of Lehigh Valley

NADIE DEBE VIVIR CON MIEDO





**Turning Point
Helpline Number:**
610-437-3369



**Teen Dating Abuse
Text Line:**
Text "loveis" to 22522



National Hotline
1-800-799-SAFE (7233)

Types of Abuse

**Physical
Abuse**

**Emotional/ Verbal
Abuse**

**Sexual
Abuse**

**Financial
Abuse**

**Digital/ Cyber
Abuse**

Stalking