

Domestic Violence 101

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Domestic and Sexual Violence Services
September 23, 2020



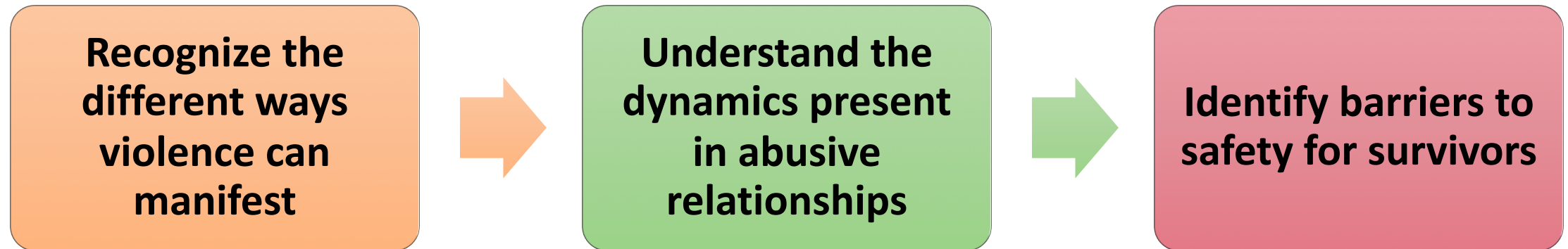
FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES



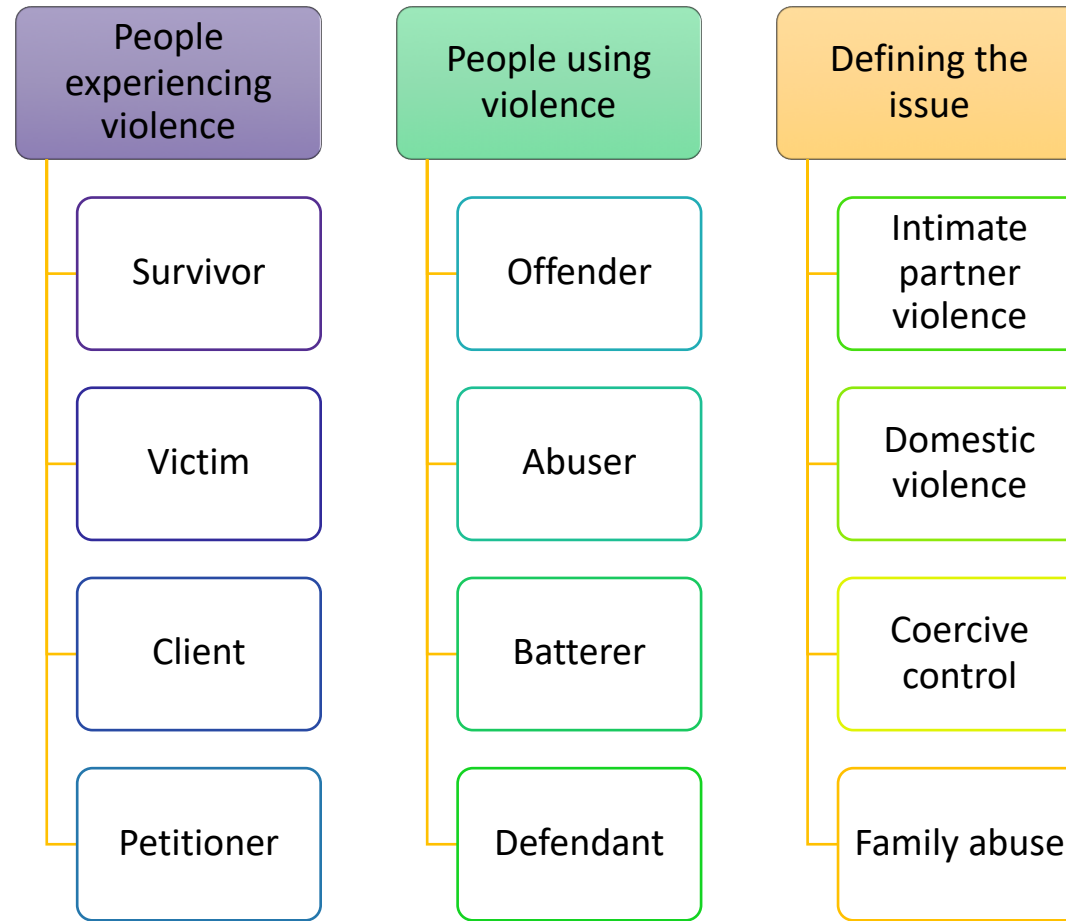
MISSION

DFS promotes the well-being of the County's diverse community by protecting and improving the lives of children, adults and families through supportive services, education and advocacy.

Goals for today



Language and terms



Domestic violence

a pattern of coercive behaviors used by a person to gain and maintain power and control over their partner

Domestic violence may include

Intimate partner relationships

- Current or former spouses
- Current or former dating relationships
- Co-parents

Household members

Elders

Children

Caregivers/Personal Care Attendants

Forms of power and control

Physical

Emotional/Psychological

Verbal

Religious/Spiritual

Sexual

Financial

Cultural/Identity

Technological

Physical

Scratching

Slapping

Controlling access to medication/mobility aids

Pushing

Hitting

Throwing objects

Sleep deprivation

Strangling/Choking

Using weapons

Stalking

Emotional/Psychological

Silent treatment

Insulting jokes

Blaming/accusations

Jealousy

Gaslighting

Isolation

Threats

Using slurs or derogatory terms around mental health

Humiliation

Harming pets or service animals

Verbal

Recalling mistakes

Threatening self harm or suicide

Expressing negative expectations

Expressing distrust

Threatening violence against a person or their family members

Yelling

Lying

Name-calling

Insulting

Telling a person they are worthless

Sexual

Unwanted sexual comments or jokes

Controlling pregnancy outcomes

Ignoring sexual boundaries

Birth control sabotage

Incapacitation with drugs or alcohol

Forced or coerced sex

Exposing genitals without consent

Unwanted sexual touching

Misrepresenting STI status

Forced transactional sex or sex work

Non-consensual creation or sharing of intimate images

Religious/Spiritual

Insulting religious or spiritual beliefs

Preventing practicing of religious or spiritual beliefs

Using religious or spiritual beliefs to manipulate or shame

Forcing children to be raised with practices that are not mutually agreed upon

Misusing religious beliefs or texts to justify abusive behaviors

Forcing a spiritual or religious path or practice

Blaming abuse on lack of faith or belief

Financial

Not allowing participation in education or work outside the home

Forcing work outside the home

Identity theft

Controlling choice of occupation

Illegally or improperly using money, assets or property

Denying access to bank accounts, savings, or other income

Sabotaging work or educational opportunities

Selling or destroying possessions without permission

Misusing a power of attorney or legal guardianship

Not paying bills or court ordered support payments

Cultural/Identity

Isolation from cultural community

Using cultural norms to justify abuse

Threatening to “out”

Withholding identity documents

Forced immersion in cultural community

Forcing conformity to idealized image of identity

Dead-naming or using incorrect pronouns

Controlling gender, cultural, or identity expression

Using slurs

Technological

Placing GPS devices in vehicles or in items

Constant calls or texts

Demanding or changing passwords without permission

Controlling social media accounts

Threatening to use social media against partner

Using call or text spoofing apps

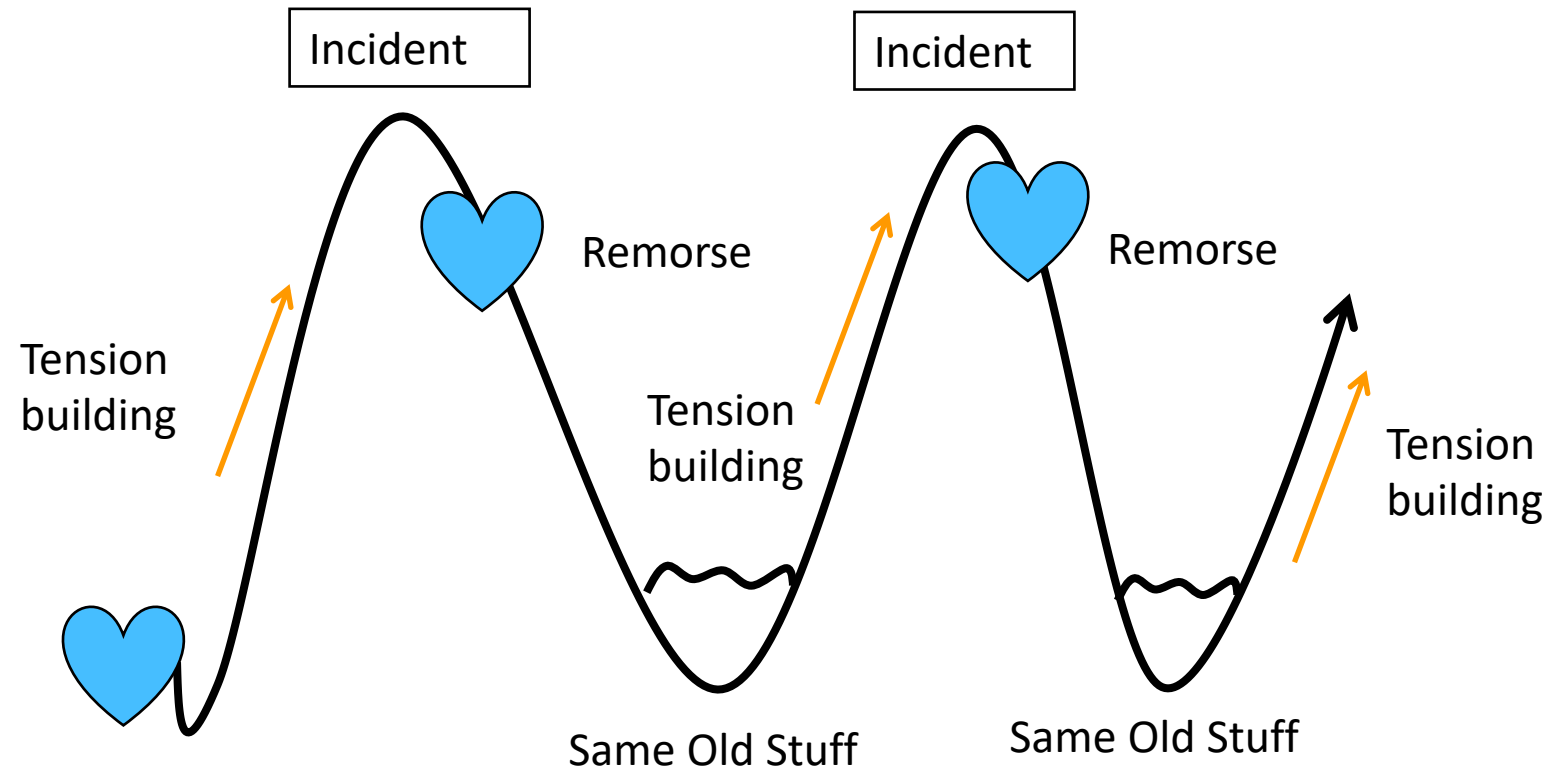
Using social media or location apps to track location without permission

Sending or demanding unwanted explicit pictures

Using smart home devices to monitor partner or control physical environment

Tagging in unflattering or insulting posts

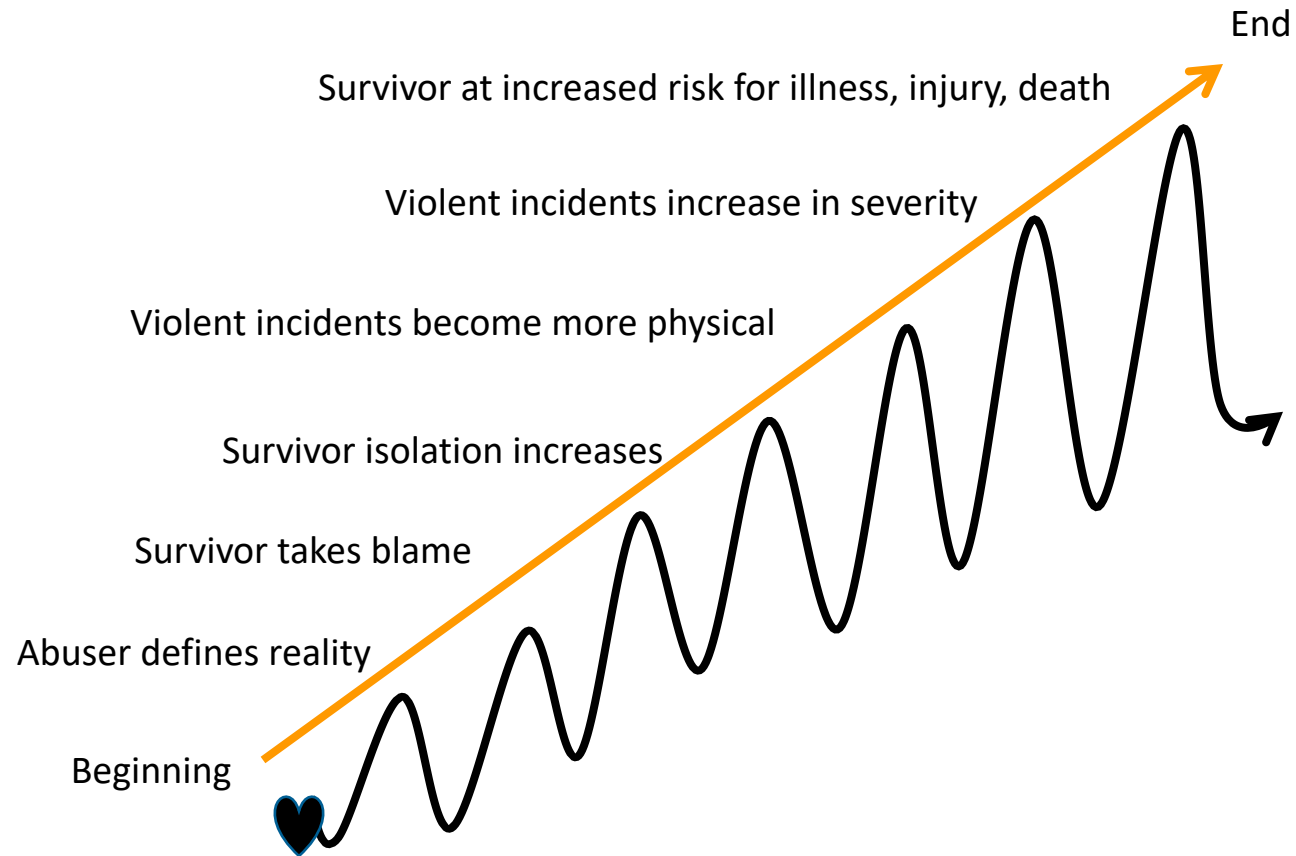
What it looks like



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

Fairfax County Department of Family Services
DSVS
Domestic & Sexual
Violence Services

What it looks like over time



You're the survivor, make a choice

Listen for the following:

- **what are the survivor's reasons for staying in the relationship**
- **what are the survivor's reasons for leaving the relationship**
- **what are the survivor's goals for their relationships**
- **what barriers stand in the way of the survivor reaching those goals**



Why don't they just leave?

Barriers to safety

Fear

I'm worried they'll hurt me.

If I leave, they'll hurt themselves.

If I leave, I have nowhere safe to go and we'll be homeless.

Isolation

No one will believe me.

My friends and family don't talk to me anymore.

People will think I'm weak for staying so long.

Children

Children need both their parents in their lives.

They've said they'll take the kids and I'll never see them again.

I need to be there to protect the kids from them.

Hope

We love each other and can make it work.

Things have never been this bad before.

They said they're sorry and it's going to get better.

Community

I don't know anyone else who's gone through this.

If I speak up, will people think all families like mine are like this?

If I leave, everyone will know what happened.

Economics

I can't afford to stay in the house if they get arrested.

They wrecked my credit and got us evicted from the last place we lived

If I kick them out, they'll be homeless.

Legal

What if the court gives them the kids?

If I report, they'll call my probation officer and I'll get locked up.

I don't want to tell what happened to me in front of all those strangers.

Additional considerations

Immigrants

- Fear of deportation
- Language barriers
- Lack of knowledge of systems and supports
- Reliance on partner for status
- Separation from children
- Safety of family in country of origin

Teens

- Confidentiality and parental consent for services
- Peer pressure
- Limited support and social systems
- Inexperience with relationships
- Forced connections

LGBTQ communities

- Fear of being outed
- Lack of appropriate training for service providers
- Fear that leaving means isolation from their community
- Discrimination from systems and service providers
- No representation in materials and outreach

People with disabilities

- Mobility or communication barriers
- Dependence on caregiver
- Lack of support systems
- Acceptance of abuse as “caregiver stress”
- Lack of services that understand both domestic violence and disability services

Military families

- Career implications or repercussions for reporting
- Perception that systems will protect an abusive service member over a civilian partner
- Chain of command
- Impact on personal and professional life
- Fear of losing all resources

Contact information

Vanessa Cullers, Housing & Economic Specialist
Debra Miller, Victim Advocate
Fairfax County Domestic and Sexual Violence Services



24/7 Fairfax Domestic & Sexual Violence Hotline: 703-360-7273



Domestic Violence Action Center (DVAC) Main Line: 703-246-4573
Monday-Friday, 8:00 am – 4:30 pm