

WEST TENNESSEE LEGAL SERVICES

DOMESTIC VIOLENCE

Recognize it.
End it.



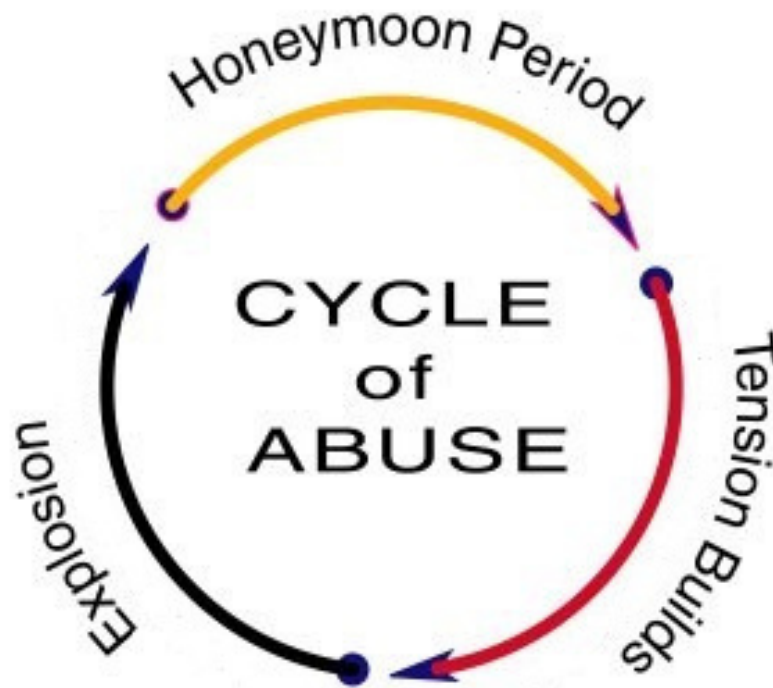
THE POWER AND CONTROL WHEEL

Domestic violence is a pattern of abusive and/or coercive behavior used to gain or keep power and control of another person. It includes illegal and legal acts that undermine the victim's sense of safety, self, and free will. Domestic violence includes intimate partner abuse and child abuse.

The power and control wheel shows different tactics that an abusive partner may use to keep victims in a relationship. The inner ring shows subtle, long-term behaviors, and the outer ring shows physical and sexual violence. An abuser may use the outer ring when actions in the inner ring do not work. After time, the abuser may only use the inner actions because the victim/survivor has learned to fear the physical or sexual violence.



THE CYCLE OF VIOLENCE



This cycle has three phases that repeat more often over time, and the violence usually gets worse.

The Tension Building Period

This period feels like walking on eggshells. There is no way to predict what the abuser wants. There is emotional abuse, intimidation, threats and minimal physical abuse. Fear of violence is often as coercive as violence itself.

Violence/Explosion

This is the actual violent episode. It includes physical or sexual abuse, and damage to property. A crime is committed!

The "Honeymoon" Period

This period is when the abuser acts differently after the violence. Abusers ignore or deny the violence, blame the "anger" on you, or even act sorry. The abuser will try to make up for their violence by helping around the house, buying flowers or presents, playing with the children, or making promises. The honeymoon is an attempt to draw you back into the relationship.

DOMESTIC ABUSE WARNING LIST

This list can help you recognize if you or someone you know is in an abusive relationship. The more warning signs, the more dangerous the situation may be.

Verbal Abuse

Name calling, mocking, accusing, yelling, blaming, swearing, making humiliating remarks or gestures

Pressure Tactics

Rushing you to make decisions through guilt, sulking and intimidation, threatening to withhold money, manipulating the children.

Abusing Authority

Always claiming to be right, insisting statements are "the truth", telling you what to do, making "big" decisions, using logic



Disrespect

Interrupting, not listening or responding, twisting your words, putting you down in front of other people, saying bad things about your friends & family

Breaking Promises

Not following through on agreements, not taking a fair share of responsibility, refusing to help with childcare or housework

Emotional Withholding

Not expressing feelings, not giving support, attention or compliments, not respecting feelings, rights or opinions

Minimizing, Denying, or Blaming

Making light of their behavior, not taking your concerns about abuse seriously, saying the abuse didn't happen, shifting responsibility for their behavior by saying you caused it

Economic Control

Interfering with your work, not letting you work, refusing to give you money, taking your money, not allowing use of the car

Self-Destructive Behavior

Abusing drugs or alcohol, threatening suicide or self-harm, deliberately doing things that will have negative consequences (telling off his boss, etc...)



DOMESTIC ABUSE WARNING LIST

Abusing Trust

Lying, withholding information, cheating on you, being overly jealous, constantly checking up on you, tracking you with GPS, phone apps, or Airtags/Smart tags

Isolation

Preventing you from seeing friends or relatives, Monitoring phone calls, Telling you where you can and can't go, timing you when you leave the house

Harassment

Making uninvited visits or calls, Following you, Checking up on you, Embarrassing you in public, Refusing to leave when asked, installing video recorders or cameras



Sexual Violence

Using force, threats or coercion to obtain sex, Degrading treatment based on sex

Physical Violence

Being violent to you, your children, your pets, Slapping, Punching, Grabbing, Shoving, Hitting, Kicking, Choking, Biting, Burning or Stabbing

Weapons

Use of weapons, Keeping weapons around which frighten you, Threatening or attempting to kill you or those you love



Invading your privacy

Reviewing your texts, going through your phone, going through your social media or even hacking into and using your social media, going through your email, taking your tablet, laptop, and phone

Intimidation

Making angry or threatening gestures, Using physical size to intimidate, Out-Shouting you, Driving recklessly

Destruction

Destroying your possessions, Punching walls, Throwing/Breaking things, Disabling or damaging your car



DOMESTIC VIOLENCE SAFETY CHECKLIST

I have made my home as safe as possible by:

- Changing locks and adding deadbolts
- Hiding sharp objects and weapons
- Keeping telephones charged and accessible
- Knowing how to exit the home as quickly as possible
- If I am in danger I will stay out of the kitchen or bathrooms and other rooms where I would be trapped.
- Teaching the children what to do or where to go if there is an incident



I have planned and rehearsed an escape route for me and my children by:

- Knowing how to get out of the house or where we will go in an emergency
- Showing the children what to do if the abuser breaks in, or comes to their school or daycare
- Teaching the children to call the police
- Teaching the children to hide if needed

I have packed an emergency bag and hidden it.
My emergency bag includes:

- Cash and debit/credit cards
- Clothing for me and my children
- Diapers, medicine, toiletries
- Copies of court documents including my Order of Protection, divorce decree, and custody papers
- Important Documents including birth certificates, social security cards, passports, immigration records and cards, medical records, insurance cards, etc...
- Extra keys
- My notebook or diary
- Pet necessities like treats, leash, and medicines



I will keep accurate records of:

- Conversations
- Episodes of violence
- Attempts at contact, voicemail messages, texts, emails, and social media
- Pictures

I have explained my situation to:

- Children
- Relatives
- Neighbors
- Friends
- Co-workers
- Children's school or daycare

DOMESTIC VIOLENCE SAFETY CHECKLIST



I will:

- Practice my escape plan with my children
- Be aware of my surroundings at all times
- Stay calm in a crisis
- Locate police stations and safe places and know where to go if someone is following me
- Keep plenty of gas in my car
- Always put my keys and purse or wallet in the same place
- Know who will help me in a crisis
- Change my passwords and pins for all my accounts including social media
- Turn off my location on my phone and apps
- I can text trusted people with a code so they can call the police for me
- Use my judgement and intuition. I will protect myself and my children until we are out of danger then, I will get help
- I will call family, friends or counselor for support if I feel down or ready to return to the abuse

I will call the police if the abuser:

- Threatens me
- Follows me
- Has someone else follow me
- Contacts me when there is a no contact order
- Abuses me



For my children, I will:

- Tell their school or daycare who is allowed to pick them up.
- Give a copy of my custody papers and my Order of Protection to someone in charge at school or daycare
- Teach them to remain calm in a crisis situation and how to call the police
- Limit my children's knowledge of hiding places and details to prevent them from accidentally telling the abuser.



I know that

- The safety of myself and my children comes before anything else.
- The abuse is not my fault. I do NOT deserve to be abused
- I will make the decision to stay or leave the abuser based on which is safer for me and my children
- Through the support of community agencies and friends and family. I can help end the abuse



WHERE TO GET HELP

West Tennessee Legal Services, Inc. (WTLS)

731-423-0616 ext. 1250

www.wtls.org

Jackson Office

210 W. Main Street
Jackson, TN 38301

Dyersburg Office

208 S. Church Street
Dyersburg, TN 38024



Huntingdon Office

113 W. Paris Street
Huntingdon, TN 38344

Selmer Office

141 N. Third Street
Selmer, TN 38375

Other Resources

Wo/Men's Resource and Rape Assistance Program (WRAP)

731-668-0411 or 1-800-273-8712

Tennessee Domestic Violence Hotline

1-800-356-6767

Pathways

1-800-372-0693



This project was supported by Award No. 2016-VA-GX-0053 & 2019-V2-GX-0043 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice through the Tennessee Office of Criminal Justice Programs.

