

LISTEN WITH LOVE

A guide for parishes on
DOMESTIC VIOLENCE OUTREACH 2022

Ministering to Families Living With Domestic Abuse

- *What are the U.S. Catholic Bishops' recommendations?*
- *What Catholic and community resources can help?*
 - *How can parishes make a difference?*



Catholic Charities

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The *Listen with Love: Domestic Violence Outreach* packet was developed under the guidance of the Archdiocese of Washington, D.C. Catholic Charities Domestic Violence Priest Advisory Committee led by Rev. Msgr. John J. Enzler, President and CEO, Catholic Charities of the Archdiocese of Washington. Members included Msgr. Charles Antonicelli, Msgr. Mike Mellone, Fr. John Dillon, Fr. Kevin Thompson, Fr. Joseph Calis, Fr. Jim Boccabella and Fr. Rob Maro. For more information contact Laura.YeomansDV@CC-DC.org, Hope Corp Volunteer with the Catholic Charities Domestic Violence Outreach Team



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An Overview of Domestic Violence

From the United States Conference of Catholic Bishops' *When I Call for Help*

Domestic violence is any kind of behavior that a person uses to control an intimate partner through fear and intimidation. It includes physical, sexual, psychological, verbal, and economic abuse. Some examples of domestic abuse include battering, name-calling and insults, threats to kill or harm one's partner or children, destruction of property, marital rape, and forced sterilization or abortion.

Younger, unmarried women are at greatest risk for domestic violence. According to a U.S. government survey, 53 percent of victims were abused by a current or former girlfriend or boyfriend. One-third of all victims were abused by a spouse, while 14 percent said that the offender was an ex-spouse. Women ages 16 to 24 are nearly three times as vulnerable to attacks by intimate partners as those in other age groups; abuse victims between ages 35 and 49 run the highest risk of being killed.

While abuse cuts across all ethnic and economic backgrounds, some women face particular obstacles. Women of color may not view the criminal justice system as a source of help. Additionally, in some cultures women feel pressured to keep problems within the home and to keep the family together at all costs. Some fear that they will lose face in the community if they leave. Immigrant women often lack familiarity with the language and legal systems of this country. Their abusers may threaten them with deportation.

Women in rural communities may find themselves with fewer resources. The isolation imposed by distance and lack of transportation can aggravate their situation. Isolation can also be a factor for women who do not work outside the home. They may have less access to financial resources and to information about domestic violence. Women with disabilities and elderly women are also particularly vulnerable to violence.

Some who suffer from domestic violence are also victims of stalking, which includes following a person, making harassing phone calls, and vandalizing property. Eight percent of women in the United States have been stalked at some time in their lives, and more than one million are stalked annually.¹⁰ Stalking is a unique crime because stalkers are obsessed with controlling their victims' actions and feelings. A victim can experience extreme stress, rage, depression, and an inability to trust anyone.

Domestic violence is often shrouded in silence. People outside the family hesitate to interfere, even when they suspect abuse is occurring. Many times even extended family denies that abuse exists, out of loyalty to the abuser and in order to protect the image of the family. Some people still argue—mistakenly—that intervention by outside sources endangers the sanctity of the home. Yet abuse and assault are no less serious when they occur within a family. Even when domestic violence is reported, sometimes there are failures to protect victims adequately or to punish perpetrators.

Why Men Batter

Domestic violence is learned behavior. Men who batter learn to abuse through observation, experience, and reinforcement. They believe that they have a right to use violence; they are also rewarded, that is, their behavior gives them power and control over their partner.

Abusive men come from all economic classes, races, religions, and occupations. The batterer may be a "good provider" and a respected member of his church and community. While there is no one type, men who abuse share some common characteristics. They tend to be extremely jealous, possessive, and easily angered. A man may fly into a rage because his spouse called her mother too often or because she didn't take the car in for servicing. Many try to isolate their partners by limiting their contact with family and friends.

Typically, abusive men deny that the abuse is happening, or they minimize it. They often blame their abusive behavior on someone or something other than themselves. They tell their partner, "You made me do this."

Many abusive men hold a view of women as inferior. Their conversation and language reveal their attitude towards a woman's place in society. Many believe that men are meant to dominate and control women.

Alcohol and drugs are often associated with domestic violence, but they do not cause it. An abusive man who drinks or uses drugs has two distinct problems: substance abuse and violence. Both must be treated.

Why Women Stay

Women stay with men who abuse them primarily out of fear. Some fear that they will lose their children. Many believe that they cannot support themselves, much less their children.

When the first violent act occurs, the woman is likely to be incredulous. She believes her abuser when he apologizes and promises that it will not happen again. When it does—repeatedly—many women believe that if they just act differently they can stop the abuse. They may be ashamed to admit that the man they love is terrorizing them. Some cannot admit or realize that they are battered women. Others have endured trauma and suffer from battered woman syndrome.

REMEMBER: *Some battered women run a high risk of being killed when they leave their abuser or seek help from the legal system. It is important to be honest with women about the risks involved. If a woman decides to leave, she needs to have a safety plan, including the names and phone numbers of shelters and programs. Some victims may choose to stay at this time because it seems safer. Ultimately, abused women must make their own decisions about staying or leaving.*

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PASTORAL AIDS

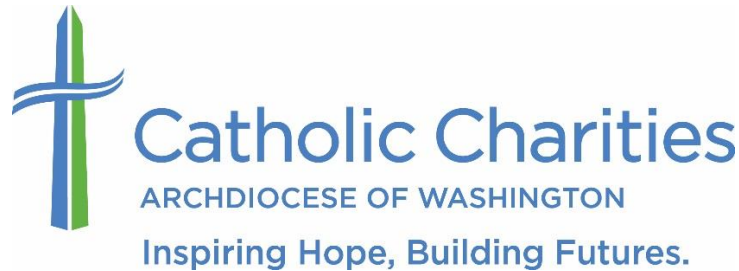
*Homily tips, resource sheets, parish ministry models,
and pastoral care guidelines.*



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Domestic Violence Parish Ministry

“As pastors of the Catholic Church in the United States, we state as clearly and strongly as we can that violence against women, inside or outside the home is never justified. Violence in any form-physical, sexual, psychological or verbal is sinful.”

When I Call for Help, United States Catholic Conference of Bishops, 2016

Catholic Charities:	Laura Yeomans, Catholic Charities Domestic Violence Outreach Team Laura.YeomansDV@CC-DC.org Resource packets, workshops available www.catholiccharitiesdc.org/familypeace	
United States Catholic Conf of Bishops	When I Call for Help: Pastoral Response to Domestic Violence http://www.usccb.org - In search window type “When I Call for Help”	
Archdiocese of Chicago	Domestic Violence Prevention Program Bulletin inserts, homilies, training, guide to begin parish domestic violence ministry www.domesticviolenceoutreach.org	
Catholics for Family Peace	Domestic violence leaflets for parishioners http://www.catholicsforfamilypeace.org/	
Catholic Book	<u>How can we help to end violence in Catholic Families</u> by Dr. Christauria Welland This book can be ordered online or downloaded free of charge from www.paxinfamilia.org .	
Local Parishes	With domestic violence outreach	(301) 365 1415
	Our Lady of Mercy	(301) 762 2143
	St. Raphael	
Non-profits	Maryland Network Against Domestic Violence	www.mnadv.org
	DC Coalition Against Domestic Violence	www.dccadv.org

1. Talk with your pastor about your vision, hopes.
2. Talk with Laura Yeomans, Catholic Charities . She has a detailed guide to helpful preparation steps.
3. Learn what the United States Catholic Conference of Bishops recommends.
4. Read Dr. Welland’s book: How can we help to end violence in Catholic families?
5. Learn about domestic violence programs serving your community.

National Domestic Violence Hotline 1 (800) 799-7233

When a person discloses domestic violence

Remember:

- Never counsel a victim and abuser together.
- Never go to the scene of an incident in progress.
- Assist the person to get medical, legal or social services.
- Listen. She/he needs the affirmation of listening.
- Allow the person to make their own decisions.
- Be cautious about giving advice.
- Be patient: the first disclosure may be confused or partial.
- Look for and appreciate the inner strength of each person.

What you can say:

I believe you.

You are not alone.

You have good reason to be afraid.

What do you see as the next step?

What can we do to help you right now?

Do not say:

This is God's will.

We all have burdens.

You must forgive and
take your partner back.

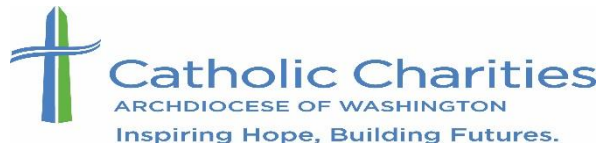
If there is an immediate threat of violence call 9-1-1!

If the violence occurred in the past, ask the individual if the police have been called, if she/he would like to contact police or file for a protective order. If the person doesn't want to contact the police or obtain a protective order, respect that choice. Survivors know their situation best.

Assess safety

Many people suffer psychological, emotional, and economic abuse and need counseling and support. Individuals living with intimate partner abuse may not realize that some situations are very dangerous. Guns, threats of murder or suicide, a recent or planned separation indicate high risk for lethal violence. Connect her/him to:

The National Domestic Violence hotline:
1 (800) 799-SAFE (7233)



Domestic Violence Prevention Resources in the Catholic Archdiocese of Washington, D.C.

National Domestic Violence Hotline 1 (800) 799-7233

1 (800) 787-3224 (TTY for Hearing Impaired)

Website: <http://www.thehotline.org/>

Calvert County - Center for Change

(410) 535-1121

The Center provides crisis assessment, counseling, shelter for persons suffering domestic violence and those who abuse.

Charles County - Center for Abused Persons

(301) 645-3336

The Center provides counseling, referrals to shelter. The Center offers court-ordered counseling programs for persons using violence.

St. Mary's County - Southern MD Ctr for Family Advocacy (301) 373-4141

The Southern Maryland Center for Family Advocacy provides domestic violence counseling, shelter, and advocates or free legal representation in court when possible.

Montgomery County - Abused Persons Program

(240) 777-4673

Emergency shelter. Court advocates. Counseling for survivors and those who abuse. **Family Justice Center - (240) 773-0444** The Center provides counseling, intakes, protective orders. **JCADA (301) 315-8041** Free counseling, safety planning.

Prince George's County - Community Crisis Services (301) 731-1203

The Center provides crisis assessment, counseling, and shelter. **Family Justice Center (301) 780-8008** protection orders, court advocates

Jewish Coalition Against Domestic Abuse (301) 315-8041

JCADA offers counseling, crisis services, safety planning, legal assistance.

District of Columbia - DC Victim 24-Hour Hotline: 1 (844) 443-5732

Survivors and Advocates for Empowerment (SAFE) 1 (800) 407-5048
SAFE provides on-call help and advocacy 24 hours/day.

JCADA 1 (877) 885-2232 Free counseling, safety planning.

<https://dccadv.org/2020/03/coronavirus-covid-19-response/>

For more information: www.catholiccharitiesdc.org/familypeace

Contact Catholic Charities: Laura.YeomansDV@CC-DC.org

Cuando una persona divulga la violencia doméstica

Algunas cosas para recordar:

- Nunca aconsejar a una víctima y abusador juntos.
- Nunca ir a la escena de un incidente en curso.
- Ayudar a la persona a obtener servicios médicos, legales o sociales
- Escucha. Ella/él necesita la afirmación de ser escuchados.
- Deje que la persona tome sus propias decisiones.
- Tenga cuidado al dar consejos.
- Sea paciente: la primera entrevista puede estar confundido o parcial.
- Busque y aprecie la fuerza interior de cada persona.

¿Qué usted puede decir?

- Te creo.
- Usted no está solo.
- Usted es una persona valiente.
- ¿Cuál cree usted que es el siguiente paso?
- ¿Qué podemos hacer para ayudarle a usted en este momento?

No Diga:

- Es la voluntad de Dios.
- Todos tenemos problemas.
- Tu tienes que perdonarlo y toma tú pareja devuelta.

¡Si hay una amenaza inmediata de violencia - llamar al 9-1-1!

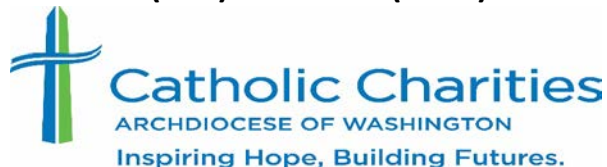
Si la violencia se produjo en el pasado, pregúntele a la persona si la policía fue llamada, o si a ella/él le gustaría ponerse en contacto con la policía o solicitar una orden de protección. Si la persona no quiere ponerse en contacto con la policía y obtener una orden de protección, respetar esa elección. Los sobrevivientes saben lo que será mejor.

Evaluar la seguridad

Muchas personas sufren abuso psicológico, emocional y económico, y necesitan asesoramiento y apoyo. Las personas que viven con la violencia en pareja no se dan cuenta de que algunas situaciones son muy peligrosas. Conecte a ella/él a:

La línea nacional de violencia doméstica.

1 (800) 799-SAFE (7233)



Recursos para la Prevención de la Violencia Doméstica en la

Arquidiócesis Católica de Washington, DC

Línea Nacional de la Violencia Doméstica 1 (800) 799-7233
1 (800) 787-3224 (TTY para personas con problemas de audición)

Sitio web: <http://www.thehotline.org/>

En caso de peligro inminente o de emergencia, llame al 911

Condado de Calvert - Centro Para El Cambio

(410) 535-1121

El Centro ofrece servicios de evaluación de crisis, asesoramiento, refugios para personas que han sufrido violencia doméstica. El Centro también ofrece asesoramiento a las personas que han sido abusadores.

Condado de Charles - Centro Para Personas Maltratadas

(301) 645-3336

El Centro ofrece consejería y referencias a la vivienda para las personas que han sufrido violencia doméstica. El centro ofrece programas de asesoría por orden judicial para las personas que utilizan la violencia.

Distrito de Columbia - DC Línea Para Víctimas 24 horas/día

1 (844) 443-5732

La línea directa general para todas las víctimas está operativa durante COVID 19. **Supervivientes y Abogados de Empoderamiento (SAFE) (202) 879-7857**
SAFE ofrece asesoría telefónica 24 horas/día

Condado de Montgomery - Programa Para Personas Abusadas

(240) 777-4673

1301 Piccard Drive, Primer Piso, Rockville, MD. La oficina tiene refugio, defensores que acompañan a las personas que solicitan órdenes de protección. **Centro de Justicia Familiar (240) 773-0444** El centro provee consejería, ayuda a conseguir órdenes de protección, acceso a los refugios. Horas de oficina 8:30am – 5:00pm, L-V 600 E. Jefferson St. Cuarto 500, Rockville, MD

Condado de Prince George - Centro de Crisis Familiar

(301) 731-1203

El Centro ofrece servicios de evaluación de crisis, asesoramiento y refugio. **Centro Familiar de Justicia (301) 780-8008** El centro ofrece servicios a los sobrevivientes de violencia doméstica, asalto sexual, tráfico humano, abuso a los ancianos. **JCADA 1 (877) 885-2232** ofrece un ministerio de consejería, servicio de crisis, planificación de seguridad, y asistencia legal.

Condado de Santa María - Centro de la Defensa De la Familia del Sur de

MD (301) 373-4141 El Centro proporciona asesoramiento sobre violencia doméstica, refugio, defensores o representación legal gratuita en la corte cuando sea posible, planificación de la seguridad y consulta legal, representación legal en casos de orden de protección, asistencia de transporte.

Para más información: WWW.Catholiccharitiesdc.org/familypeace

Contacte en Caridades Católicas a: Laura.YeomansDV@CC-DC.org



Domestic Violence Awareness Month



[Domestic violence](#) has been in the news a great deal over the past several months because of a number of high profile cases involving professional football players. A part of the discussion has been the role of the National Football League in handling this matter. What might also be helpful is more information on resources to help people in crisis.

The Catholic Church in the United States participates in the observance of Domestic Violence Awareness Month because we know that it touches individuals and families in all sectors of society, including families who are members of our parishes and whose children are enrolled in our schools and programs. The Church is here to help all those who are affected – [victims as well as perpetrators](#). God's merciful love can reach into the darkest places of relationships and family life.

Below you will find some resources that are available to raise awareness of the magnitude of the problem and to call attention to information about where and how to find help or point others toward assistance.

The United States Conference of Catholic Bishops has offered a pastoral response to the issue titled, "[When I Call for Help](#)," which addresses the matter from the perspective of women who are abused, pastors to whom they often turn for help, men who are abusers and society at large.

Here in the Archdiocese of Washington, through a partnership with Catholic Charities and the Archdiocese of Baltimore, we have begun an initiative called “Catholics for Family Peace” that will provide training and pastoral resources for parish staffs so that parishes can respond effectively to any call for help. We hope all of our parish staff members can act as first responders by doing the following: listening and believing victims’ stories, assessing the level of danger to the victim and the children and offering appropriate advice, services and counseling. To learn more about this initiative, please contact the archdiocesan [Office for Family Life](#) (301-853-4546).

For Catholics it is important to understand the Church’s teaching on the indissolubility of marriage in the context of the reality of families living in dangerous situations. We would never want someone to refrain from seeking help thinking that the Church would not allow spouses to separate. The Church teaches that “the marriage bond has been established by God himself in such a way that a marriage concluded and consummated between baptized persons can never be dissolved” ([Catechism of the Catholic Church 1640](#)). Spouses ordinarily have the duty to live married life together, but a legitimate cause excuses them from doing so.

“If either of the spouses causes grave mental or physical danger to the other spouse or to the offspring or otherwise renders common life too difficult, that spouse gives the other a legitimate cause for leaving, either by decree of the local ordinary or even on his or her own authority if there is danger in delay” ([Code of Canon Law 1153](#)). In other words, if a spouse is abusive to the other spouse and the children and staying means there is danger of harm, they are encouraged to leave and separate themselves.

There are two reasons for this. First, in leaving, the abused spouse is justly defending his or her life and protecting the children. Secondly, this act of separating prevents the abusive spouse from committing further immediate harm. Separating from them then is acting on their behalf as well. From here the Church hopes there can be help, treatment, healing, forgiveness and reconciliation, but only in the context of a safe and secure situation.

If you know someone you believe to be in danger, please share these resources with them. In your prayers this month, please offer an intention for all victims of abuse entrusting them to the intervention of Our Lady of Perpetual Help and the loving embrace of her Son, Jesus.

See more at: <http://cardinalsblog.adw.org/2014/10/domestic-violence-awareness-month/#sthash.BfMMOP1A.dpuf>

Homily Tips

At a recent Catholic retreat participants were invited to share memories of abuse suffered by family members and friends. The results were very challenging: Person after person shared abuse suffered by their own family members writing:

- “I overcame domestic violence from my family and spouse.”
- “Remembering my cousin who was a victim of domestic violence. May she rest in peace.”
- “I honor my grandmother who survived 18 years of physical abuse at the hands of my grandfather.”
- “My sister is going through emotional abuse right now with her husband. She needs love and support right now to get through this time.”

The month of October is domestic violence month, a time when we can share more openly about an epidemic of violence in our own families, that affects every parish and every community in our country. Let’s set aside for the moment all the concern about Russia and North Korea has possible enemies. For many women, children and also men, the enemy is their cherished loved one - right in their own home.

One out of every four women and one out of every seven men have or are experiencing high levels of physical abuse in their own home and relationships: hitting, choking, being threatened or injured with knives, guns, being humiliated, insulted in their own homes. The children in these families suffer greatly too. They may also be abused, or suffer higher levels of anxiety, trauma as they try to protect themselves and their beloved parents or siblings from abuse.

The United States Catholic Conference of Bishops urges parishes, communities, to respond clearly and forthrightly writing: “Violence against women, inside or outside the home is never justified. Violence in any form – physical, sexual, psychological, or verbal is sinful: often it is a crime as well.”

What to do: Let us decide that together we will make our parish a place where we can talk about this, where we can support each other, where we can look for solutions and healing. The gospel brings hope to all of our relationships, including our intimate partners: husbands, wives, fiances, young adults dating.

To anyone suffering today with violence at home... To anyone with friends or family suffering violence at home: This parish is here to help you. Come talk to us. Look in the bulletin today and see the organizations in our county ready to help.

To those who use violence at homeHelp is available for you. Call one of the organizations listed in our bulletin. Get help before you lose your family. Change is possible particularly for people who have been abusive – if they seek professional counseling and make a dedicated effort to change.

Refer to the resource half sheet in the bulletin.

For more information: www.catholiccharitiesdc.org/familypeace

Homily on Domestic Violence

Fr. Chuck Dahm, Chicago Archdiocese, cdahm13@gmail.com

In the Gospels we hear about how Jesus showed love and compassion for everyone but most especially for the poor and oppressed. He welcomed the foreigners, visited the sick and healed them, he touched the lepers, lifted up women, and reached out to children. We, as the Church of Jesus Christ, must imitate his works, demonstrating his love and compassion in our own time.

Among the many people suffer in our world, are those who often go unnoticed, and today I want to speak about them. I am referring to victims of domestic violence. You might wonder why are we talking about domestic violence. It doesn't seem to be that big a problem. In fact, it happens behind closed doors and in secret, so we tend not to see it. But studies show that domestic violence is rampant in the United States.

- The Center for Disease Control reports that a woman is battered by her partner in the United States every three seconds.

- The Center for Disease Control also reports more than 1 out of 4 women (30%) is battered or sexually assaulted by her partner at some time in her life time. That's alarming, more than 1 out of every 4 women.

- During the Vietnam War, 58,000 Americans died in the war. But at the same period of time, here in the United States, 54,000 women were murdered by their partners.

- More recently, in the wars in Iraq and Afghanistan, between 2000 and 2006, 3200 Americans were killed in those two wars, but during those same 6 years, more than 3 ½ times that many women, more than 10,000, were murdered by their partners here in the United States.

- In 2012, Chicago police reported: 566 DV calls per day. Imagine. I am sure that the police in your will tell you that the most frequent 911 call they receive is about domestic violence.

We might think this is not an appropriate topic to consider with children present. In fact, we need to talk about it with our children. They are exposed to violence almost daily, through the TV shows, movies, video games and songs, even cartoons and many witness bullying in their school. So talking with them about domestic violence is important.

This problem also affects our young people: a 2012 study in Chicago found that 1 out of 5 junior high school girls had been hit on a date.

- In 2015, a study by the American Association of Universities found that one out of four college girls is sexually assaulted or sexually harassed during her four years in college.

These statistics would indicate that there are women among us today who have been or still are victims of domestic violence. Our heart goes out to you. We hope you will be able to free yourselves from the abuse, and that your wounds will be healed.

Of course, men are also victims, but they are a small minority, perhaps 1 out of 10 victims is a man. For this reason, I am speaking primarily about women today but my intention is to include men as well.

We might think that domestic violence happens in other communities but not in ours. In fact, sociological studies show that domestic violence occurs equally in every community, no matter

whether black, brown or white or rich or poor, in the city or suburbs. Domestic violence is destroying families and inflicting suffering on women and some men and their children in every community. So we know it is here.

Many women victims of domestic violence are unaware they are victims. They may think their husbands are just difficult persons, and they may make excuses for them. They may see them as irascible and know they have to be not to push his buttons and set him off.

Perhaps they are unaware they are victims because they have never been hit. But domestic violence is much broader than physical abuse; it includes physical, emotional or verbal, economic and sexual abuse.

Its definition is any pattern of behavior that uses power and control of one person over another. And that power and control can be exercised in different ways; it can be physical, verbal or emotional, economical and sexual abuse.

We all know what **physical abuse is**: punching, slapping, kicking, pulling hair, throwing things, many ways.

Emotional abuse is much harder to detect but it is more common. There are no bruises or broken bones, but many victims say it hurts even more than physical abuse because it devastates the human spirit. All the insults, constant criticism, belittling, foul words, excessive jealousy and isolation from family and friends.

Economic abuse is more common among women who don't work outside the home. They don't have their own income and thus have to ask, if not plead, for every penny to buy what is needed for the house and family. Their partners can be as miserly as they want in order to control their partners. The wives may not even know how much he makes or where he banks

and how much money he has.

Sexual abuse is perhaps more common today than in previous years, largely because of the easy access to pornography on the internet. Perpetrators might watch it and then oblige their wives watch it and even imitate it, and most women find this disgusting. Or maybe there is forced intimacy or intimacy denied. Some men are unfaithful and think nothing of it.

STORY - The preacher should add a story from his experience which exemplifies some of the forms of domestic violence. Here is a sample:

A man called me recently, very insistent. He wanted me to talk to him and his wife. I couldn't meet with him then, but we met in the chapel after Mass on Sunday. He said, "Father, I want you to talk to my wife here. She has always been unfaithful to me. She is always looking at other men. But this week was the last straw. I came home from work and found the back door of our apartment open. I know there was a man in our house, Father. I went out into the backyard and saw my neighbor by the alley and I asked if he had seen anyone back there. He said he thought he had. I know there was a man in my house, Father. Talk to her."

I asked him to step out and I asked her. "Has he always been this jealous with you?" "Oh, Father, we have been married ten years and have three children, and his jealousy has only gotten worse." "Well, when you were dating him, was he jealous then?" "Oh, yes, he was." "So why did you marry him?" "Well, I thought once we were married, we would be together day and night and the jealousy would disappear, but it hasn't." I said, "That's because it isn't jealousy. This is his way of

making you feel uncertain, insecure about yourself. He gets into your head so that everything you do you are wondering how he will react. What he will say or do."

"Let me ask you," I said, "Does he use bad words on you?" "Oh, Father, they are so horrible, I can't even tell you what they are." "Well, do you have a job and have some income?" "I did have a job but he made me quit. He said I was fraternizing with the men at the plant, so I had to quit." "So does he give you money," I asked. "Oh, Father, I have to plead for every penny just to buy food for the table and clothing for the children." "Well, how is he sexually with you?" She said, "When he wants to, he can be affectionate."

So, with her permission, she stepped out and he came in and I confronted him with all this. He surprised me because he admitted quite bit of this but not everything. So I invited him to come to our parish program that helps men who abuse their wives so they he understand their abusive behavior and make changes, and I invited her to attend our parish program for women who are abused so she would understand the dynamics of domestic violence and have the strength to resist it.

This is only one case, one configuration, and each case is different.

The good news about domestic violence is that it is **learned behavior**, meaning it is not inherited; it is not something we inherit in our genes. Since it is learned, it can be unlearned or changed. But men and women who abuse their partners don't change easily. They are into denial. They may even think that the way they treat their partners is not only the best for themselves but for their victims as well. In their minds, their partners may need a slap or dressing down from time to time. These perpetrators need to be challenged and held accountable for their actions. But it is not easy for them to change.

Some abusers make excuses. They might say, "Oh, I was drinking too much," or "I am under a lot of stress, I'm unemployed," or "I was abused as a child and traumatized, and sometimes I lose control." All these reasons may aggravate their violence but they are not the cause. The cause is a decision to exercise power and control over another person. There are plenty of alcoholics who don't abuse their wives and many men who don't drink who do abuse their wives. Alcohol and abuse are different problems and each needs its own solution.

Some men even blame their victims, claiming that if their partners were better wives or mothers they wouldn't get so mad. "Look at the house; it's a mess, and the children are running wild, and the food is not prepared on time. I wouldn't get mad if you did your job. You're the problem. Basically they **blame the victim**, instead of taking responsibility for their own abusive behavior.

Sometimes there is a huge explosion. She may end up in the emergency room or maybe it is a yelling match, after which he knows he has gone too far. He may **apologize and ask for forgiveness**. He may kneel down and cry and promise never to do it again. She has to decide if she will forgive him. She is a Christian and believes in forgiveness and she wants to keep the family together. So she forgives him. She is surprised at his reaction. He seems changed. It's like a honeymoon. He might bring her flowers and chocolates and be very attentive. She thinks he has changed. But slowly tensions build again until another explosion, and she is challenged again: should I forgive him this time too? I have known women who have lived in this cycle of domestic violence for more than 25 years. And each time he asks for forgiveness and promises to change, she thinks, maybe this time he means it. But often he doesn't change. It is difficult.

We say: Why doesn't she just leave? She can walk away. She doesn't have to stay. But that is not easy either. Most victims of domestic violence **struggle to liberate themselves** from their abusers. There are many **reasons why victims** don't leave.

1. One obvious reason is **economic**. Many women victims, even though they are working, do not believe they can earn enough to support themselves and their children, at least at life style they want for them. They believe they have to put up with the violence in order to survive economically.
2. Many women are **embarrassed** by their abuse. They don't want anyone to know; they have never told anyone and if they leave people will find out. Their fathers may have told them, "You marry that guy, don't come back to us with your problems." So they don't think they can go to their families. They are embarrassed to tell their girlfriends because they'll say, "how could stay with this guy so long?"

Many victims feel guilty. They blame themselves for the apparent failure of the marriage, or they feel guilty for having chosen the wrong partner, or maybe because they feel a lot of anger and resentment at the treatment they are suffering. They even feel guilty because they can't fix the relationship. So they stay.

3. Many women stay because they have internalized the abuse. For years he may have told her, “You are stupid; you could never make it on your own, you couldn’t hold a job, you would never survive in the world, and look at you; you’re fat; you’re ugly, who would want you; you have to stay.” And she believes it. Her self-esteem is on the floor. She is walking around half depressed. She doesn’t have the strength to leave.
4. Some women stay because of fear. He may have told her: “You leave me, and you’ll pay for it; you’ll see.” She knows he is a violent man. She sees the news and knows it happens. He may have a gun in the house. He may have said, “If you leave, I’ll kill you, or I’ll kill the children, or I’ll kill myself.” And she doesn’t want any of those options. So she stays.
5. Some women stay because they see that their children love their fathers, and they don’t want to tear their children from their fathers. Their husbands may even know that if they keep the children close to them, their wives will never leave. They can manipulate the children with gifts and attention so they will tell their mother, “Mommy, we don’t want to leave daddy.”

But I always tell women like this that raising their children in a violent home is one of the worst things a parent can do for the children. The boys grow up learning how to abuse women and the girls grow up learning how to be submissive to abuse. And when they find partners and get married, they might end up in a relation just like yours. Do you want that? And they all say, “No way. I don’t want my children to suffer like I am.” Well, then, you have to be strong and free yourself and free them.

6. Finally, some women stay because they made a promise here at the altar that they would stay in that marriage until death. They don’t want to commit a sin. They don’t want to offend God. But can you imagine Jesus walking down the road one day, and he comes across a woman with a black eye and her arm in a sling and he says, “What happened to you.” “My husband beat me,” she says. What would Jesus say to her? “You have to go back to him and work it out” or “Come with me and I will make you safe.” I think that is what he would say, and that is what we have to say to victims of domestic violence. Come to us and we will help you free yourself from the violence. That is what we, the church of Jesus Christ, have to do. Show the compassion of Jesus to victims of domestic violence.

Unfortunately, our **church has been somewhat complicit** in all this, especially we priests. We have not talked about it. We have **preached plenty about marriage**. It’s a beautiful sacrament: two

people joined in love to become one and to experience God’s love and to radiate that love to the world. It’s beautiful. But what happens when it doesn’t work? We don’t say much. How many of you have ever heard a sermon about domestic violence? (Those who have can raise their hands.) Not many. That’s sad.

The good news is that the U.S. bishops have written a beautiful pastoral letter on domestic violence. It is called: “When I Call for Help.” You can google it. It comes right up. In the first paragraph they write: We need to “state as clearly and strongly as we can that violence against women, inside or outside the home, is never justified, and it is a sin and often a crime.” And then in the last paragraph they conclude: “We emphasize that no person is expected to stay in an abusive marriage.” Those are words of liberation for many women and some men. “No one is expected to stay in an abusive marriage.” That’s the position of the Catholic Church and many people don’t know it.

We have to set the record straight. The **church rejects all forms** of domestic violence and urges women to protect themselves and their children, even if that means a separation and divorce from their abusers. Our church must help protect them and assist them in freeing themselves from the violence.

As a community of faith we want to **reach out to every victim** of domestic violence. Many of you **know someone** who is experiencing domestic violence. You need to assure them they do not deserve such abuse. Tell them you are concerned about their safety and their children's and they have a right to be safe. We need to listen to them and respect their decisions, but assure them that we will support them whenever they decide to leave their abuser.

Your pastor wants to form a ministry to victims of domestic violence right here so that our community of faith reflects the compassion of Jesus. Everyone in our area should know that our parish is a safe haven for those who suffer any form of abuse in their homes. Moreover, we want to work to prevent domestic violence by helping our children and youth learn how to form healthy relationships and avoid interpersonal violence. We can do that in our religious education programs, parochial schools and marriage preparation programs.

As Jesus expressed his compassion for the poor and oppressed, including the women of his time, may we be seen as compassionate people ready to help victims of domestic violence free themselves from their pain and suffering. May those who live in darkness come to our parish and find light, may those living in despair find hope here in our parish. May those who feel that God has abandoned them discover that the love and compassion of Jesus is here, available to them.

Archdiocese of Chicago Domestic Violence Outreach

Models of Parish Ministry Responses to Domestic Violence (DV)

Parish domestic violence ministry activities are often a function of a ministry's stage of development, its human and financial resources, parish cultural norms and support from the pastoral staff. As a result, ministry missions and levels of activity will vary. The models presented here are not meant to be rigid or exhaustive. Be creative. Share your activities, successes and frustration with our outreach network. Please keep in mind that every ministry activity counts, something is better than nothing, and it is never too late to start or re-energize a ministry. Together we will make a difference.

Ministry Model 1: Awareness & Education

All parish ministries can carry out Model 1 activities with minimal time investment. In this model, the ministry team creates communications to raise awareness of domestic violence and provide education about available resources. Ministry tasks may include:

- Publishing domestic violence information in the parish bulletin: facts, hotlines and local support agencies and services with contact information. This can be the same information repeated weekly in the bulletin or different information can be provided monthly or quarterly about some aspect of DV.
- Providing DV support information **in women's and restrooms only**.
- Providing DV informational and support signage around the parish campus.
- Requesting a prayer in the Prayers of the Faithful during Mass once a month or at least four times a year.
- Organizing special awareness activities during October, Domestic Violence Awareness Month (see list of suggestions on Archdiocesan website).
- Consulting and publishing the link to the Archdiocese of Chicago Domestic Violence Outreach information page:
https://www.familyministries.org/resources/index.asp?c_id=147&t_id=114
- Organizing a resource table at parish events with information about resources to assist victims. Just having the table creates awareness. Posters and cards are available from various area resources at minimal or no cost.
- Supporting local DV agencies by organizing an annual contribution to a local DV agency, supporting its events and/or having its materials available in church lobby or public areas.

Administration: After initial ministry formation, meet at least once every three months (quarterly) to plan and implement the above.

Archdiocese of Chicago Domestic Violence Outreach, November 2015

National Domestic Violence Hotline 24 Hour Hotline: 1-800-799-7233 or TTY 1-800-787-3224

Visit www.usccb.org for the US Catholic Bishops' Response to Domestic Violence – [When I Call for Help](#)

Archdiocese of Chicago Domestic Violence Outreach
Models of Parish Ministry Responses to Domestic Violence (DV)

Ministry Model 2: Awareness & Education + Referrals

This model requires commitments of additional time and training. Most parishes can implement this model within a year or two after startup. Model 1 activities are implemented in addition to all or some of the following:

- Partnering with a local domestic violence agency for referrals for counseling, support groups and possibly shelter.
- Referring callers (victims, concerned family members or others) to services of a national or local resource as applicable.
- Arranging training for members of the DV ministry and the parish staff on domestic violence issues. Staff should include but not be limited to priests, deacons, pastoral associates, other staff members and key personnel as well as school and religious education staffs. Training is available from a local DV agency, the Archdiocesan DV committee or Catholic Charities. Trainings can be two hours to six hours or longer .
- Encouraging one or two members of the committee to receive Certified Domestic Violence 40-hours training, provided through established DV agencies throughout the year. There is usually a cost associated with this training.
- Collaborating with parish leadership to coordinate homilies at least once or twice a year that highlight the impact and dynamics of domestic and dating violence.
- Providing Bulletin articles featuring various DV topics that are more substantive and appear at least quarterly.
- Organizing a parish or community event or events with speakers on topics related to DV, impact of DV on children, mentality of perpetrators, the law/courts and DV, sexual assault, child abuse, human trafficking, etc.

Administration: Conduct meetings as workload demands, at least every 4-6 weeks.

Archdiocese of Chicago Domestic Violence Outreach, November 2015

*National Domestic Violence Hotline 24 Hour Hotline: 1-800-799-7233 or TTY 1-800-787-3224
Visit www.usccb.org for the US Catholic Bishops' Response to Domestic Violence – *When I Call for Help**

Archdiocese of Chicago Domestic Violence Outreach

Models of Parish Ministry Responses to Domestic Violence (DV)

Ministry Model 3: Awareness & Education + Referrals + Support

This model requires substantial time, training, and cost. A DV ministry can be expanded to include this model 2-3 years after start-up. This model includes Model 1 and Model 2 activities plus:

- Establishing a budget for counseling services based on projected parish needs.
- Creating a confidential telephone line/protocol for callers seeking services.
- Engaging a certified domestic violence counselor to provide services, either on- or off-site of the parish campus, to include individual and/or group support.
- Administration: Meet as workload demands; monthly meetings might be appropriate.

Ministry Models 4 & 5 – These models require substantial funding, professional staff and several years to accomplish. Additional information provided upon request.

Example: St. Pius V Parish in Chicago provides on-site counseling for victims, abusers and children in addition to providing extensive DV related services. The parish employs seven full time counselors.

**Archdiocese of Chicago Domestic Violence Outreach,
Fr. Charles W. Dahm, O.P., cdahm13@gmail.com
312-371-7752**

Archdiocese of Chicago Domestic Violence Outreach, November 2015

National Domestic Violence Hotline 24 Hour Hotline: 1-800-799-7233 or TTY 1-800-787-3224

Visit www.usccb.org for the US Catholic Bishops' Response to Domestic Violence – When I Call for Help

Pastoral Care Guidelines in Response to Survivors of Domestic Violence

Goals for intervention:

- **SAFETY** for survivor & children
- **ACCOUNTABILITY** for the abuser
- **RESTORATION** of individuals and, **WHEN APPROPRIATE**, relationships
OR
- **MOURNING** loss of the relationships.

Do's and Don'ts for working with survivors of domestic violence:

- 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 (TTY)**
- DO support and respect her choices. Even if she is aware of the risks and 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. This might include setting aside some money, copies of important papers for her and her children, a change of clothes hidden or in care of friends. It could also include a plan about how to exit the house the next time the abuser is violent, as well as considerations of what to do about the children if they are at school, if they are asleep, etc. Safety planning is an ongoing process that offers practical assistance and also helps her stay in touch with the reality of the abuser's violence. Battered women's advocates (the hotlines and support groups, both free services) are trained in safety planning – encourage her to use them!
- 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 not add her name to a prayer chain for any reason.
- DO help her with any religious concerns. If she is Christian, give her a copy of *Keeping the Faith: Guidance for Christian Women Facing Abuse*. Refer to www.faithtrustinstitute.org for copies of this book and other helpful information.
- DO assure her of God's love and presence, of your commitment to walk with her through this valley of the shadow of death.

- DO help her see that her partner's violence has broken the marriage covenant and that God does not want her to remain in a situation where her life and the lives of her children are in danger.
- If she decides to separate and divorce, DO support her and help her to mourn the loss to herself and her children.
- DO pray with her. Ask God to give her 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 much concerned for your safety . . ."
- DON'T tell her what to do. Give information 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 is 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 forgot 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 just a prayer and directive to submit to her husband, bring him to church, or be a better Christian 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.
- DON'T do nothing.
- DO familiarize yourself with your local resources so that you have specific referrals to give to congregants. Meet with their representatives and know what services they are able to provide. Chief of these is the battered women's hotline and shelter or safe home network. Often the state domestic violence coalition is a best first contact for you.
- DO consult with colleagues in the wider community who may have expertise and be able to assist you in your response. Refer to www.faithtrustinstitute.org for resources.

National Domestic Violence Hotline
1-800-799-SAFE (7233) or 1-800-787-3224 (TTY).

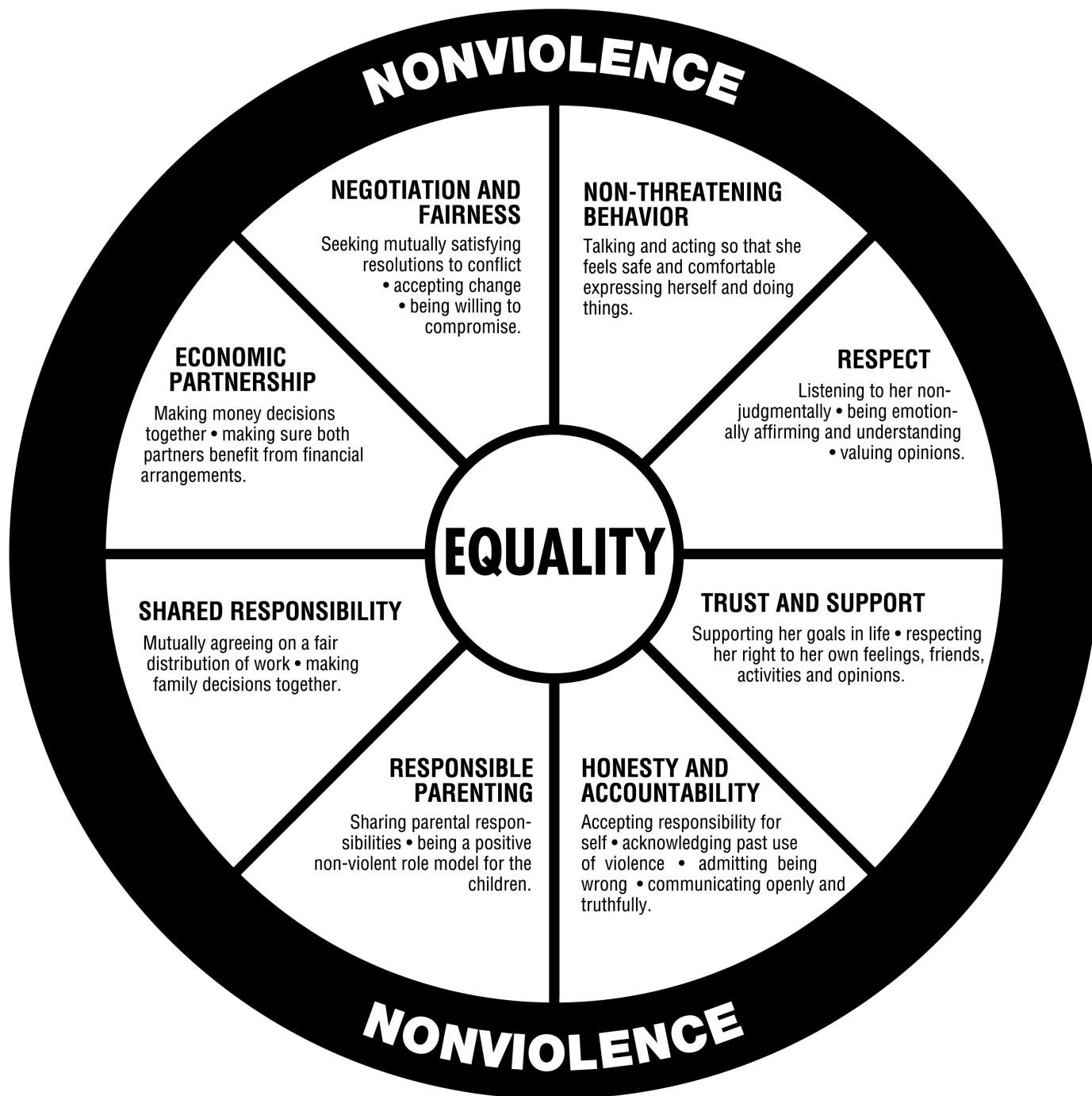
Use LOCAL RESOURCES

POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.





DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.theduluthmodel.org

Safety Planning

Clergy need to feel comfortable asking survivors about their safety and encouraging survivors to address safety needs. Be aware that a survivor's life may be at risk, as we know from experience that abuse can be life-threatening. Encourage her to contact a domestic violence advocate to help her strategize for her emotional, physical, and sexual safety.

A domestic violence advocate can assist the survivor in developing a safety plan. A safety plan is a fluid plan that helps survivors of domestic violence identify practical steps they can take to protect themselves, as well as strategies for dealing with specific incidents. A safety plan should change as the needs and circumstances change. It should be regularly reviewed and updated.

A domestic violence advocate can help the survivor identify:

- How her partner undermines her emotional, physical, and/or sexual safety.
- Strategies that have helped her be safer in the past.
- Strategies that might increase her safety.
- Supportive persons who can assist her with her safety plans.
- The pros and cons of involving law enforcement, obtaining a protective order, and involving the criminal and civil legal systems.

It is helpful to acknowledge that the burden of staying safe does fall unfairly upon the survivor. The abuser is the one who is behaving inappropriately and yet the survivor is the one who has to alter her life. Offering to assist her with the process of implementing her safety plan can alleviate a piece of that burden. Here are steps you can take:

1. Affirm

Her courageous act of speaking about the abuse should be affirmed. You can tell her:

- I believe you.
- I care about you.
- I'm glad you told me.
- You are not alone.
- It's not your fault.
- You have good reason to be afraid.
- I'm glad you survived. You deserve a nonviolent life.

2. Assess

- What support does she need to implement her safety plan?
- How can you and/or your congregation assist her – financially, emotionally and with practical steps?

3. Address safety issues related to her contact with you and with the church

- How will she tell her partner about her time spent with you?
- What will she do if her partner is at the church when she is there?
- What if he becomes abusive at the church?
- If the survivor wants you to talk with the abuser, explore how this will impact her safety.
- How will it impact her safety if you or others start to hold him accountable?

4. Refer

Domestic violence advocates are experts at doing a detailed safety plan with the survivor. Certain aspects of safety planning can be addressed by clergy, but certain aspects must be left to the experts. Tell the survivor that an advocate can help her develop a plan for emotional, physical, and sexual safety for herself and her children. If you are familiar with local domestic violence programs, give her a local hotline number and let her know about the services they provide. If you are not yet familiar with your local resources, refer her to the National Domestic Violence Hotline [1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)].

5. Explain

Part of safety issues is explaining why it isn't the survivor's fault. The survivor may think, "If only I could do something to change it." But she can't.

- Explain that what she has experienced is abusive behavior.
- Abusive behavior is about power and control. That is why the survivor cannot change the abuser's behavior. His first commitment is to power and control over her.
- A controlling partner will always find something "wrong." The reasons her partner "explodes" are not the same as the reasons she believes he explodes.
- Changing herself or correcting what he has said were her mistakes will not stop the abuse.
- Her partner needs to demonstrate that he is in control. His abusive behavior is his way of showing his power over her.
- She can't change him and she can't win. That is the point of power and control. And that is why her safety must be the primary concern.

6. The Pastoral issue

Clergy need to ask "How does what I do help her become safe or keep her safe?" Ask yourself, "If I put this _____ [fill in the blank] first, does this help her be safe?" If in my pastoral care, I put this _____ [fill in the blank] first, does this help her be safe?" "Do her faith issues arise because of her lack of safety?"

Pastoral Care Guidelines in Response to Abusers

Goals for intervention:

- **SAFETY** for survivor & children
- **ACCOUNTABILITY** for the abuser
- **RESTORATION** of individuals and, **WHEN APPROPRIATE**, relationships
OR
- **MOURNING** loss of the relationships.

Do's and Don'ts for working with an abusive partner:

- If he has been arrested, **DO** approach him and express your concern and support for him to be accountable and to deal with his violence.
- **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 survivor's permission, b) she is aware that you plan to talk to him and c) you are certain that she is safely separated from him.
- If the survivor has separated from him, stress the importance of his respecting her decision and observing any no-contact orders.
- **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** name the violence as his problem, not hers. Tell him that only he can stop it, and that you are willing to help.
- **DO** refer to a state-certified domestic violence perpetrator intervention program.
- **DO** assess him for suicide or threats of homicide. **DO** warn the survivor if he makes specific threats towards her.
- **DON'T** pursue couples' counseling with him and his partner.
- **DON'T** go to him to confirm the survivor'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 confuse his remorse with true repentance. DON'T forgive him quickly or easily. Doing so could endanger her and the children and keep him from facing what he has to face and doing the hard work he has to do to become a person of integrity again.
- 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 send him home with just a prayer. Work with others in the community to hold him accountable.
- DO pray with him. Ask God to help him 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. For information addressing religion and abuse, refer to www.faithtrustinstitute.org or contact FaithTrust Institute at (206) 634-1903.

LISTEN WITH LOVE

A guide for parishes on
DOMESTIC VIOLENCE OUTREACH

REFERRALS

*County resources and phone scripts for office staff,
counseling for people who abuse, and military resources.*



Catholic Charities

ARCHDIOCESE OF WASHINGTON

Inspiring Hope, Building Futures.

Calvert County

When Someone Reports Domestic Violence: Listen with Love

When a person calls for assistance concerning domestic abuse we have a unique opportunity to help. Offering compassion and listening with love are the first steps.

Listen quietly. Believe her/his concerns. As you listen keep your mental focus on the strengths of the person instead of the abuse. She/he may report some sad or scary event. Redirect your mind to the person's courage or steps to get help.

Thank them for calling and say that the church wants to help them. Repeat back some part of what you heard. An example would be:

"Thank you for calling. You are concerned about your family's safety. We at _____ parish want to help you."

Let her know that there are local agencies that can assist her, that you'd like to make sure she has the phone numbers to call.

"There are Calvert County agencies that help people facing this situation. I want to make sure you have two phone numbers."

Calvert Center for Change (410) 535-1121

The Center provides crisis assessment, counseling, and access to shelter. Family counseling for adults and children who have suffered domestic abuse.

Angel's Watch Shelter (301) 274-0680

Catholic Charities operates a shelter in Charles County, however referrals for entrance come through the county social services programs. Start with the Crisis Intervention Center.

Southern MD Center for Family Advocacy (301) 373-4141

The Center provides domestic violence advocates or free legal representation in court when possible.

- **For life threatening emergencies** – Encourage the family to call 911.
- **Adult Protective Services**, elder abuse (443) 550-6969
- **Child Protective Services**, child abuse (443) 550-6969
- **National Dating Abuse Helpline (Love is Respect)** (866) 331-9474
- **National Domestic Violence Hotline** (800) 799-7233

If you know how to make a conference call - After giving her the phone numbers ask if she would like help to call 911, or the Crisis Intervention Center together. Request her phone number, just in case you are disconnected.

When finishing the call, invite the person to call again if they need more help.

“I’m thankful that you called. I commend you for taking these steps to keep your family safe. Please call again if you need more help.”

Once a domestic violence ministry exists at your parish – You can offer survivors the option to talk with a member of our domestic violence committee.

“We have a parish team here at _____ parish ready to assist families in this situation. If you would like to talk with them we can invite you to come meet with one of them. Would that be helpful to you?”

If the person wants to talk to the DV team at your parish: It’s important to ask when it is safe to call her phone number. For some women that will be dangerous. Be sure to ask and record when it would be safe to call.

“ The parish team will call to make an appointment. When would be a safe time for us to call your phone number?”

If there is no safe time to call, arrange a time for her to call back.

“I understand it’s not safe for us to call you. What time could you come in to meet with someone? Might you call us back at this time tomorrow and we’ll let you know if that is a good time.”

Self-care: If you found the phone call or visit to be disturbing or upsetting, please talk with another staff person or member of the domestic violence committee. Self care is important so that we may serve again.

From Canon Law 1153

“Spouses ordinarily have the duty to live married life together, but a legitimate cause excuses them from doing so. ‘If either of the spouses causes grave mental or physical danger to the other spouse or to the offspring or otherwise renders common life too difficult, that spouse gives the other a legitimate cause for leaving, either by decree of the local ordinary or even on his or her own authority if there is danger in delay’ (Code of Canon Law 1153).

For more information, please contact Catholic Charities, Laura.YeomansDV@CC-DC.org.

Charles County

When Someone Reports Domestic Violence: Listen with Love

When a person calls for assistance concerning domestic abuse we have a unique opportunity to help. Offering compassion and listening with love are the first steps.

Listen quietly. Believe her/his concerns. As you listen keep your mental focus on the strengths of the person instead of the abuse. She/he may report some sad or scary event. Redirect your mind to the person's courage or steps to get help.

Thank them for calling and say that the church wants to help them. Repeat back some part of what you heard. An example would be:

“Thank you for calling. You are concerned about your family's safety. We at _____ parish want to help you.”

Let her know that there are local agencies that can assist her, that you'd like to make sure she has the phone numbers to call.

“There are Charles County agencies that help people facing this situation. I want to make sure you have two phone numbers.”

Center for Abused Persons

(301) 645-3336

The Center provides crisis assessment, counseling, and access to shelter. Family counseling for adults and children who have suffered domestic abuse.

Angel's Watch Shelter

(301) 274-0680

Catholic Charities operates a shelter in Charles County, however referrals for entrance come through the county social services programs. Start with the Center for Abused Persons.

Southern MD Center for Family Advocacy

(301) 373-4141

The Center provides domestic violence advocates or free legal representation in court when possible.

- **For life threatening emergencies** – Encourage the family to call 911.
- **Adult Protective Services**, elder abuse **(301) 392-6724**
- **Child Protective Services**, child abuse **(301) 392-6739**
- **National Dating Abuse Helpline (Love is Respect)** **(866) 331-9474**
- **National Domestic Violence Hotline** **(800) 799-7233**

If you know how to make a conference call - After giving her the phone numbers ask if she would like help to call 911, or the Center for Abused Persons together. Request her phone number, just in case you are disconnected.

When finishing the call, invite the person to call again if they need more help.

“I’m thankful that you called. I commend you for taking these steps to keep your family safe. Please call again if you need more help.”

Once a domestic violence ministry exists at your parish – You can offer survivors the option to talk with a member of our domestic violence committee.

“We have a parish team here at _____ parish ready to assist families in this situation. If you would like to talk with them we can invite you to come meet with one of them. Would that be helpful to you?”

If the person wants to talk to the DV team at your parish: It’s important to ask when it is safe to call her phone number. For some women that will be dangerous. Be sure to ask and record when it would be safe to call.

“ The parish team will call to make an appointment. When would be a safe time for us to call your phone number?”

If there is no safe time to call, arrange a time for her to call back.

“I understand it’s not safe for us to call you. What time could you come in to meet with someone? Might you call us back at this time tomorrow and we’ll let you know if that is a good time.”

Self-care: If you found the phone call or visit to be disturbing or upsetting, please talk with another staff person or member of the domestic violence committee. Self care is important so that we may serve again.

From Canon Law 1153

“Spouses ordinarily have the duty to live married life together, but a legitimate cause excuses them from doing so. ‘If either of the spouses causes grave mental or physical danger to the other spouse or to the offspring or otherwise renders common life too difficult, that spouse gives the other a legitimate cause for leaving, either by decree of the local ordinary or even on his or her own authority if there is danger in delay’ (Code of Canon Law 1153).

For more information, please contact Catholic Charities, Laura.YeomansDV@CC-DC.org.

District of Columbia

When Someone Reports Domestic Violence: Listen with Love

When a person calls for assistance concerning domestic abuse we have a unique opportunity to help. Offering compassion and listening with love are the first steps.

Listen quietly. Believe her/his concerns. As you listen keep your mental focus on the strengths of the person instead of the abuse. She/he may report some sad or scary event. Redirect your mind to the person's courage or steps to get help.

Thank them for calling and say that the church wants to help them. Repeat back some part of what you heard. An example would be:

"Thank you for calling. You are concerned about your family's safety. We at _____ parish want to help you."

Let her know that there are local agencies that can assist her, that you'd like to make sure she has the phone numbers to call.

"There are DC agencies that help people facing this situation. I want to make sure you have two phone numbers." First the new **DC Victims hotline**.

- **The DC Victim 24-Hour Hotline:** **1 (844) 443-5732**
General hotline for all victims. You may call or text 1-844-4HELPDC (1-844-443-5732).
- **JCADA** **1 (877) 885-2232**
The Jewish Coalition Against Domestic Abuse offers a ministry of counseling, crisis services, safety planning, and legal assistance to people of all faiths. Ideal for people considering options and for family, friends to call for advice. High quality care by professional social workers and counselors focused on domestic abuse issues. Serves entire Washington, DC. Area. Office located in nice area in Rockville.
- **Domestic Violence Intake Centers** **1 (800) 407-5048**
Both DC centers are temporarily closed due to COVID-19. Call (800) 407-5048 to be connected to DC SAFE and remote intake, crisis intervention, legal services, referrals to counseling services, assistance with filing a police report, assistance with filing to child support, assistance with housing.
- **For life threatening emergencies** – Encourage the family to call 911.
- **AWARE** – JCADAs teen education and outreach **(877) 885-2232**
- **Adult Protective Services**, elder abuse **(202) 541-3950**
- **Child Protective Services**, child abuse **(202) 671-7233**
- **National Dating Abuse Helpline (Love is Respect)** **(866) 331-9474**
- **National Domestic Violence Hotline** **(800) 799-7233**

If you know how to make a conference call - After giving her the phone numbers ask if she would like help to call 911, the Family Justice Center together. Request her phone number, just in case you are disconnected.

When finishing the call, invite the person to call again if they need more help.

“I’m thankful that you called. I commend you for taking these steps to keep your family safe. Please call again if you need more help.”

Once a domestic violence ministry exists at your parish – You can offer survivors the option to talk with a member of our domestic violence committee.

“We have a parish team here at _____ parish ready to assist families in this situation. If you would like to talk with them we can invite you to come meet with one of them. Would that be helpful to you?”

If the person wants to talk to the domestic violence parish team: It’s important to ask when it is safe to call her phone number. For some women that will be dangerous. Be sure to ask and record when it would be safe to call.

“The parish team will call to make an appointment. When would be a safe time for us to call your phone number?”

If there is no safe time to call, arrange a time for her to call back.

“I understand it’s not safe for us to call you. What time could you come in to meet with someone? Might you call us back at this time tomorrow and we’ll let you know if that is a good time.”

Self-care: If you found the phone call or visit to be disturbing or upsetting, please talk with another staff person or member of the domestic violence committee. Self care is important so that we may serve again.

From Canon Law 1153

“Spouses ordinarily have the duty to live married life together, but a legitimate cause excuses them from doing so. ‘If either of the spouses causes grave mental or physical danger to the other spouse or to the offspring or otherwise renders common life too difficult, that spouse gives the other a legitimate cause for leaving, either by decree of the local ordinary or even on his or her own For more information, please contact Catholic Charities, Laura.YeomansDV@CC-DC.org.

For more information, please contact Catholic Charities, Laura.YeomansDV@CC-DC.org.

Montgomery County

When Someone Reports Domestic Violence: Listen with Love

When a person calls for assistance concerning domestic abuse we have a unique opportunity to help. Offering compassion and listening with love are the first steps.

Listen quietly. Believe her/his concerns. As you listen keep your mental focus on the strengths of the person instead of the abuse. She/he may report some sad or scary event. Redirect your mind to the person's courage or steps to get help.

Thank them for calling and say that the church wants to help them. Repeat back some part of what you heard. An example would be:

"Thank you for calling. You are concerned about your family's safety. We at _____ parish want to help you."

Let her know that there are local agencies that can assist her, that you'd like to make sure she has the phone numbers to call.

"There are Montgomery County agencies that help people facing this situation. I want to make sure you have two phone numbers."

- **Family Justice Center** (240) 773-0444
The Center provides counseling, help getting protective orders, access to shelters. Office hours 8:30 a.m. – 5:00 p.m. M-F 600 Jefferson Plaza, Rockville, MD. Ideal for people facing emergency need to escape, facing imminent danger. Sheriff's office backs up the call center.
- **Abused Persons Program** (240) 777-4673
1301 Piccard Drive, 1st floor, Rockville. Counseling, emergency shelter. Program has advocates who accompany persons seeking protection orders to court. Counseling for survivors and those who abuse.
- **JCADA** 1 (877) 885-2232
The Jewish Coalition Against Domestic Abuse offers a faith ministry of counseling, crisis services, safety planning, and legal assistance to people of all faiths. Ideal for people considering options and for family, friends to call for advice. High quality care by professional social workers and counselors focused on domestic abuse issues. Serves entire Washington, DC. Area. Office located in nice area in Rockville.
- **For life threatening emergencies** – Encourage the family to call 911.
- **Safe Start Kids Group**, counseling for children in DV households (240) 777-4195
Mindy Thiel, PhD offers individual and group counseling for children (301) 231-9001 x 1
- **AWARE** – JCADAs teen education and outreach (877) 885-2232
- **Adult Protective Services**, elder abuse (240) 777-3000
- **Child Protective Services**, child abuse (240) 777-4417
- **National Dating Abuse Helpline (Love is Respect)** (866) 331-9474
- **National Domestic Violence Hotline** (800) 799-7233

If you know how to make a conference call - After giving her the phone numbers ask if she would like help to call 911, the Family Justice Center together. Request her phone number, just in case you are disconnected.

When finishing the call, invite the person to call again if they need more help.

“I’m thankful that you called. I commend you for taking these steps to keep your family safe. Please call again if you need more help.”

Once a domestic violence ministry exists at your parish – You can offer survivors the option to talk with a member of our domestic violence committee.

“We have a parish team here at _____ parish ready to assist families in this situation. If you would like to talk with them we can invite you to come meet with one of them. Would that be helpful to you?”

If the person wants to talk to the DV team at your parish: It’s important to ask when it is safe to call her phone number. For some women that will be dangerous. Be sure to ask and record when it would be safe to call.

“ The parish team will call to make an appointment. When would be a safe time for us to call your phone number? “

If there is no safe time to call, arrange a time for her to call back.

“I understand it’s not safe for us to call you. What time could you come in to meet with someone? Might you call us back at this time tomorrow and we’ll let you know if that is a good time.”

Self-care: If you found the phone call or visit to be disturbing or upsetting, please talk with another staff person or member of the domestic violence committee. Self care is important so that we may serve again.

From Canon Law 1153

“Spouses ordinarily have the duty to live married life together, but a legitimate cause excuses them from doing so. ‘If either of the spouses causes grave mental or physical danger to the other spouse or to the offspring or otherwise renders common life too difficult, that spouse gives the other a legitimate cause for leaving, either by decree of the local ordinary or even on his or her own authority if there is danger in delay’ (Code of Canon Law 1153).

For more information, please contact Catholic Charities, Laura.YeomansDV@CC-DC.org.

Prince George's County

When Someone Reports Domestic Violence: Listen with Love

When a person calls for assistance concerning domestic abuse we have a unique opportunity to help. Offering compassion and listening with love are the first steps.

Listen quietly. Believe her/his concerns. As you listen keep your mental focus on the strengths of the person instead of the abuse. She/he may report some sad or scary event. Redirect your mind to the person's courage or steps to get help.

Thank them for calling and say that the church wants to help them. Repeat back some part of what you heard. An example would be:

"Thank you for calling. You are concerned about your family's safety. We at _____ parish want to help you."

Let her know that there are local agencies that can assist her, that you'd like to make sure she has the phone numbers to call.

"There are Prince George's County agencies that help people facing this situation. I want to make sure you have two phone numbers."

- **Family Justice Center** **(301) 780-8008**
The Center provides services for survivors of domestic violence, sexual assault, human trafficking and elder abuse. The Center provides counseling, safety planning, help getting protective orders, access to shelter. M,T,W,F 8:30am-5:00pm. Thursdays 8:30am-8:00 pm. 14757 Main Street, Upper Marlboro, MD 20772.
- **JCADA** **1 (877) 885-2232**
The Jewish Coalition Against Domestic Abuse offers a ministry of counseling, crisis services, safety planning, and legal assistance to people of all faiths. Ideal for people considering options and for family, friends to call for advice. High quality care by professional social workers and counselors focused on domestic abuse issues. Serves entire Washington, DC. Area. Office located in nice area in Rockville.
- **Community Crisis Services** **(301) 731-1203**
The Center offers emergency shelter for domestic violence survivors.
- **For life threatening emergencies** – Encourage the family to call 911.
- **AWARE** – JCADAs teen education and outreach **(877) 885-2232**
- **Adult Protective Services**, elder abuse **(301) 909-2450**
- **Child Protective Services**, child abuse **(301) 909-2450**
- **National Dating Abuse Helpline (Love is Respect)** **(866) 331-9474**
- **National Domestic Violence Hotline** **(800) 799-7233**

If you know how to make a conference call - After giving her the phone numbers ask if she would like help to call 911, the Family Justice Center together. Request her phone number, just in case you are disconnected.

When finishing the call, invite the person to call again if they need more help.

“I’m thankful that you called. I commend you for taking these steps to keep your family safe. Please call again if you need more help.”

Once a domestic violence ministry exists at your parish – You can offer survivors the option to talk with a member of our domestic violence committee.

“We have a parish team here at _____ parish ready to assist families in this situation. If you would like to talk with them we can invite you to come meet with one of them. Would that be helpful to you?”

If the person wants to talk to the domestic violence parish team: It’s important to ask when it is safe to call her phone number. For some women that will be dangerous. Be sure to ask and record when it would be safe to call.

“The parish team will call to make an appointment. When would be a safe time for us to call your phone number?”

If there is no safe time to call, arrange a time for her to call back.

“I understand it’s not safe for us to call you. What time could you come in to meet with someone? Might you call us back at this time tomorrow and we’ll let you know if that is a good time.”

Self-care: If you found the phone call or visit to be disturbing or upsetting, please talk with another staff person or member of the domestic violence committee. Self care is important so that we may serve again.

From Canon Law 1153

“Spouses ordinarily have the duty to live married life together, but a legitimate cause excuses them from doing so. ‘If either of the spouses causes grave mental or physical danger to the other spouse or to the offspring or otherwise renders common life too difficult, that spouse gives the other a legitimate cause for leaving, either by decree of the local ordinary or even on his or her own authority if there is danger in delay’ (Code of Canon Law 1153).

For more information, please contact Catholic Charities, Laura.YeomansDV@CC-DC.org.

St. Mary's County

When Someone Reports Domestic Violence: Listen with Love

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Thank them for calling and say that the church wants to help them. Repeat back some part of what you heard. An example would be:

"Thank you for calling. You are concerned about your family's safety. We at _____ parish want to help you."

Let her know that there are local agencies that can assist her, that you'd like to make sure she has the phone numbers to call.

"There are county agencies that help people facing this situation. I want to make sure you have this phone number."

Southern MD Center for Family Advocacy

(301) 373-4141

The Center provides domestic violence counseling, shelter and advocates or free legal representation in court when possible.

Angel's Watch Shelter

Catholic Charities operates a shelter in Charles County, however referrals for entrance come through the county social services programs. Start with the Center for Family Advocacy.

- **For life threatening emergencies** – Encourage the family to call 911.
- **Adult Protective Services**, elder abuse **(240) 895-7016**
- **Child Protective Services**, child abuse **(240) 895-7016**
- **National Dating Abuse Helpline (Love is Respect)** **(866) 331-9474**
- **National Domestic Violence Hotline** **(800) 799-7233**

If you know how to make a conference call - After giving her the phone numbers ask if she would like help to call 911, or the Center for Abused Persons together. Request her phone number, just in case you are disconnected.

When finishing the call, invite the person to call again if they need more help.

“I’m thankful that you called. I commend you for taking these steps to keep your family safe. Please call again if you need more help.”

Once a domestic violence ministry exists at your parish – You can offer survivors the option to talk with a member of our domestic violence committee.

“We have a parish team here at _____ parish ready to assist families in this situation. If you would like to talk with them we can invite you to come meet with one of them. Would that be helpful to you?”

If the person wants to talk to the DV team at your parish: It’s important to ask when it is safe to call her phone number. For some women that will be dangerous. Be sure to ask and record when it would be safe to call.

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If there is no safe time to call, arrange a time for her to call back.

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For more information, please contact Catholic Charities, Laura Yeomans (301) 731-4703 x 307 (office) or (202) 315-9440 (cell), Laura.YeomansDV@CC-DC.org.



Governor's Family Violence Council

100 Community Place, Crownsville, MD 21032

Maryland Certified Abuse Intervention Programs (2022 Within the Archdiocese of Washington)

The following is a list of Abuse Intervention Programs (AIP's) that have been approved by the [Governor's Family Violence Council](#) (FVC). These programs meet the Guidelines set forth in The Governor's Family Violence Council's Operational Guidelines for Abuse Intervention Programs in Maryland, and thus have met the minimum standard deemed by the FVC to be utilized in referrals for service.

Abused Persons Program

New Beginnings Abuser Intervention Program
981 Rollins Ave
Rockville, MD 20850
Phone: 240-777-4210
Fax: 240-777-4860

Nadja.Cabello@montgomerycountymd.gov or
peaches.wilson@montgomerycountymd.gov
<http://www.montgomerycountymd.gov/hhs-program/bhcs/bhcsabusedperson-p207.html>

Contact: Nadja Cabello
Fees: Sliding fee scale available
Program days/hours: Monday – Thursday: 8:30 am – 9:00 pm; Friday: 8:30 am – 5:00 pm; Saturday: 8:00 am – 11:00 am
Service Area: Montgomery

Calvert County Health Department

Calvert Center for Change
280 Stafford Road
Barstow, MD 20610
Phone: 410-535-5400x384
Fax: 410-414-3962

www.calverthealth.org
erin.wilkins@maryland.gov

Contact: Erin Wilkins
Fees: \$50 intake; \$25/weekly
Program days/hours: Wed: 5:00 pm – 6:30 pm
Service Area: Calvert

Catoctin Counseling Centers

309 E. Patrick St
Frederick, MD 21701
Phone: 301-631-1304 x201
Fax: 301-631-1384

catoctinkim@gmail.com
www.catoctincounseling.com

Contact: Kim Burns
Fees: \$80 Intake; \$50 per group sessions; \$80 individual sessions
Program days/hours: Monday – Friday: 8:00 am – 8:00 pm
Service Area: Carroll, Frederick, Montgomery, Washington

Center for Abused Persons

Abuse Intervention Program
2670 Crain Hwy, Suite 303
Waldorf, MD 20601
Phone: 301-645-8994
Fax: 301-645-8342

AGJCAP@verizon.net
<http://centerforabusedpersonscharlescounty.org/>

Contact: Nichole Horstkamp
Fees: \$40 Intake, \$30/week
Program days/hours: Tuesday
Service Area: Charles

My Covenant Place

Alpha Project

9750 Apollo Dr., Suite B

Largo, MD 20774

Phone: 301-577-7307

Fax: 301-476-0076

info@mycovenantplace.orgwww.mycovenantplace.org

Contact: LaTisha Carter

Fees: \$35 Intake; Sliding fee scale \$20-\$80

Program days/hours: Varies

Service Area: Prince George's

**Southern Maryland Center for Family
Advocacy**

23918 Mervell Dean Road

Hollywood, MD 20636

Phone: 301-373-4141

Fax: 301-373-4147

AIP.smcfa@gmail.com<http://www.smcfa.net>

Fee: \$30 intake; \$680

Program days/hours: Monday – Thursday: 8:30
am – 4:30 pm; Friday: 8:30 am – 12:00 pm

Service Area: St. Mary's

Relational Excellence, LLC

Engaging Men's Program

8720 Georgia Avenue, Suite 205

Silver Spring, MD 20910

Phone: 202-531-0231

Fax: 1-888-907-0899

info@rexcellencellc.comwww.rexcellencellc.com

Contact: Jay Hodge

Fees: Sliding scale fees available

Program days/hours: Monday – Friday: 9:00 am
– 6:00 pm

Service Area: Montgomery

Synergy Family Services, Inc.

1425 University Blvd. E, Suite 245

Hyattsville, MD 20783

Phone: 240-752-2767

Fax: 301-326-4385

sfsmentalhealth@gmail.comwww.synergyfamilyservices.org

Contact: Manuel Ruiz

Fees: Sliding fee scale available

Programs days/hours: Monday – Friday: 9:00 am
to 9:00 pm; Saturday- Sunday by appointment

Service Area: Prince George's

Domestic Violence Resources for Military Families 2022



The Dept. of Defense **Family Advocacy Domestic Violence program** serves active duty and retired personnel at each military installation.

Services include victim advocacy; court and Emergency Room companions; safety planning; military no-contact orders; abuser intervention groups; family counseling; and child counseling.

Please note that victims reporting abuse to military resources (such as Family Advocacy or military hospitals) may have fewer confidentiality protections than those reporting to civilian non-profits.

The Military ONESource number is a general number for military families who experience domestic abuse. 1 (800) 342-9647

Serving Andrews Air Force Base

Family Advocacy Program
1191 Menoher Drive
Andrews AFB, MD 20762
Phone: (240) 857-9680

Serving Naval Support Activity, District of Columbia

Family Advocacy Program
1411 Parsons Ave Building 101
Washington, DC 20374
(202) 685-0229

Serving Bethesda Naval Hospital / Walter Reed Army Medical Center

Family Advocacy Program
Fleet and Family Support Center
9045 Beale Road, Building 11, Room 112
Bethesda, MD 20889
Phone: (301) 319-4087, (301) 312-7686

LISTEN WITH LOVE

A guide for parishes on
DOMESTIC VIOLENCE OUTREACH

WORSHIP & OUTREACH MATERIALS

*Bulletin notices, prayers of the faithful,
restroom fliers, and leaflets.*



Catholic Charities

ARCHDIOCESE OF WASHINGTON

Inspiring Hope, Building Futures.

Domestic Violence

Bulletin Announcements

Catholic Charities, Archdiocese of Washington D.C.

For Week 1 Bulletin

You Don't Deserve to Be Abused

Domestic violence refers to a *pattern* of violent and coercive behavior by one adult over another in an intimate relationship. It can consist of repeated severe beatings or subtle forms of abuse, including threats and control. If you experience any form of abuse, please know that there is help. Call the National Domestic Violence Hotline 1 (800) 799-7233. To learn more about domestic violence visit: www.catholiccharitiesdc.org/familypeace

For Week 2 Bulletin

You Don't Deserve to Be Abused

Domestic violence can take many forms. One form that often is used is isolation. Isolation makes it hard for the victim to see friends and family, her/his mail is read, phone-calls and texts are monitored, car keys are taken away, etc.

If you experience any form of abuse, please know that there is help. Call the National Domestic Violence Hotline 1 (800) 799-7233. To learn more about domestic violence visit: www.catholiccharitiesdc.org/familypeace

For Week 3 Bulletin

October Is Domestic Violence Awareness Month

Pray at 3 pm each day for family peace.

Catholics believe that God loves and cares for everyone, and that God knows their pain and concerns. Catholics for Family Peace invites you to join us in a moment of prayer at 3 pm, wherever you are, for those suffering from violence and abuse and those who use violence to control others. We pray for them and for all who work to end domestic violence. Would you set an alarm to join us each day to pray at 3 pm? To learn more, please visit www.catholicsforfamilypeace.org.

For Week 4 Bulletin

You Don't Deserve to Be Abused

Domestic violence can take different forms, but its purpose is always the same: Abusers want to control their domestic partners through fear. They do this by abusing them physically, sexually, psychologically, verbally, and economically. Here are just two of the forms domestic violence can take

Isolation:

Making it hard for the victim to see friends and relatives
Monitoring phone calls
Reading mail

Controlling where the victim goes
Taking the victim's car keys
Destroying the victim's passport

Coercion:

Making the victim feel guilty
Sulking
Manipulating children & other family members

Always insisting on being right
Making up impossible "rules" and punishing the victim for breaking them

If you experience any form of abuse, please know that there is help. Call the National Domestic Violence Hotline 1 (800) 799-7233. To learn more about domestic violence visit:
www.catholiccharitiesdc.org/familypeace

For Week 5 Bulletin

You Don't Deserve To Be Abused

Domestic violence can take different forms, but its purpose is always the same: Abusers want to control their domestic partners through fear. They do this by abusing them physically, sexually, psychologically, verbally, and economically. Here are just three of the forms domestic violence can take:

Threats and Intimidation:

Threatening to harm the victim, the children, family members, and pets
Using physical size to intimidate

Keeping weapons and threatening to use them
Shouting

Emotional Withholding:

Not expressing feelings
Not giving compliments
Not paying attention

Not respecting the victim's feelings, rights, and opinions
Not taking the victim's concerns seriously

Destruction of Property:

Destroying furniture
Punching walls

Throwing or breaking things
Abusing pets

If you experience any form of abuse, please know that there is help. Call the National Domestic Violence Hotline 1 (800) 799-7233. To learn more about domestic violence visit: www.catholiccharitiesdc.org/familypeace

For Week 6 Bulletin

You Don't Deserve to Be Abused

Domestic violence can take different forms, but its purpose is always the same: Abusers want to control their domestic partners through fear. They do this by abusing them physically, sexually, psychologically, verbally, and economically. Here are just two of the forms domestic violence can take:

Harassment:

Following or stalking
Embarrassing the victim in public

Constantly checking up on the victim
Refusing to leave, when asked

Economic Control:

Not paying bills
Refusing to give the victim money
Not letting the victim work
Interfering with the victim's job

Prohibiting the victim from going to school
Not allowing the victim to learn a job skill
Refusing to work and support the family

If you experience any form of abuse, please know that there is help. Call the National Domestic Violence Hotline 1 (800) 799-7233. To learn more about domestic violence visit: www.catholiccharitiesdc.org/familypeace

For Week 7 Bulletin

You Don't Deserve to Be Abused

Violence at home hurts! You are not alone. Now is the time to protect yourself and those who count on you for safety. If you experience any form of abuse, please know that there is help. Call the National Domestic Violence Hotline 1 (800) 799-7233. To learn more about domestic violence visit: www.catholiccharitiesdc.org/familypeace

You can't believe everything you read and hear about domestic violence. Here are some common "myths" about domestic violence. **These myths are not true.**

Myth: Domestic violence is only physical abuse.

Physical violence is only part of a larger *pattern* of abuse, which also includes psychological, emotional, sexual and/or economic abuse. Sometimes there is no physical abuse, but the abuser will use the other forms of abuse to exert power and control over a spouse/partner.

Myth: Domestic abuse is just a momentary loss of temper.

Domestic abuse is just the opposite of a "momentary loss of temper." The abuser makes a decision to abuse. It is an *ongoing* technique to enforce control through the use of fear, and it is a part of a *pattern of abuse*.

For Week 8 Bulletin

You Don't Deserve to Be Abused

Violence at home hurts! You are not alone. Now is the time to protect yourself and those who count on you for safety. If you experience any form of abuse, please know that there is help. Call the National Domestic Violence Hotline 1 (800) 799-7233. To learn more about domestic violence visit: www.catholiccharitiesdc.org/familypeace

You can't believe everything you read and hear about domestic violence. Here are some common "myths" about domestic violence. **These myths are not true.**

Myth: Domestic violence is just an occasional slap or punch that isn't serious.

Victims are often seriously injured. Over 30% of the women seeking care in hospital emergency rooms are there because they have been injured by their domestic partners. Abused women are more likely to suffer miscarriages or to give birth prematurely.

Myth: Domestic violence only happens in poor families.

Domestic violence occurs throughout all levels of society and in every racial, ethnic, and religious group. There is no evidence to suggest that any income level, occupation, social class, or culture is immune from domestic violence. Wealthy, educated professionals are just as prone to violence as anyone.

For Week 9 Bulletin

You Don't Deserve to Be Abused

Violence at home hurts! You are not alone. Now is the time to protect yourself and those who count on you for safety. If you experience any form of abuse, please know that there is help. Call the National Domestic Violence Hotline 1 (800) 799-7233. To learn more about domestic violence visit: www.catholiccharitiesdc.org/familypeace

You can't believe everything you read and hear about domestic violence. Here are some common "myths" about domestic violence. **These myths are not true.**

Myth: If the abuser is truly sorry and promises to reform, the abuse is going to stop.
Remorse and begging for forgiveness are manipulative methods used by abusers to control their victims. Abusers rarely stop abusing; in fact, the abuse will almost always get worse as time goes on.

Myth: If the violent episodes don't happen very often, the situation is not that serious.
Even if the violence doesn't happen often, the threat of it remains a terrorizing means of control. No matter how far apart the violent episodes are, each one is a reminder of the one that happened before and creates fear of the one that will happen in the future.

For an electronic copy of these bulletin inserts email
Laura.Yeomans@CC-DC.org

Prayers of the Faithful

Developed by the Archdiocese of Chicago

For women and men who are victims of domestic violence, may God help them free themselves from abuse and live safely in the peace of Christ. *Lord in your mercy ... hear our prayer.*

For women who are suffering physical, emotional, economic or sexual abuse in their own homes, may they find the strength to free themselves from the violence and live in peace. *We pray to the Lord ... Lord, hear our prayer.*

For children traumatized by violence in their own homes, may God protect them from the violence, free them from the abuse and heal their wounds.

For all men and women who abuse their partners, whether physically, emotionally, economically or sexually, may God help them recognize their abusive behavior and find help to turn lives around and be instruments of peace.

For our community of faith, that we become as compassionate and sensitive toward victims of domestic violence as Jesus would be.

For all of us and our parish that we might not judge victims of domestic violence but offer them the support they need to free themselves from abuse.

For those who suffer domestic violence that they may know they are not alone, they are loved and help is only a phone call away.

For those who witness domestic violence – especially children – that they may understand that violence is never an expression of love, is never acceptable and must never be imitated.

For victims of domestic violence that they may know that their suffering is not a cross to bear or a punishment from God. May they be guided to help, support and safety.

For victims of physical or emotional domestic violence, that they may find the courage needed to seek help, the affirmation, support and shelter they and their families need to heal and the strength to move forward in new ways.

Help us, too, to be instruments of your peace and to assist the victims of domestic abuse and their families with finding safety and hope for a better future.

That your protective love enfold all who suffer or witness violence in their own homes and bring them through these dark days and nights.

For transformation of our society, which often finds it easier to judge the victims of violence than to solve the problems of injustice.



Prayer to End Family Violence

Loving God, we gather here today to remember those who are affected by violence and abuse and for whom we are concerned. We come with our request to you and ask that you hear our prayer. Alone we can do nothing. With your guidance and blessing we can move mountains. Open us to the problems both in our neighborhoods and in the neighborhoods of others.

Ever-living and loving God, you provoke us to the challenge of our time. Keep us constantly aware to the concerns of violence. Inspire each of us to know the urgency of your call to address the many needs that surround us. Give us the fortitude to respond to the tasks before us according to Your will. Be with us today, loving God, comfort us but not protect us from the work that needs to be done.

Let us leave this gathering more concerned about issues of violence and abuse that surround us. We ask You for the strength to share our convictions, the compassion for the abused, the wisdom to plant seeds that encourage people to think and ponder these serious issues. Watch over with care, those who are violated and those who strive to do your work in your name. Amen.

Terry Morneau, Archdiocese of Detroit.

Domestic Violence Awareness Litany

Based on 1 Corinthians 13

Leader(s): Gathered as the body of Christ
We are called to love one another.
And share in one another's sorrow and joy.

*All: When violence enters one of our homes,
It enters our whole community.
Together we are called by love to seek justice and healing.*

Leader(s): But when we turn our face from violence and deny its presence
When we prefer to trap violence behind closed doors

All: May love call us to repentance.

Leader(s): When stories of violence are shared

All: In love, may we believe our sister or brother.

Leader(s): When pain and fear weigh down one of us

All: In love, may we bear the burden together.

Leader(s): When we are afraid to speak out or ask for support

*All: In love, may we remember our community endures all things together.
We are not alone.*

Leader(s): Until we cease to witness violence in our lives,
our community and our world

*All: In love, may we remain ever hopeful in our ability
To bring justice, healing and peace to this world.*

Leader(s): May the love of God strengthen us
May the love of this community comfort us

*All: May the eternal promise of love embolden us
To not rest until we achieve peace in our homes.
Amen.*

Written by Karri Whipple

You and your family deserve to be safe and loved in your home.

Sometimes bad things happen in good families. Yelling, hitting, shoving, insults, not sharing income— if you are experiencing or using these behaviors at home or living in fear, change is possible. You can be safe and bring peace to your family.

24/7 NATIONAL DOMESTIC VIOLENCE HOTLINE:

1-800-799-SAFE



www.catholiccharitiesdc.org/familypeace

**LOCAL HELP IS
AVAILABLE:**



1-800-799-SAFE (7233)

1-800-799-SAFE (7233)

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1-800-799-SAFE (7233)

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1-800-799-SAFE (7233)

1-800-799-SAFE (7233)

LISTEN WITH LOVE

A guide for parishes on
DOMESTIC VIOLENCE OUTREACH

GROUP STUDY MATERIALS

*Resources to start a parish ministry,
Catholic teaching on domestic violence, and study guides.*



Catholic Charities

ARCHDIOCESE OF WASHINGTON

Inspiring Hope, Building Futures.

When I Call for Help: A Pastoral Response to Domestic Violence Against Women

United States Conference of Catholic Bishops

In the beginning, I was young . . . he was handsome. He said I was beautiful, smart, worthy of love . . . made me feel that way. And so we were married, walking joyfully together down a church aisle, our union blessed by God.

Then came the angry words . . . the verbal tearing apart. . . . Now I was made to feel ugly, unintelligent, unworthy of any love, God's or man's.

Next came the beatings . . . unrelenting violence . . . unceasing pain. I shouldn't stay, but this is my husband . . . promised forever. He says I deserve it . . . maybe I do . . . if I could just be good. I feel so alone . . . doesn't God hear me when I cry out silently as I lie in bed each night?

Finally came the release, the realization. It's not me . . . it's him. . . . I am worthy of love, God's and man's. One spring morning, my heart was filled with hope and with fear now only of starting over on my own. And so again I walked . . . down the hallway of our apartment building . . . never again to be silent . . . never again to live with that kind of violence, to suffer that kind of pain.

—A battered wife¹

Introduction

As pastors of the Catholic Church in the United States, we state as clearly and strongly as we can that violence against women, inside or outside the home, is *never* justified. Violence in any form"—physical, sexual, psychological, or verbal"—is sinful; often, it is a crime as well. We have called for a moral revolution to replace a culture of violence. We acknowledge that violence has many forms, many causes, and many victims—men as well as women.²

The Catholic Church teaches that violence against another person in any form fails to treat that person as someone worthy of love. Instead, it treats the person as an object to be used. When violence occurs within a sacramental marriage, the abused spouse may question, "How do these violent acts relate to my promise to take my spouse for better or for worse?" The person being assaulted needs to know that acting to end the abuse does not violate the marriage promises. While violence can be directed towards men, it tends to harm women and children more.

In 1992 we spoke out against domestic violence. We called on the Christian community to work vigorously against it. Since then, many dioceses, parishes, and organizations have made domestic violence a priority issue. We commend and encourage these efforts.

In this update of our 1992 statement, we again express our desire to offer the Church's resources to both the women who are abused and the men who abuse. Both groups need Jesus' strength and healing.³

We focus here on violence against women, since 85 percent of the victims of reported cases of non-lethal domestic violence are women.⁴ Women's greatest risk of violence comes from intimate partners—a current or former husband or boyfriend.⁵

Violence against women in the home has serious repercussions for children. Over 50 percent of men who abuse their wives also beat their children.⁶ Children who grow up in violent homes are more likely to develop alcohol and drug addictions and to become abusers themselves.⁷ The stage is set for a cycle of violence that may continue from generation to generation.

The Church can help break this cycle. Many abused women seek help first from the Church because they see it as a safe place. Even if their abusers isolate them from other social contacts, they may still allow them to go to church. Recognizing the critical role that the Church can play, we address this statement to several audiences:

- To women who are victims of violence and who may need the Church's help to break out of their pain and isolation;
- To pastors, parish personnel, and educators, who are often the first responders for abused women;
- To men who abuse and may not know how to break out of the cycle of violence; and
- To society, which has made some strides towards recognizing the extent of domestic violence against women.

We recognize that violence against women has many dimensions. This statement is not meant to be all-inclusive, but rather to be an introduction, along with some practical suggestions of what dioceses and parishes can do now.

The National Domestic Violence Hotline provides crisis intervention and referrals to local service providers. Call **800-799-SAFE (7233)** or **800-787-3224 (TTY)**. For more information, go to www.thehotline.org. Hotline Advocates are available to chat online, Monday to Friday, 9AM-7PM CST.

An Overview of Domestic Violence

Domestic violence is any kind of behavior that a person uses to control an intimate partner through fear and intimidation. It includes physical, sexual, psychological, verbal, and economic abuse. Some examples of domestic abuse include battering, name-calling and insults, threats to kill or harm one's partner or children, destruction of property, marital rape, and forced

sterilization or abortion.⁸

Younger, unmarried women are at greatest risk for domestic violence. According to a U.S. government survey, 53 percent of victims were abused by a current or former girlfriend or boyfriend. One-third of all victims were abused by a spouse, while 14 percent said that the offender was an ex-spouse. Women ages 16 to 24 are nearly three times as vulnerable to attacks by intimate partners as those in other age groups; abuse victims between ages 35 and 49 run the highest risk of being killed.⁹

While abuse cuts across all ethnic and economic backgrounds, some women face particular obstacles. Women of color may not view the criminal justice system as a source of help. Additionally, in some cultures women feel pressured to keep problems within the home and to keep the family together at all costs. Some fear that they will lose face in the community if they leave. Immigrant women often lack familiarity with the language and legal systems of this country. Their abusers may threaten them with deportation.

Women in rural communities may find themselves with fewer resources. The isolation imposed by distance and lack of transportation can aggravate their situation. Isolation can also be a factor for women who do not work outside the home. They may have less access to financial resources and to information about domestic violence. Women with disabilities and elderly women are also particularly vulnerable to violence.

Some who suffer from domestic violence are also victims of stalking, which includes following a person, making harassing phone calls, and vandalizing property. Eight percent of women in the United States have been stalked at some time in their lives, and more than one million are stalked annually.¹⁰ Stalking is a unique crime because stalkers are obsessed with controlling their victims' actions and feelings. A victim can experience extreme stress, rage, depression, and an inability to trust anyone.

Domestic violence is often shrouded in silence. People outside the family hesitate to interfere, even when they suspect abuse is occurring. Many times even extended family denies that abuse exists, out of loyalty to the abuser and in order to protect the image of the family. Some people still argue—mistakenly—that intervention by outside sources endangers the sanctity of the home. Yet abuse and assault are no less serious when they occur within a family. Even when domestic violence is reported, sometimes there are failures to protect victims adequately or to punish perpetrators.

Why Men Batter

Domestic violence is learned behavior. Men who batter learn to abuse through observation, experience, and reinforcement. They believe that they have a right to use violence; they are also rewarded, that is, their behavior gives them power and control over their partner.

Abusive men come from all economic classes, races, religions, and occupations. The batterer

may be a "good provider" and a respected member of his church and community. While there is no one type, men who abuse share some common characteristics. They tend to be extremely jealous, possessive, and easily angered. A man may fly into a rage because his spouse called her mother too often or because she didn't take the car in for servicing. Many try to isolate their partners by limiting their contact with family and friends.

Typically, abusive men deny that the abuse is happening, or they minimize it. They often blame their abusive behavior on someone or something other than themselves. They tell their partner, "You made me do this."

Many abusive men hold a view of women as inferior. Their conversation and language reveal their attitude towards a woman's place in society. Many believe that men are meant to dominate and control women.

Alcohol and drugs are often associated with domestic violence, but they do not cause it. An abusive man who drinks or uses drugs has two distinct problems: substance abuse and violence. Both must be treated.

Why Women Stay

Women stay with men who abuse them primarily out of fear. Some fear that they will lose their children. Many believe that they cannot support themselves, much less their children.

When the first violent act occurs, the woman is likely to be incredulous. She believes her abuser when he apologizes and promises that it will not happen again. When it does—repeatedly—many women believe that if they just act differently they can stop the abuse. They may be ashamed to admit that the man they love is terrorizing them. Some cannot admit or realize that they are battered women. Others have endured trauma and suffer from battered woman syndrome.

REMEMBER: *Some battered women run a high risk of being killed when they leave their abuser or seek help from the legal system. It is important to be honest with women about the risks involved. If a woman decides to leave, she needs to have a safety plan, including the names and phone numbers of shelters and programs. Some victims may choose to stay at this time because it seems safer. Ultimately, abused women must make their own decisions about staying or leaving.*

The Church Responds to Domestic Violence

Scripture and Church Teachings

Religion can be either a resource or a roadblock for battered women. As a resource, it encourages women to resist mistreatment. As a roadblock, its misinterpretation can contribute

to the victim's self-blame and suffering and to the abuser's rationalizations.

Abused women often say, "I can't leave this relationship. The Bible says it would be wrong." Abusive men often say, "The Bible says my wife should be submissive to me." They take the biblical text and distort it to support their right to batter.

As bishops, we condemn the use of the Bible to support abusive behavior in any form. A correct reading of Scripture leads people to an understanding of the equal dignity of men and women and to relationships based on mutuality and love. Beginning with Genesis, Scripture teaches that women and men are created in God's image. Jesus himself always respected the human dignity of women. Pope John Paul II reminds us that "Christ's way of acting, the Gospel of his words and deeds, is a consistent protest against whatever offends the dignity of women."¹¹

Men who abuse often use Ephesians 5:22, taken out of context, to justify their behavior, but the passage (v. 21-33) refers to the mutual submission of husband and wife out of love for Christ. Husbands should love their wives as they love their own body, as Christ loves the Church.

Men who batter also cite Scripture to insist that their victims forgive them (see, for example, Mt 6:9-15). A victim then feels guilty if she cannot do so. Forgiveness, however, does not mean forgetting the abuse or pretending that it did not happen. Neither is possible. Forgiveness is not permission to repeat the abuse. Rather, forgiveness means that the victim decides to let go of the experience and move on with greater insight and conviction not to tolerate abuse of any kind again.

An abused woman may see her suffering as just punishment for a past deed for which she feels guilty. She may try to explain suffering by saying that it is "God's will" or "part of God's plan for my life" or "God's way of teaching me a lesson." This image of a harsh, cruel God runs contrary to the biblical image of a kind, merciful, and loving God. Jesus went out of his way to help suffering women. Think of the woman with the hemorrhage (Mk 5:25-34) or the woman caught in adultery (Jn 8:1-11). God promises to be present to us in our suffering, even when it is unjust.

Finally, we emphasize that no person is expected to stay in an abusive marriage. Some abused women believe that church teaching on the permanence of marriage requires them to stay in an abusive relationship. They may hesitate to seek a separation or divorce. They may fear that they cannot re-marry in the Church. Violence and abuse, not divorce, break up a marriage. We encourage abused persons who have divorced to investigate the possibility of seeking an annulment. An annulment, which determines that the marriage bond is not valid, can frequently open the door to healing.

First Responders: Priests, Deacons, and Lay Ministers

Many church ministers want to help abused women but worry that they are not experts on domestic violence. Clergy may hesitate to preach about domestic violence because they are

unsure what to do if an abused woman approaches them for help.

We ask them to keep in mind that intervention by church ministers has three goals, in the following order:

1. Safety for the victim and children;
2. Accountability for the abuser; and
3. Restoration of the relationship (if possible), or mourning over the loss of the relationship.

We also encourage church ministers to see themselves as "first responders" who

- Listen to and believe the victim's story,
- Help her to assess the danger to herself and her children, and
- Refer her to counseling and other specialized services.

Church ministers should become familiar with and follow the reporting requirements of their state. Many professionals who deal with vulnerable people are required to report suspected crimes, which may include domestic abuse.

In dealing with people who abuse, church ministers need to hold them accountable for their behavior. They can support the abusive person as he seeks specialized counseling to change his abusive behavior. Couple counseling is not appropriate and can endanger the victim's safety.

What You Can Do to Help

We offer the following practical suggestions for several audiences.

For Abused Women

- Begin to believe that you are not alone and that help is available for you and your children.
- Talk in confidence to someone you trust: a relative, friend, parish priest, deacon, religious sister or brother, or lay minister.
- If you choose to stay in the situation, at least for now, set up a plan of action to ensure your safety. This includes hiding a car key, personal documents, and some money in a safe place and locating somewhere to go in an emergency.
- Find out about resources in your area that offer help to battered women and their children. The phone book lists numbers to call in your local area. Your diocesan Catholic Charities office or family life office can help. Catholic Charities often has qualified counselors on staff and can provide emergency assistance and other kinds of help.

- The National Domestic Violence Hotline provides crisis intervention and referrals to local service providers. Call 800-799-SAFE (7233) or 800-787-3224 (TTY). For more information, go to www.thehotline.org. Hotline Advocates are available to chat online, Monday to Friday, 9AM-7PM CST. In some communities, cell phones programmed to 911 are made available to abused women.

For Men Who Abuse

- Admit that the abuse is your problem, not your partner's, and have the manly courage to seek help. Begin to believe that you can change your behavior if you choose to do so.
- Be willing to reach out for help. Talk to someone you trust who can help you evaluate the situation. Contact Catholic Charities or other church or community agencies for the name of a program for abusers.
- Keep in mind that the Church is available to help you. Part of the mission Jesus entrusted to us is to offer healing when it is needed. Contact your parish.
- Find alternative ways to act when you become frustrated or angry. Talk to other men who have overcome abusive behavior. Find out what they did and how they did it.

For Pastors and Pastoral Staff

Make your parish a safe place where abused women and abusive men can come for help. Here are some specific suggestions:

- Include information about domestic violence and local resources in parish bulletins and newsletters and on websites.
- Place copies of this brochure and/or other information, including local telephone numbers for assistance about domestic violence, in the women's restroom(s).
- Keep an updated list of resources for abused women. This can be a project for the parish pastoral council, social justice committee, or women's group.
- Find a staff person or volunteer who is willing to receive in-depth training on domestic violence; ask this person to serve as a resource and to help educate others about abuse.
- Provide training on domestic violence to all church ministers, including priests, deacons and lay ministers. When possible, provide opportunities for them to hear directly from victims of violence.
- Join in the national observance of October as "Domestic Violence Awareness Month." Dedicate at least one weekend that month to inform parishioners about domestic abuse. During that month, make available educational and training programs in order to sensitize men and women, girls and boys to the personal and social effects of violence in the family. Help them to see how psychological abuse may escalate over time. Teach them how to communicate without violence.

Use liturgies to draw attention to violence and abuse. Here are some specific suggestions:

- In homilies, include a reference to domestic violence when appropriate. Just a mention of domestic violence lets abused women know that someone cares. Describe what abuse is so that women begin to recognize and name what is happening to them.
- In parish reconciliation services, identify violence against women as a sin.
- Include intercessions for victims of abuse, people who abuse people, and those who work with them.
- If you suspect abuse, ask direct questions. Ask the woman if she is being hit or hurt at home. Carefully evaluate her response. Some women do not realize they are being abused, or they lie to protect their spouses. Be careful not to say anything that will bolster her belief that it is her fault and that she must change her behavior.
- Have an action plan in place to follow if an abused woman calls on you for help. This includes knowing how and where to refer her for help. This will be easier if you have already established contact with local shelters and domestic violence agencies.
- Include a discussion of domestic violence in marriage preparation sessions. If violence has already begun in the relationship, it will only escalate after marriage.
- In baptismal preparation programs, be alert that the arrival of a child and its attendant stress may increase the risk of domestic violence.

When I Call for Help: A Prayer

One source of healing we have in our lives as Christians is prayer. Psalm 55 may be an especially apt prayer for women who are dealing with abusive situations. With all of you we pray these verses:

Listen, God, to my prayer;
do not hide from my pleading;
hear me and give answer.

If an enemy had reviled me,
that I could bear;
If my foe had viewed me with contempt,
from that I could hide.
But it was you, my other self,
my comrade and friend,
You, whose company I enjoyed,
at whose side I walked
in procession in the house of God.

But I will call upon God,
and the Lord will save me.
At dusk, dawn, and noon
I will grieve and complain,
and my prayer will be heard.
(Ps 55:2-3, 13-15, 17-18)

Resources

Websites

United States Conference of Catholic Bishops: www.usccb.org

For Your Marriage: www.ForYourMarriage.org

Catholics for Family Peace: www.catholicsforfamilypeace.org/

National Domestic Violence Hotline: www.thehotline.org/

Documents

Marriage: Love and Life in the Divine Plan, United States Conference of Catholic Bishops, No. 7-092 (English), No. 7-815 (Spanish).

Walk in the Light: A Pastoral Response to Child Sexual Abuse, United States Conference of Catholic Bishops, No. 5-000 (English), No. 5-001 (Spanish).

Create in Me a Clean Heart: A Pastoral Response to Pornography, United States Conference of Catholic Bishops, No. 7-475 (English). Available in Spanish on the USCCB website: www.usccb.org/cleanheart.

Catechism of the Catholic Church (second edition), United States Conference of Catholic Bishops, No. 5-110 (English), No. 4-828 (Spanish).

Bishop Ricardo Ramirez, CSB, *Speaking the Unspeakable: A Pastoral Letter on Domestic Violence* (2001). Available from the Diocese of Las Cruces in English and Spanish: www.dioceseoflascruces.org/pastoral-letters.html.

Pope John Paul II, *On the Dignity and Vocation of Women (Mulieris Dignitatem)*. Available on the Vatican website: http://w2.vatican.va/content/john-paul-ii/en/apost_letters/1988/documents/hf_jp-ii_apl_19880815_mulieris-dignitatem.html (English), http://w2.vatican.va/content/john-paul-ii/es/apost_letters/1988/documents/hf_jp-ii_apl_19880815_mulieris-dignitatem.html (Spanish).

Pope John Paul II, *The Gospel of Life (Evangelium Vitae)*, United States Conference of Catholic Bishops, No. 316-7 (English), No. 317-5 (Spanish).

Pope John Paul II, *Letter to Women*, United States Conference of Catholic Bishops, No. 5-052 (English). Available in Spanish on the Vatican website: https://w2.vatican.va/content/john-paul-ii/es/letters/1995/documents/hf_jp-ii_let_29061995_women.html.

Notes

1 Excerpted from "When Home Is Where the Hurt Is," *Christopher News Notes*, no. 326.

2 *Confronting a Culture of Violence: A Catholic Framework for Action. A Pastoral Message of the U.S. Catholic Bishops* (Washington, DC: USCCB, 1994); Pontifical Council for Justice and Peace, *Compendium of the Social Doctrine of the Church* (LEV-USCCB, 2004), nos. 81, 488, and 494-496; and *Forming Consciences for Faithful Citizenship: A Call to Political Responsibility from the Catholic Bishops of the United States with Introductory Note* (Washington, DC: USCCB, 2015), nos. 84 and 92.

3 See Pope John Paul II, Encyclical letter *The Gospel of Life* (Washington, DC: United States Conference of Catholic Bishops, 1995), nos. 2, 23, and 99.

4 "Intimate Partner Violence: Fact sheet." National Crime Victimization Survey, 1992-1996. For updated information, see M. Berzofsky et al., "Female Victims of Sexual Violence, 1994-2010," *Bureau of Justice Statistics* (November 2012) www.bjs.gov/index.cfm?ty=pbdetail&iid=4536.

5 Full Report of the Prevalence, Incidence, and Consequences of Violence Against Women, Findings from the National Violence Against Women Survey (November 2000). www.ncjrs.gov. For updated information, see National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, "The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report" (November 2011) www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf and R. Morgan and J. Truman, "Nonfatal Domestic Violence, 2003-2012," *Bureau of Justice Statistics* (April 2014) www.bjs.gov/index.cfm?ty=pbdetail&iid=4984.

6 "Developments in the Law—Legal Responses to Domestic Violence," *Harvard Law Review* 106 (1993):7: 1608-9. Cited in Carol J. Adams, *Woman-Battering* (Minneapolis: Fortress Press, 1994), 22. In 1995 the National Conference of Catholic Bishops (now United States Conference of Catholic Bishops) addressed one form of child abuse: child sexual abuse in a home or family setting. See *Walk in the Light: A Pastoral Response to Child Sexual Abuse* (Washington, DC: United States Conference of Catholic Bishops, 1995).

7 "Intimate Partner Violence: Fact sheet." National Crime Victimization Survey, 1992-1996.

8 In regard to sexual abuse, see *Catechism of the Catholic Church* (Washington, DC: United States Conference of Catholic Bishops, 2000), no. 2356; *The Gospel of Life*, nos. 3, 23, and 99; and Pope John Paul II's "Letter to Women," no. 5, and "Welcome to Gertrude Mongella, Secretary General of the Fourth World Conference on Women," no. 7, in *Pope John Paul II on The Genius of Women* (Washington, D.C.: United States Conference of Catholic Bishops, 1997). In regard to verbal abuse, see *Catechism*, nos. 2477, 2479, 2482-2487, and 2507-2509.

9 U.S. Bureau of Justice Statistics, "Intimate Partner Violence and Age of Victim, 1993-99" (NCJ-187635). www.bjs.gov/content/pub/pdf/ipva99.pdf. For updated information, see R. Morgan and J. Truman, "Nonfatal Domestic Violence, 2003-2012," *Bureau of Justice Statistics* (April 2014) www.bjs.gov/index.cfm?ty=pbdetail&iid=4984.

10 "Stalking in America: Findings from the National Violence Against Women Survey," Joint Report from the National Institute of Justice and the National Center for Injury Prevention and Control (April 1998). For updated information, see S. Catalano, "Stalking Victims in the United States—Revised," *Bureau of Justice Statistics* (September 2012) www.bjs.gov/index.cfm?ty=pbdetail&iid=1211 and National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, "The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report" (November 2011) www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf.

11 Pope John Paul II, *On the Dignity and Vocation of Women (Mulieris Dignitatem)*, no. 15.

The original document *When I Call for Help: A Pastoral Response to Domestic Violence Against Women* was developed by the Committee on Women in Society and in the Church and the Committee on Marriage and Family of the United States Conference of Catholic Bishops (USCCB), approved for publication by the Administrative Committee in September 1992, and affirmed by the full body of U.S. Catholic bishops at its November 1992 General Meeting. This revised tenth anniversary edition was approved by the full body of U.S. Catholic bishops at its November 2002 General Meeting and has been authorized for publication by the undersigned.

Msgr. William P. Fay, General Secretary, USCCB

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Study Questions

When I Call for Help:

A Pastoral Response to Domestic Violence Against Women

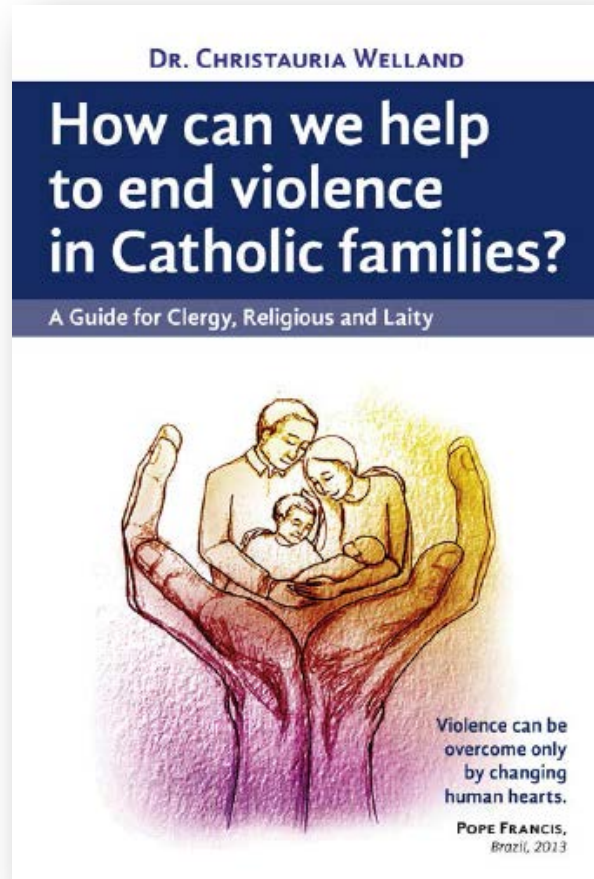
UNITED STATES CONFERENCE OF CATHOLIC BISHOPS, 2002

1. How does the teaching of the Catholic Church guide our response to someone experiencing domestic violence?
 2. Before reading the Pastoral letter, what had you heard of the Church's teachings on the subject of domestic abuse?
 3. Abusers often misuse Scriptures to excuse their behavior. What story from the Scriptures helps you understand what you need to do in response to domestic violence?
 4. What is your experience with the subject of domestic abuse?
 5. What is the most important message you take away from reading the Pastoral Letter?
 6. What can Church members do to help break the cycle of violence in the home?
 7. What did you learn from the Pastoral Letter that helps you understand the situation of a survivor of domestic violence, i.e., why she does not leave?
 8. Domestic abuse is a learned behavior. What opportunities can you see for educating young people that will lead to more peaceful relationships?
 9. Who are your local domestic violence agencies?
 10. What steps will you take when someone discloses domestic abuse to you?
 11. What one action can you take to address the issue of domestic violence?
 12. What one positive action can your parish community do to help now?
- Read the US Catholic Bishops' Pastoral Letter, *When I Call for Help* here <http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/when-i-call-for-help.cfm>
 - For more information and resources for a Catholic Response to Domestic Violence , visit www.Catholicsforfamilypeace.org

A Resource for Catholic Priests, Religious and Lay Persons

Learn more about...

- ❖ Catholic teaching on marriage and the family
- ❖ What Catholics can do to respond to and prevent violence in our families
- ❖ Attitudes and practical techniques that help end violence
- ❖ The Gospel imperative of accompanying families in crisis

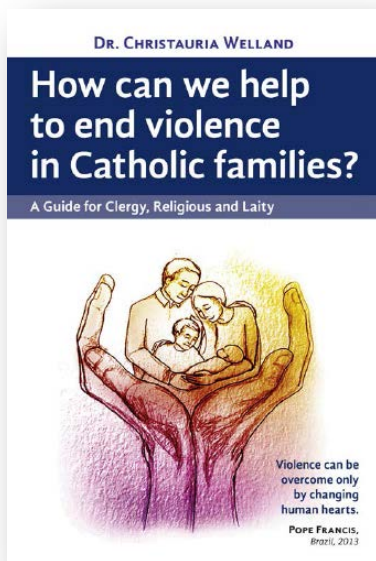


From the book...

Is there violence in Catholic families? If so, how common is it?

Studies conducted in the USA show there is no difference in the rate of domestic violence among members of different religions and the general public. Thus, domestic violence among Catholics worldwide is likely to be the same 30% lifetime prevalence as the rest of the population. Researchers did find that men who attended religious services *every week* were less violent than infrequent attendees.

Download a FREE copy of the book at <http://paxinfamilia.org/>



Study Questions

How Can We Help to End Violence in Catholic Families?

A Guide for Clergy, Religious and Laity

1. The Church speaks of "the good of spouses" when it comes to marriage. In what ways can domestic violence violate the good of a spouse?
2. What are ways that lay people and parish staff can be prepared to respond to domestic violence in their communities?
3. When someone identifies herself/himself as a victim what might you say to be supportive?
4. Forgiveness is a powerful spiritual experience. What precautions does Dr. Welland suggest because she has witnessed how difficult it is for people who abuse family members to change? See pages 46 and 70.
5. How has your mind changed about domestic violence in your role as a member of a Catholic faith community in responding to it?
6. We all commit small acts that inflict pain or hurt in our relationships, though they may not rise to the level of domestic abuse. Examine your conscience and identify how you have harmed others in your relationships. What steps can you take to heal yourself and others and prevent similar acts in the future?

Case Studies

The following domestic violence case studies, drawn from actual stories from our clients, can be used to practice your skills in responding with care. Use the screening questions at the end of the case studies, along with the key concern chart and the cycle of abuse graphic, to help assess each scenario.

Parish Partners Case 1

A young mother asked for help. She reported that her partner is becoming increasingly insulting and angry with her. He now follows her when she leaves the home, calls her employer at work and says unpleasant things to him. She stated she didn't want to live this way, but he has threatened to call immigration against her if she leaves. They have a small son who hits himself in the head during stressful times. The father has told her she can never take their son away from him, that the son belongs to him. She reveals that her partner is forcing her to have sex with him against her will. She begins to cry during this time. She says that she doesn't have legal documents, but the father is legal. She says she can't leave because she currently has a job, a place to live, her son. Where would she live if she left?

Parish Partners Case 2

A young professional mother asked for help. She works as a social worker. Her husband has been unemployed for many years. Both come from wealthy families. At the beginning they seemed to have a normal relationship, then he began controlling her more and more. He called her excessively at work. He waited for her outside her job to monitor if she was working. Married, together ten years. They have a child two years old. He abused the young mother verbally. He pushed her against the wall. When she left, he told her he would kill her. She went to court and asked for a protection order. Her parents are helping her some with the attorney fees. She requests help with the security deposit and first month rent.

Parish Partners Case 3

An older woman with a 19-year-old son (from a previous relationship) asks for help. She has suffered violence in the home for 5 years. Another older son left for this reason. Her husband is very mild normally, but explodes violently for minor reasons. She had to work very hard to keep everything to his liking. He became aggressive throwing chairs, tables, screaming at her, insulting her. He would mistreat her son telling him, "You are worthless." "You are lazy." One

day he tried to kill them both. The neighbors called the police for her. The police came and arrested him. She went to court and got a protection order. The husband was ordered to undergo anger management counseling. She needs help finding a place to live.

Parish Partners Case 4

An elderly lady reports that she is afraid her elderly husband will hurt her again. He threatens to do so. In a rage before he beat her and she called the police for help. Her husband was off his medicines and is now supposed to be back on his meds. When she told her adult children what happened, they removed the grandchildren from her care during the week. Now she misses them terribly. She is afraid her husband will hurt her, but doesn't know what to do. She has no income, no place to go.

Assessing Cases

The following questions are from the *Lethality Danger Assessment*, developed by Dr. Jacquelyn Campbell of The Johns Hopkins University School of Nursing and the Maryland Network Against Domestic Violence after interviews with family members who suffered the death of a relative due to domestic violence. **These are the key questions that First Responders use to assess immediate threats of danger and the potential for a person to experience death or bodily harm.** Anyone at risk of domestic violence should be referred to local domestic violence programs for counseling and safety planning.

	Domestic Violence Lethality Screen for First Responders - MNADV
	Has he/she ever used a weapon against you or threatened you with a weapon?
	Has he/she threatened to kill you or your children?
	Do you think he/she might try to kill you?
	Does he/she have a gun or can he/she get one easily?
	Has he/she ever tried to choke you?
	Is he/she violently or constantly jealous or does he/she control most of your daily activities?
	Have you left him/her or separated after living together or being married?
	Is he/she unemployed?
	Has he/she ever tried to kill himself/herself?
	Do you have a child that he/she knows is not his/hers?
	Does he/she follow or spy on you or leave threatening messages?

The first chart below includes key concerns of domestic violence survivors, identified by House of Ruth and Parish Partners staff providing emergency assistance to clients. The box on the right reflects the difficult cycle of abuse where the abusive person apologizes, begs forgiveness, but then repeats the violence over again.

	Concerns of domestic violence survivors
	Safety for her children/custody
	Safety for herself
	Safety for extended family
	Specifics of how to escape
	Housing/Homelessness
	Income/Employment
	Childcare/Schools
	Legal/Social Services
	Faith/Family/Identity
	Immigration consequences



LISTEN WITH LOVE

A guide for parishes on
DOMESTIC VIOLENCE OUTREACH

SPANISH MATERIALS

Bulletin notices, leaflets, and bathroom fliers.



Catholic Charities

ARCHDIOCESE OF WASHINGTON

Inspiring Hope, Building Futures.

Cuando Pido Ayuda: Una Respuesta Pastoral a la Violencia Doméstica Contra la Mujer

Comite de Obispos sobre el Matrimonio y la Vida Familiar

Comite de Obispos sobre la Mujer en la Sociedad y en la Iglesia

Afirmado por los miembros de la NCCB/USCC

Conferencia Nacional de Obispos Católicos

Ella explicó que tuvo que quedarse con su hermana porque su esposo le cerró la casa cuando estaba furioso. Él, le informó al consejero en la terapia de grupo que después del primer par de golpizas, ya no tuvo que volver a golpearla. Era suficiente amenazarla levantando el puño.

Introducción

Como pastores de la Iglesia en los Estados Unidos, nos unimos a los obispos de otros países, especialmente Canadá y Nueva Zelanda, al declarar tan clara y fuertemente como podamos que la violencia contra la mujer, en el hogar o fuera del hogar, nunca es justificada. La violencia en cualquier forma - física, sexual, psicológica, o verbal - es pecaminosa; muchas veces es también un crimen.

El abuso es un tópico en el que a nadie le gusta pensar. Pero como éste existe en nuestras parroquias, diócesis y vecindades, presentamos esta declaración como un primer paso en lo que nosotros esperamos será un continuo esfuerzo de la Iglesia en los Estados Unidos para combatir la violencia familiar en contra de la mujer. Esta declaración es una respuesta a las repetidas solicitudes de muchas mujeres y hombres a lo largo de los Estados Unidos para tratar el tema.

Estamos escribiendo acerca de nuestro deseo de ofrecer los recursos de la Iglesia, tanto a las mujeres que son maltratadas como a los hombres que abusan de ellas. Ambos grupos necesitan de la fuerza y curación de Jesús. Estamos escribiendo también sobre la conciencia de que en tiempos de inestabilidad económica, como el presente, en que los asalariados pierden sus trabajos o son amenazados con su pérdida, se ven a menudo afectados por un aumento en la violencia familiar.

A pesar de que estamos enfocando aquí la violencia en contra de la mujer, esto no implica de ninguna manera que la violencia en contra de los hombres o de los jóvenes o los mayores de edad o los no nacidos sea algo de menor gravedad. En realidad, la violencia en contra de cualquier persona es contraria al mensaje del Evangelio de Jesús de "Amáos los unos a los otros como yo los he amado." Cuando la violencia en contra de la mujer es tolerada, puede ayudar a preparar el escenario para actos violentos en contra de otros grupos también.

La violencia en contra de la mujer en el hogar tiene particularmente serias repercusiones. Cuando la mujer es una madre y la violencia es llevada a cabo delante de sus niños, se crean las condiciones en el ambiente para un ciclo de violencia que puede ser transmitido de generación en generación.

Los consejeros de la violencia familiar nos enseñan que la violencia es un comportamiento aprendido. En algunos casos, los hombres que cometen el abuso y las mujeres que son abusadas han crecido en hogares donde ocurría la violencia. En una situación semejante, un niño puede crecer creyendo que la violencia es un comportamiento aceptable; los niños aprenden que ésta es una forma de ser poderosos. Los consejeros sobre el abuso dicen que el niño que haya crecido en un hogar presenciando abuso físico está mil veces más inclinado a utilizar la violencia en su propia familia. Al mismo tiempo, apenas el 25 por ciento de los hombres que crecieron en hogares con abuso físico prefirieron no usar la violencia.

Estamos de acuerdo con los obispos de Quebec, Canadá, cuando llaman a la comunidad cristiana para "unir sus fuerzas y complementar el trabajo de aquellas asociaciones y grupos que están actualmente comprometidos en prevenir y defender esta forma de violencia."¹

También estamos de acuerdo con los líderes de la Iglesia canadiense, quienes han sostenido que cuando los hombres abusan de la mujer, "reflejan una falta de entendimiento en nuestra sociedad acerca de la forma en que hombres y mujeres deben relacionarse unos con otros. Ellos violan los valores básicos cristianos de justicia, igualdad, respeto, dignidad y paz; van en contra del llamado a la práctica de la amabilidad, la bondad, la confianza, el soporte mutuo, y de amarnos unos a otros como a nosotros mismos."²

A Quienes Nos Dirigimos

Reconociendo la seriedad del problema, estamos dirigiendo esta declaración a varias audiencias:

- primero, a las mujeres que son víctimas de la violencia y que necesitan la ayuda de la Iglesia para escapar de su dolor y su aislamiento;
- a los párrocos, personal de la parroquia y educadores que a menudo son una primera línea de defensa para las mujeres que están sufriendo el abuso;
- a los hombres, especialmente a aquellos que como agresores no saben cómo escaparse del ciclo de violencia, o que no comprenden cómo ésto puede conseguirse;
- a la sociedad, que lentamente está reconociendo el alcance de la violencia familiar en contra de la mujer.

NOTA: *Esto no quiere decir que en esta declaración esté todo incluido sobre la violencia en contra de la mujer. Porque la violencia tiene muchas dimensiones y ramificaciones, esta declaración intenta ser una introducción junto con algunas sugerencias prácticas pastorales a las parroquias de lo que pueden hacer ahora en ese sentido.*

La Violencia Familiar en los Estados Unidos

- Un estimado de 3 a 4 millones de mujeres en los Estados Unidos son maltratadas cada año por sus esposos o parejas.*
- Aproximadamente el 37 por ciento de las pacientes obstétricas - de cualquier raza, clase, y tipo de educación - reportan que son abusadas físicamente cuando están embarazadas.*
- Más del 50 por ciento de las mujeres asesinadas en los Estados Unidos son asesinadas por sus parejas o ex-parejas. *
- En 1987, 375,000 mujeres y niños maltratados fueron atendidos por albergues y casas de refugio, pero los albergues solamente pueden aceptar un 60 por ciento de aquellos que necesitan ayuda.**

**Revista de la Asociación Médica Americana.*

***Reporte Nacional de la Salud de la Mujer.* (Ver la bibliografía para citas)

Dimensiones del Problema

"La evidencia recogida através de los últimos veinte años nos indica que la violencia física y sexual en contra de la mujer es un problema de enormes dimensiones. El alto predominio de la violencia en contra de las mujeres las mantiene en contacto permanente con los médicos; por lo menos una de cada cinco mujeres atendidas en los departamentos de emergencia han presentado síntomas relacionados con el abuso." ³ La violencia familiar es la forma más común de violencia en nuestra sociedad y el crimen menos reportado.

¿Qué es el *abuso*? El abuso es cualquier clase de comportamiento utilizado por una persona para controlar a otra a través del miedo y la intimidación. Este incluye el abuso emocional y psicológico, los golpes, y el ataque sexual. El abuso no está limitado a un simple grupo. Penetrando a través de orígenes raciales y económicos, puede ocurrir en familias de cualquier étnia, economía, religión y tipo de educación.⁴

Por el hecho de ocurrir usualmente en la privacidad de los hogares, la violencia se encuentra a menudo envuelta en el silencio. Las personas ajenas a la familia vacilan en interferir, aún cuando suponen que está ocurriendo el abuso. Tradicionalmente, el abuso de una esposa por su marido ha sido considerado "no solo un asunto de familia sino virtualmente una prerrogativa del esposo."⁵ Aún hoy día, algunas personas - erróneamente - argumentan que la intervención por parte de fuentes externas pone en peligro el concepto de la santidad del hogar.

Sin embargo, el abuso, el ataque, o el asesinato no son menos graves por el hecho de ocurrir dentro de la familia. . . La violencia, ya sea cometida en contra de miembros de la familia o extraños, es contraria a los mensajes judeo-cristianos de amor y respeto por la persona."⁶

Como habíamos dicho, "la dignidad de una mujer es destruida de una manera particularmente cruel y atroz cuando se le trata violentamente. Nos conmueve saber que actualmente una de cada cuatro mujeres será atacada sexualmente en algún momento de su vida."⁷

Por Qué los Hombres Golpean

Algunas opiniones psiquiátricas sostienen que en un pequeño porcentaje de casos, un desorden psicofísico puede desencadenar en conducta violenta. Sin embargo, en la mayoría de los casos, otras razones pueden explicar el comportamiento abusivo de los hombres. Los hombres que abusan de las mujeres llegan a convencerse de que tienen el derecho de hacerlo así. Pueden creer que la violencia es una manera de disipar la tensión y resolver los problemas - una versión que la sociedad usualmente apoya. Los golpes y otras formas de abuso ocurren en una sociedad saturada con la violencia, donde ésta se ve glorificada en los libros, las películas y la televisión. A menudo, la violencia es representada como la manera apropiada de responder a situaciones amenazadoras.

Los hombres abusivos tienden a ser extremadamente celosos, posesivos, y se enojan fácilmente. Por ejemplo, ellos se pueden poner furiosos porque su esposa llame muy a menudo a su familia o porque no haya dejado un mensaje. Muchos tratan de aislar a sus esposas limitando su contacto con la familia y amigos.

Frecuentemente, los hombres abusivos tienen una baja auto-estima y se sienten vulnerables y débiles. Tienen una mayor probabilidad de haber presenciado o experimentado la violencia en algún momento de su infancia, abusan del alcohol, son sexualmente agresivos con sus esposas, y constituyen un riesgo para la violencia contra los niños."⁸ Usualmente, niegan estar cometiendo el abuso, o insisten en que esto sucede raramente. Muchos tratan de responsabilizar de su comportamiento abusivo a algún factor externo a su persona - sus esposas, su trabajo, y así sucesivamente. El alcohol puede constituir una presencia especialmente determinante en muchos de los incidentes de violencia familiar. El alcohol y las drogas reducen las inhibiciones y pueden aumentar la cólera, deteriorar la conciencia de la persona, insensibilizar e incrementar la cantidad de fuerza que utiliza usualmente la persona.

Muchos hombres abusivos mantienen el criterio de que la mujer es inferior. Su conversación y lenguaje revelan sus actitudes en cuanto a la posición de la mujer en la sociedad. Muchos creen que ser hombre significa dominar y controlar a la mujer.

Por Qué las Mujeres se Quedan

Ninguna respuesta explica completamente por qué las mujeres permanecen con sus agresores. Los psiquiatras reportan que las relaciones abusivas usualmente derivan de otras relaciones; al principio, ambas partes se aman y recompensan mutuamente. Durante el proceso, cuando ocurre el primer acto de violencia, la mujer es probable que sea incrédula aunque esté deseando creerle a su esposo cuando éste se disculpe y le prometa que nunca más lo repetirá.

Al pasar el tiempo y repetirse el abuso, muchas mujeres llegan a creer que de alguna manera deben culparse por las actuaciones de su esposo, o pareja; piensan que si ellas hubieran actuado en forma diferente el abuso no hubiese ocurrido. En los momentos en que su amor propio caiga, se sentirán atrapadas en la relación abusiva, especialmente si tienen niños y no cuentan con ningún otro medio de apoyo.

Muchas mujeres abusadas se encuentran aisladas y a solas con sus penas. Aún cuando desean buscar ayuda, no saben hacia dónde ir. Además, muchas se sienten sumamente avergonzadas para admitir lo que está pasando. Pueden llegar a creer que son las responsables del éxito o el fracaso del matrimonio. En consecuencia, muchas mujeres se sienten demasiado avergonzadas para admitir que el hombre con el cual se casaron o con el que tienen niños, a los que aman, es el mismo que las está aterrorizando. "La violencia en el hogar usualmente no permite que una mujer pueda asumir una posición que no sea defensiva."⁹

Finalmente, muchas de las esposas maltratadas son económicamente vulnerables. Es posible que no se crean capaces de mantenerse por sí mismas, mucho menos a sus hijos. En consecuencia, no ven cómo se podrían escapar. El resultado es que se vuelven pasivas, ansiosas y depresivas. La mayoría de ellas son incapaces de visualizar un futuro diferente para sí mismas.

A través del tiempo el abuso se intensifica, a pesar de que a veces puede que no incluya la violencia físico. A menudo, la amenaza del abuso físico es suficiente para aterrorizar a las mujeres. Para algunas víctimas, el resultado final del abuso es el asesinato.

En Busca de una Respuesta de la Iglesia a la Violencia Doméstica

Las Enseñanzas de las Escrituras

Un tema que encontramos en las Sagradas Escrituras, comenzando desde el Génesis, es que la mujer y el hombre han sido creados a imagen y semejanza de Dios. Como lo ha dicho Juan Pablo II, "Tanto el hombre como la mujer, son seres humanos en el mismo grado."¹⁰ En el Nuevo Testamento, Jesús se dirigió repetidamente a aquellas personas de los estratos más bajos de la sociedad, aquellas sin poder o autoridad, aquellas que no tenían alguien que hablara en su defensa. El enseñó que todas las mujeres y hombres son seres dignos de respeto y dignidad.

Jesús respetó en todo momento la dignidad humana de la mujer. Juan Pablo II trae a colación que: "El modo de actuar de Cristo, el Evangelio de sus obras y de sus palabras, es un coherente

reproche a cuanto ofende la dignidad de la mujer."¹¹ Jesús salió de su camino para ayudar a las mujeres más vulnerables. Piense en la mujer con la hemorragia (ver Marcos 5:25-34), o la mujer sorprendida en un acto de adulterio (ver Juan 8:1-11). Por sus acciones hacia las mujeres así como en su modo de comportarse, no se encuentra nada que refleje la habitual discriminación de la mujer propia del tiempo; por el contrario, sus palabras y sus obras expresan siempre el respeto y el honor debido a la mujer. Por sus acciones hacia las mujeres necesitadas, Jesús dió el ejemplo a seguir por nosotros hoy día. Al igual que él, estamos llamados a buscar las vías de ayudar a aquellas mujeres vulnerables que encontramos en nuestro camino. También necesitamos encontrar las formas de ayudar a aquellos hombres que quieren romper con los patrones del abuso.

Como Iglesia que somos, uno de los aspectos más preocupantes del abuso que se practica contra las mujeres está en el uso de los textos bíblicos, sacados a colación, para justificar el comportamiento abusivo. Los consejeros reportan que tanto las mujeres abusadas como sus agresores utilizan los pasajes de las Escrituras para justificar su comportamiento.

Las mujeres abusadas dicen: "Yo no puedo romper con esta relación. La Biblia dice que sería algo, malo." Los hombres abusivos dicen: "La Biblia dice que mi mujer debe estar sumisa a mí." Ellos toman los textos bíblicos y los distorsionan como un medio de justificar su derecho a la agresión.

En nuestra capacidad de obispos, condenamos el uso de la Biblia para justificar el comportamiento abusivo. Una interpretación correcta de las Escrituras permite a las personas llevar una relación basada en el amor y la mutualidad. Una vez más, Juan Pablo II lo describe claramente: "En la 'unidad de los dos' el hombre y la mujer son llamados desde su origen no sólo a existir 'uno al lado del otro', sino que son llamados también a existir recíprocamente, 'el uno para el otro'."¹²

Aún en aquellos pasajes donde la Biblia utiliza el lenguaje tradicional para sustentar el orden social reinante en la época, la imagen presentada no busca en ningún momento justificar el uso del abuso para tener control sobre otra persona. En Efesios 5:21-33, por ejemplo, donde se refiere a las relaciones interfamiliares, el principio general que prevalece es el de la sumisión mutua entre el marido y la mujer. El pasaje presenta a los esposos la imagen de que deben amar a sus esposas como aman a su propio cuerpo, como Cristo ama su Iglesia. ¿Podría usted imaginar a Jesús agrediendo su Iglesia?

Lo que Podemos Hacer para Ayudar

Aquí se presentan algunas sugerencias prácticas pueden ser implementadas en su parroquia y diócesis.

A las Mujeres Abusadas

- Comience a creer que usted no está sola. Muchas mujeres han solicitado ayuda y han encontrado el camino hacia una nueva vida para sí mismas y para sus hijos.
- Hable en confianza con alguien en quien confíe: un familiar, una amistad, un sacerdote de la parroquia, un diácono, una hermana. A pesar de que puede ser inquietante el hablar de problemas familiares íntimos, confíe en ellos diciéndoles toda la verdad sobre su problema.
- Si usted tiene que permanecer en la situación, al menos por el momento, trace un plan de seguridad que pueda utilizar en caso de presentarse otro episodio de abuso.
- *Esto incluye:* esconder una llave del carro en un lugar fuera de la casa; mantener una cantidad pequeña de dinero en un lugar seguro; localizar un lugar a dónde ir en caso de una emergencia. Cuando sienta que se acerca otro episodio de violencia, salga de la casa inmediatamente y no regrese hasta que tenga la seguridad de que ha pasado el peligro.
- Localice las instituciones en su sector que ofrezcan ayuda a las mujeres agredidas y sus hijos. Su médico o el bibliotecario de la zona pueden referirla a los grupos apropiados. La Oficina de las Caridades Católicas de su diócesis o la Oficina de Vida Familiar puede ayudarla. Las oficinas de las Caridades Católicas tienen frecuentemente consejeros capacitados entre su personal y pueden ofrecer asistencia en casos de emergencia y otros tipos de ayuda.
- Las páginas amarillas de la guía telefónica tienen en su lista los refugios para mujeres agredidas de su sector. El 911 es el número universal para llamar a la Policía.

A los Hombres que Abusan

- Tenga el coraje de ver honestamente su comportamiento en la casa y especialmente hacia su mujer. Comience a creer que usted puede cambiar su conducta si se propone hacerlo.
- Tenga conciencia de que usted es el causante del abuso; no es su mujer la culpable. No busque excusas para la agresión.
- Tenga la disposición de buscar ayuda. Hable con alguien que usted crea que pueda ayudarlo. Póngase en contacto con las organizaciones de las Caridades Católicas o refugios de su área para ver el nombre del programa para agresores que adoptará.
- Mantenga todo el tiempo en su mente que la Iglesia está ahí para ayudarlo. Parte de la misión que nos encomendó Jesús es la de ofrecer ayuda cuando se necesite. Contacte su parroquia.

- Encuentre otras formas alternativas de reaccionar cuando se sienta enojado o frustrado. Hable con otros hombres que hayan atravesado por conducta agresiva y la hayan superado. Entérese de lo que hicieron en esos casos y cómo lo hicieron.

A Los Párrocos y Ministros de la Pastoral

- Haga de su parroquia un lugar seguro donde las mujeres agredidas y los hombres que agraden puedan solicitar ayuda.
- Aprenda lo más que pueda sobre violencia doméstica. Manténgase en estado de alerta para detectar cualquier signo de abuso entre las mujeres de la parroquia.
- Unase a la observancia nacional del mes de Octubre como "El Mes de la Concientización Nacional sobre la Violencia Doméstica." Dedique por lo menos un fin de semana de ese mes a la educación de los parroquianos en materia de abuso y su eventual presencia en su parroquia.
- Asegúrese de que los sermones de la parroquia se refieran a la violencia doméstica. Si las mujeres abusadas no oyen nada sobre el abuso, pueden creer que a nadie le importa. Describa de lo que se trata el abuso de modo tal que las mujeres empiecen a reconocerlo y puedan contar lo que les está pasando.
- Si usted sospecha de un abuso, haga preguntas directas. Pregunte a la mujer si ella ha sido golpeada o maltratada en la casa. Evalúe cuidadosamente su respuesta. Algunas mujeres no tienen conciencia de que están siendo abusadas o mienten para proteger a sus maridos.
- Al hablar con una persona abusada, sea cuidadoso en su lenguaje. No diga nada que pueda sustentar su creencia de que ella tiene la culpa y que debe cambiar su comportamiento. La víctima no puede ser culpada. El agresor debe ser el responsable de su conducta.
- En las sesiones de preparación para el matrimonio evalúe los métodos de la pareja para lidiar sus diferencias y sus modelos familiares para la solución de los problemas. Sugiera la posposición del matrimonio en caso de identificar signos de abuso o de abuso eventual.
- En los programas de preparación para el bautizo, manténgase alerta de que la llegada de un hijo y la inquietud de la espera puedan imitar al comportamiento violento.
- Mantenga una lista actualizada de las instituciones para mujeres abusadas de su área.
- Trace un plan de acción para seguir en caso de que una mujer agredida llame solicitando ayuda o edifique un esquema de colaboración con la Policía de agencias de asistencia a la violencia doméstica. Localice un lugar seguro para las mujeres abusadas.

A los Educadores y Catequistas

- Asegúrese de que todos los educadores y catequistas reciban entrenamiento en la forma de reconocer el abuso.
- Insista en que las enseñanzas y exámenes estén exentos de cualquier tipo de estereotipo sexual. La agresión puede desencadenar en acoso sexual.
- Trate de incluir a los albergues para mujeres y niños abusados en las listas de servicio de las clases de confirmación y otros grupos de servicio.
- Incluya información sobre la violencia doméstica en las clases de sexualidad humana y vida familiar.
- Promueva misiones de la parroquia para ayudar en los casos de violencia doméstica.

A los Comités de Liturgia

- En los servicios de reconciliación de la parroquia identifique a la violencia contra la mujer como un pecado.
- Incluya intercesores para las víctimas de abuso, para los hombres que abusan de la mujer, y para aquellos que ayudan tanto a las víctimas como a los agresores.
- Haga lo posible por utilizar un lenguaje detallado en las celebraciones litúrgicas, del modo en que sea autorizado.

A las Comisiones de Mujeres y Otros Grupos de Mujeres

- Incluya en los Boletines de la parroquia y en los directorios una lista de los nombres y números telefónicos de los contactos de la parroquia de modo que las mujeres abusadas puedan llamar a solicitar ayuda.
- Busque la forma de que tanto las mujeres como los hombres estén representados en posiciones de liderazgo de la parroquia (ejemplo: en las finanzas de la parroquia y los consejos pastorales).
- Ofrezca tiempo libre para reunirse y formar grupos de mujeres abusadas y hombres que cometen abusos.
- Imparta planes de educación en su parroquia o diócesis en referencia a los crímenes de violencia contra la mujer.
- Busque ayuda de personas de recursos en su parroquia que puedan ofrecer asistencia.

En última instancia, la mujer abusada deberá tomar sus propias decisiones sobre quedarse marcharse del hogar. Es muy importante el ser honesto con la mujer en cuanto a los riesgos envueltos en este caso. Recuerde: La mujer se encuentra en el punto más peligroso de su situación cuando trata de abandonar su agresor. Las investigaciones han demostrado que "las mujeres que dejan a sus agresores tienen un riesgo de un 75 por ciento mayor de ser asesinadas por el agresor que aquellas que se quedan."¹³

Conclusión y Oración Final

Esta declaración ha sido dirigida hacia el problema de la violencia contra las mujeres en sus hogares. Tal violencia tiene repercusiones directas sobre todos los que allí conviven, incluso hasta el extremo de sentar las bases para una situación de violencia reiterada en generaciones posteriores. Por consiguiente, urgimos a todos los padres y educadores y catequistas a enseñar a los niños desde una edad temprana que el abuso no es una conducta apropiada.

Como todos los pastores de la Iglesia, debemos dedicarnos a estimular todo aquello que fomenta y fortalece la vida familiar. Una de las fuentes que tenemos en nuestra vida de cristianos es la oración.

Los salmos en particular captan la dimensión y el alcance de la angustia humana y nos dan la esperanza y seguridad de la ayuda de Dios. El Salmo 31 debe haber sido una oración especialmente dirigida a las mujeres que están atravesando por situaciones de abuso. Con todos ustedes oramos:

"Señor, ten compasión de mí,
pues estoy entre angustias;
mis ojos mi alma y mi cuerpo
languidecen de tristeza.

.....

Mis enemigos hacen burla de mí,
mis vecinos se horrorizan
y mis conocidos se espantan de mí.
Si me ven en la calle se alejan de mí (...)
Soy como el objeto gastado y olvidado . . .
Pero yo, Señor, confío en tí,
recuerdo que "tú eres mi Dios."
(Salmo 31:10-15)

Notas Finales

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2. Líderes de la Iglesia de Canadá, "Violence Against Women." Testimonio presentado por una coalición de mujeres al panel canadiense contra la violencia hacia las mujeres.
3. Council on Scientific Affairs, American Medical Association, "Violence Against Women," *Journal of the American Medical Association (JAMA)* (June 17, 1991: 3184-3189).
4. The Women's Commission, *A Pastoral Response to Domestic Violence* (Richmond, Va.: Catholic Diocese of Richmond, n.d.).
5. Commission on Women in Church and Society, *Pastoral Response to Domestic Violence Against Women* (Buffalo, N.Y: Catholic Diocese of Buffalo, n.d.).
6. United States Catholic Conference, Office of Domestic Social Development, *Violence in the Family: A National Concern, a Church Concern*. Barbara Ann Stolz, ed.
7. Ad Hoc Committee for the Pastoral on Women in Society and in the Church, National Conference of Catholic Bishops, *Called to Be One in Christ Jesus*, tercer borrado (Washington, D.C.: USCC, 1992), 46.
8. JAMA, *ibid.*
9. *Ibid.*
10. Juan Pablo II, *Mulieris Dignitatem (Sobre la Dignidad y la Vocación de la Mujer)*, Carta Apóstolica en ocasión del Año Mariano, 1989.
11. *Ibid.*, 15.
12. *Ibid* , 7.
13. National Coalition Against Domestic Violence, 1990.

Cuando Pido Ayuda: Una Respuesta Pastoral a la Violencia Doméstica contra la Mujer es una declaración con la colaboración del Comité de Obispos sobre el Matrimonio y la Vida Familiar y el Comité de Obispos sobre la Mujer en la Sociedad y en la Iglesia, ambos de NCCB. Fue preparada por el Secretariado de la Familia, los Laicos, las Mujeres y la Juventud bajo la dirección de dichos comités. Fue aprobada por el Comité Administrativo en septiembre de 1992 y afirmado por los miembros de la NCCB/USCC en noviembre de 1992. Su publicación ha sido autorizada por el que firma.

Monseñor Robert N. Lynch, Secretario General, NCCB/USCC

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Violencia Doméstica, 2017

Boletín Informativo, Anuncios

Boletín 1

USTED NO MERECE SER VÍCTIMA DE ABUSO

La violencia doméstica se refiere a un *patrón* de conducta violenta y coercitiva que ejerce un adulto sobre otro en una relación íntima. Puede consistir en series repetidas de golpizas o en otras formas astutas de abuso que incluyen las amenazas y el control.

Si usted experimenta cualquier forma de abuso, por favor infórmese de la ayuda que hay disponible. Llame a la LÍNEA NACIONAL DE VIOLENCIA DOMÉSTICA, 1 (800) 799 7233. Para mayor información sobre violencia doméstica visite:

www.catholiccharitiesdc.org/familypeace

Boletín 2

USTED NO MERECE SER VÍCTIMA DE ABUSO

La violencia doméstica puede ejercerse de muchas formas. Una forma muy común es el aislamiento. El aislamiento hace que para la víctima sea muy difícil ver a su familia y amigos, que le lean su correo, que le intercepten sus llamadas y mensajes de texto, que le retengan las llaves de su carro, Etc.

Si usted experimenta cualquier forma de abuso, por favor infórmese de la ayuda que hay disponible. Llame a la LÍNEA NACIONAL DE VIOLENCIA DOMÉSTICA, 1 (800) 799 7233. Para mayor información sobre violencia doméstica visite:

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Boletín 3

OCTUBRE ES EL MES DE INFORMACIÓN Y VIGILANCIA DE LA VIOLENCIA DOMÉSTICA: rece todos los días a las 3PM por la paz de la familia. Los católicos creemos que Dios ama y cuida a cada uno de nosotros y que Dios sabe del dolor y las preocupaciones. “Católicos por la Paz de la Familia (*Catholics for Family Peace*, organización de la Universidad Católica, DC) invita a todos a unirse en un momento de oración a las 3PM donde quiera que usted esté, por

aquellos que sufren por la violencia y el abuso y por los que controlan a otros. Oramos por ellos y por todos los que trabajan para terminar la violencia doméstica. Para más información por favor visítenos: www.catholicsforfamilypeace.org

Boletín 4

USTED NO MERECE SER VÍCTIMA DE ABUSO

La violencia doméstica puede presentarse de muchas formas; sin embargo, el propósito es siempre el mismo: los que abusan quieren controlar a sus parejas por medio del miedo. Para lograrlo ejercen el abuso físico, sexual, psicológico, verbal y económico. Estas son únicamente dos formas en las que se puede ejercer la violencia doméstica:

Aislamiento

- Hacer difícil ver a amigos y parientes
- Supervisar las llamadas telefónicas
- Leer correos, textos y mensajes
- Controlar las actividades diarias
- Quitar las llaves del auto
- Destruir pasaportes o documentos

Coerción

- Causar culpabilidad
- Enfadarse
- Manipular a niños y miembros de la familia
- Siempre insistir en estar en lo correcto
- Crear “reglas” imposibles

Si usted experimenta cualquier forma de abuso, por favor infórmese de la ayuda que hay disponible. Llame a la LÍNEA NACIONAL DE VIOLENCIA DOMÉSTICA, 1 (800) 799 7233. Para mayor información sobre violencia doméstica visite:

www.catholiccharitiesdc.org/familypeace

Boletín 5

USTED NO MERECE SER VÍCTIMA DE ABUSO

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Amenazas E Intimidación

- Amenazar con herir a otros
- Amenazar con herir a mascotas
- Usar el tamaño físico para intimidar
- Gritar

- Tener armas y amenazar con usarlas

Retención Emocional

- No expresar sentimientos
- No dar cumplidos

—No prestar atención

—No respetar los sentimientos derechos,
opiniones y preocupaciones

Si usted experimenta cualquier forma de abuso, por favor infórmese de la ayuda que hay disponible. Llame a la LÍNEA NACIONAL DE VIOLENCIA DOMÉSTICA, 1 (800) 799 7233. Para mayor información sobre violencia doméstica visite:

www.catholiccharitiesdc.org/familypeace

Boletín 6

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Acoso

- Seguir o acechar
- Avergonzar en publico
- Control constante
- Rehusar a irse cuando se le pide

Control Economico

- No pagar las cuentas
- Rehusare a dar dinero
- No permitir ir a la escuela
- No permitir ir al trabajo
- No permitir aprender una habilidad laboral
- Rehusar a trabajar y a apoyar a la familia

Si usted experimenta cualquier forma de abuso, por favor infórmese de la ayuda que hay disponible. Llame a la LÍNEA NACIONAL DE VIOLENCIA DOMÉSTICA, 1 (800) 799 7233. Para mayor información sobre violencia doméstica visite:
www.catholiccharitiesdc.org/familypeace

Boletín 7

USTED NO MERECE SER VÍCTIMA DE ABUSO

!La violencia en el hogar, lastima! Usted no está solo o sola. Este es el momento para protegerse y proteger a aquellos que dependen de usted para su seguridad.

Si usted experimenta cualquier forma de abuso, por favor infórmese de la ayuda que hay disponible. Llame a la LÍNEA NACIONAL DE VIOLENCIA DOMÉSTICA, 1 (800) 799 7233. Para mayor información sobre violencia doméstica visite:
www.catholiccharitiesdc.org/familypeace

Usted no debe creer todo lo que lee y lo que oye acerca de la violencia doméstica. Aquí hay algunos “mitos” comunes acerca de la violencia doméstica: Estos “mitos” no son verdaderos.

Mito: La violencia doméstica es solo abuso físico.

La violencia física es solo una parte de un largo patrón de abuso, que también incluye el abuso psicológico, emocional sexual y/o económico. Algunas veces no hay abuso físico; el agresor puede usar otras formas de abuso para ejercer poder y control sobre una pareja íntima.

Mito: La violencia doméstica es simplemente un mal temperamento.

La violencia doméstica es justamente lo opuesto a una “pérdida de temperamento momentáneo”. El agresor toma la decisión de abusar. Es una técnica usada de manera continua para imponer el control a través del uso del miedo, y es parte de un patrón de abuso

Boletín 8

USTED NO MERECE SER VÍCTIMA DE ABUSO

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www.catholiccharitiesdc.org/familypeace

Usted no debe creer todo lo que lee y lo que oye acerca de la violencia doméstica. Aquí hay algunos “mitos” comunes acerca de la violencia doméstica: Estos “mitos” no son verdaderos.

Mito: La violencia doméstica es solo una bofetada o golpe ocasional sin importancia.

Frecuentemente, las víctimas sufren lesiones graves. Algunas, pero no todas, buscan cuidado médico para las lesiones y condiciones de salud causadas por la violencia doméstica. Las mujeres abusadas tienen más probabilidades de tener abortos espontáneos o dar a luz prematuramente.

Mito: La violencia doméstica solo pasa en ciertas familias.

La violencia doméstica ocurre en todos los niveles de la sociedad y en todos los grupos raciales, étnicos y religiosos. No hay evidencia que sugiera que algún nivel de ingresos, ocupación, clase social o cultural sea inmune a la violencia doméstica.

Boletín 9

USTED NO MERECE SER VÍCTIMA DE ABUSO

!La violencia en el hogar, lastima! Usted no está solo o sola. Este es el momento para protegerse y proteger a aquellos que dependen de usted para su seguridad.

Si usted experimenta cualquier forma de abuso, por favor infórmese de la ayuda que hay disponible. Llame a la LÍNEA NACIONAL DE VIOLENCIA DOMÉSTICA, 1 (800) 799 7233. Para mayor información sobre violencia doméstica visite:

www.catholiccharitiesdc.org/familypeace

Usted no debe creer todo lo que lee y lo que oye acerca de la violencia doméstica. Aquí hay algunos “mitos” comunes acerca de la violencia doméstica: Estos “mitos” no son verdaderos.

Mito: Si el agresor promete cambiar, el abuso terminará.

Pedir perdón es un método manipulativo usado por los agresores. Los agresores raramente detienen su comportamiento sin ayuda, de hecho, el abuso usualmente continúa.

Mito: Si los episodios violentos no ocurren diariamente, la situación no es tan seria.

Aun si la violencia no ocurre con frecuencia, la amenaza de ella es una forma de controlar por el miedo que uno siente. Independiente de cuanto tiempo pasa entre los episodios violentos, cada uno es un recuerdo del episodio anterior y crea miedo de que vaya a pasar otra vez en el futuro.

Usted y su familia merecen estar seguros y ser amados en su casa.

A veces, cosas malas le suceden a buenas familias Gritar, golpear, empujar,
insultar, no compartir los ingresos — si usted está experimentando o usando
estos comportamientos en casa o vive con temor, cambiar es posible.
Usted puede estar a salvo y traer paz a su familia.

**LÍNEA DIRECTA NACIONAL DE VIOLENCIA DOMÉSTICA
LAS 24 HORAS DEL DÍA LOS 7 DÍAS DE LA SEMANA**

1-800-799-SAFE



Caridades Católicas
ARQUIDIOCESIS DE WASHINGTON

www.catholiccharitiesdc.org/familypeace

**AYUDA LOCAL ESTÁ
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Peace and Respect in Your Marriage

Domestic Violence Awareness Module for Marriage Preparation

Notes for Facilitators

Thank you for your ministry of preparing couples for marriage. To assist you, find a brief module to raise awareness of an oft-unrecognized reality: the existence or seeds of the existence of domestic violence within Catholic marriages.

Based on decades of work with Catholic families, it is known that domestic violence is oftentimes experienced in silence, with one or both parties thinking their marriage vow prevents them from seeking safety. Some people do not know that domestic violence is against our Church teaching and that hope, help, and healing are possible. In their Pastoral Statement, *When I Call for Help*, the U.S. Bishops clarified that “no person is expected to stay in an abusive marriage.”¹

When to Include this Module. We invite you to schedule 30 minutes at an appropriate time to include the material into your work with couples. We recommend that you introduce this module after you cover Respectful Communication and Skills for talking about serious issues. Print pages 3-7 for each participant. Print the questionnaire on page 8 and give one copy to each participant at the appropriate time in the lesson. Do not collect it; it is for their use. Allow time for individuals to reflect privately on their responses.

We know people have lived with abuse for years without anyone realizing it. This module may open someone’s eyes to the reality of their relationship. It may even save a life. When people know that the Church is listening, they are more likely to seek help. Marriage preparation facilitators are sometimes asked for advice in situations of domestic abuse.

If someone turns to you for help, do not try to fix the situation. It is not your role to “convince” someone to leave an abusive relationship – you must value the person’s self-determination. We must not judge. You have two roles: Listening with compassion and referring to a professional counselor.

Listening with Compassion: Demonstrate your readiness to listen by saying:

- I care about you.
- If someone is hurting you, please seek professional help.
- I want to help in whatever way you want me to.
- If you don’t want to talk about it right now, that’s ok. Help is available 24 hours a day.

What to Say. When someone tells you that they are in an abusive relationship, say:

- No one deserves to be treated this way.
- Abuse is not part of a loving and healthy relationship.

- You did not do anything to cause this abusive behavior.
- You cannot do anything to change this abusive behavior.

What Not to Say.

- Why don't you just leave?
- Why do you tolerate that behavior?
- What did you do to cause your partner to get angry?
- How could you let this happen?
- If your partner is so bad, why are you with him/her?
- Why don't you go to couples counseling?
- I would never allow that to happen to me.
- I just can't believe he/she would act like that.

Referring to a Professional Counselor

Not all mental health professionals know how to work with people in abusive relationships.

Identify local mental health professionals so you have referrals ready when needed.

The National Domestic Violence Hotline: (800) 799-SAFE (7233) or (800) 787-3224 (TTY) can provide resources, support, and referrals in your area.

This module is a collaborative effort between Catholics For Family Peace (CFFP) and the Archdiocese of Chicago's Domestic Violence Outreach Ministry. For more information or to schedule a training for clergy, parish staff, or volunteers, please contact us.



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Peace and Respect in Your Marriage: Domestic Violence Awareness Module for Marriage Preparation

Congratulations upon your decision to marry! The Catholic community wants to help you succeed in your important vocation.

The serious issue of Domestic Violence will not apply to every couple but must be addressed in marriage preparation. Simply raising the issue during marriage preparation may help an individual or a couple seek assistance.

Our office, Catholics For Family Peace, promotes safe and healthy marriages and shares information about how to address the oft-unrecognized reality of domestic abuse in Catholic marriages. In collaboration with the Archdiocese of Chicago's Domestic Violence Outreach, we have created this module for you. We define domestic abuse, share Church teaching, and identify signs of domestic violence so that you can recognize it.

For more in-depth information, please visit our websites, www.catholicsforfamilypeace.org and www.domesticviolenceoutreach.org.

Part 1: Introduction (5 min.)

Opening Prayer

Loving God, you are the author of life. You have created us in your own image; male and female you created us. You have given us hearts capable of loving as you love, and you have invited us to participate with you in the procreation of the human family. Today we ask you to inspire all couples to live their commitment to love one another. For victims of domestic violence, grant them the strength to free themselves from abuse, and grant persons using abuse the grace to recognize their abusive behavior and make changes.

Amen.

Why bring up domestic violence in marriage preparation? Because abuse is a threat in marriages. The Center for Disease Control and Prevention reports that "About 1 in 4 women and nearly 1 in 10 men have experienced sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime and reported some form of intimate partner violence-related impact."²

These numbers are astounding! Because it happens in Catholic marriages, we want you to have information you can use for yourself and/or share with family and friends.

Domestic violence, also called intimate partner violence, usually creeps into a relationship slowly. Any couple will experience occasional arguments, but healthy conflict resolution will involve both parties working respectfully on a solution that is fair to both of them. Abusive relationships, on the other hand, have a well-established pattern of behavior marked by rigid control and manipulation. Often, survivors do not recognize abusive behavior developing until much later when it becomes glaringly obvious. For that reason, it is important for people to know how to recognize abuse in its early stages and for victims to seek counsel from a professional domestic violence counselor.

Domestic violence is defined as a pattern of behavior that seeks power and control over an intimate partner. That power and control can be physical, verbal or emotional, economic or sexual. Verbal or emotional abuse is the most common form, but it is not always recognized as abuse. When partners see their relationship developing hurtful behaviors, they need to examine what is happening. Sometimes domestic abuse begins with small measures of control and slowly escalates. The first signs of control may even seem reasonable, for example when a spouse insists: "Don't spend time with family and friends, I want you to spend all your free time with me". This may seem reasonable until one realizes it is the first step in isolating someone from family and friends.

Part 2: Church Teaching on Domestic Violence (5 min.)

The Church calls husbands and wives into a partnership of equal dignity. They are both created in the image of God. While many spouses understand this call to mutuality and equal authority in marriage, others enter marriage with destructive attitudes about how men and women should relate to one another. Some misunderstand biblical passages, such as "Wives be submissive to your husbands" (Ephesians 5: 22), to be a call for domination and submission. A full understanding includes the previous verse, "Be submissive to each other out of reverence for Christ" (Ephesians 5: 21). More appropriate Scripture references would be "Complete my joy by being of the same mind, with the same love, united in heart, thinking one thing" (Philippians 2: 2), and "Love one another with mutual affection; anticipate one another in showing honor" (Romans 12:10). According to Catholic teaching, "Marriage must never be a struggle for control."³ (*Follow the Way of Love*, U.S. Catholic Bishops, 1994, 19).

Treating each other daily with love and dignity is critical to the nature of marriage. However, the Church realizes that loving behavior is not always practiced, and she offers two foundational pieces of information to guide couples.

The Church addresses domestic abuse in Canon Law 1153.1: "If either spouse causes grave mental or physical danger to the other spouse or to the offspring or otherwise renders common life too difficult, that spouse gives the other a legitimate cause for leaving, either by decree of the local ordinary or even on his or her own authority if there is danger in delay."

Also, the U.S. Bishops have written an informative and compassionate Pastoral Statement, *When I Call for Help: A Pastoral Response to Violence Against Women*, in which they state:

1. "Violence in any form – physical, psychological or verbal, economic or sexual – is never justified and it is a sin and often a crime. (p.1)
2. The person being assaulted needs to know that acting to end the abuse does not violate the marriage promises. (p.1)
3. The bishops condemn use of the Bible to support abusive behavior in any form. (p. 9)
4. Finally, we emphasize that no one is expected to stay in an abusive marriage." (p.10).¹

To learn more about the teachings of the Church, see:

Domestic violence section of the United States Conference of Catholic Bishops' website
<http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/>

Catholics For Family Peace Education and Research Initiative
<http://www.catholicsforfamilypeace.org/>

Archdiocese of Chicago's Domestic Violence Outreach
www.domesticviolenceoutreach.org

Questionnaire and Reflection (10 min.)

The questionnaire, **Peace and Respect in Your Marriage**, is intended to help you examine your relationship. The questions are related to early warning signs of domestic violence. Abusive behaviors generally escalate over time. If you see these behaviors in your current relationship, seek individual counseling from a domestic violence counselor now.

Do not wait until after the wedding to seek counsel. While we cannot change other people, we can decide how we will be treated. Your marriage preparation facilitator has been asked to provide one printed copy for each of you. It is for your individual use. It will not be collected.

Please answer the questions honestly. They will give you an indication whether you are in a healthy relationship. This engagement period is the perfect time to ensure that you are both committed to a safe and healthy relationship.

Complete the questionnaire provided by the facilitator. Individuals work privately. When finished, spend time reflecting privately.

Private Reflection

We pray that your marriage will always be loving and respectful. We urge you to reflect individually on the following:

About Counseling:

When someone wonders if their own or spouse's behavior is abusive, they should seek individual counseling with someone trained in domestic violence. Domestic violence counseling is generally provided free of charge at domestic violence service agencies and should be sought even when the person is unsure about what is happening. If domestic abuse is suspected, do not go to a marriage counselor who is not trained in domestic violence.

Do not think you will be able to fix this problem by simply talking with your partner. If after appropriate counseling you learn the problem is not domestic violence, then, by all means, work on your relationship.

1. In your family of origin, what positive and negative relational behaviors did you witness?
2. Recall examples of unkind, disrespectful or hurtful behaviors in relationships you have observed in the media, the family, culture or in other couples.

Discussion in Large-Group Setting (5 min.)

Share examples of unkind, disrespectful or hurtful behaviors in relationships you have observed in the media, the family, culture or in other couples.

Part 3: Getting Help (5 min.)

Help for People Experiencing Domestic Violence

The National Domestic Violence Hotline provides crisis intervention or advice and referrals to local service providers. Call 800-799-SAFE (7233) or 800-787-3224 (TTY). Email assistance is available at ndvh@ndvh.org.

How Can We Be Marriage Helpers?

The information presented here will help you be able to offer hope and information to others in need. When someone who is experiencing domestic violence wants to talk with you, keep these points in mind: Listen to and believe their story; tell them they don't deserve abusive treatment; help them assess danger to themselves and any children, and refer them to the National Domestic Violence Hotline for local resources. Do not pressure the person to leave the relationship. Leaving without a plan for safety is very dangerous. The decision to stay or leave needs to be the survivor's decision.

In *When I Call for Help*, the U.S. Bishops urge friends and ministers to attend first to the safety of victims and their children. When a relationship ends, friends and church ministers can aid victims and family in mourning the loss and supporting the survivors. The document suggests specific steps to take when someone you know is being abused.

How else can you help?

Identify the contact information for domestic violence counseling and shelter services in your community and post it in public places: bulletin boards, restrooms, church bulletins, etc., and help these agencies with needed supplies, donations, or volunteers.

About Forgiveness

Verbal requests for forgiveness unaccompanied by changed behavior are inadequate. Victims of domestic violence should not be urged or pressured to forgive. Most victims want to forgive but forgiving is a process that requires time. Sometimes the wounds are so deep or the threat so real that reconciliation is not possible or advisable. Safety is the first concern and adequate time to heal is necessary.

Closing Prayer

Lord Jesus, make me an instrument of your peace. May I speak to others with respect and love; may I work to nurture healthy relationships, my own and those of my friends and neighbors. Compassionate Lord, help me to support and console those who are hurting. Help me to understand the pain others experience when their trust is betrayed. May I be your messenger of peace and compassion in our society. Amen.

References:

1. *When I Call for Help, A Pastoral Response to Domestic Violence Against Women*. A Statement of the U.S. Catholic Bishops, 2002. <http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/when-i-call-for-help.cfm>.
2. *Preventing Intimate Partner Violence*. Centers for Disease Control and Prevention. <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html>.
3. *Follow the Way of Love*, A Pastoral Message of the U.S. Catholic Bishops to Families, Washington, DC, 1994, 19. <http://www.usccb.org/issues-and-action/marriage-and-family/marriage/follow-the-way-of-love.cfm>

Peace and Respect in Your Marriage

Place a check next to behaviors that apply to you and/or your partner.

Me My Partner

- | | | |
|-----|-----|---|
| ___ | ___ | 1. Does your partner monitor your time and make you account for every minute (for example, when you run errands, visit friends, commute to work)? |
| ___ | ___ | 2. Does your partner monitor your cell phone? |
| ___ | ___ | 3. Does your partner act suspicious or accuse you of flirting with others or having affairs? |
| ___ | ___ | 4. Is your partner continually rude to your family and friends? |
| ___ | ___ | 5. Does your partner discourage you from starting or maintaining relationships with family members or friends? |
| ___ | ___ | 6. Is your partner often overly-critical of daily things (for example, your cooking, clothes, appearance, the way you talk)? |
| ___ | ___ | 7. Does your partner's mood change radically from calm to angry, or vice versa? |
| ___ | ___ | 8. Does your partner often say hurtful words to you (for example, insults, constant criticism, or belittling)? |
| ___ | ___ | 9. Does your partner pressure you for sex or sexual acts you don't like? |
| ___ | ___ | 10. Does your partner control finances, keeping much hidden from you? |
| ___ | ___ | 11. Does your partner demand a strict accounting of how you spend money? |
| ___ | ___ | 12. Does your partner threaten to report you to police, welfare, or immigration? |
| ___ | ___ | 13. Has your partner threatened to harm you or self because of you? |
| ___ | ___ | 14. Has your partner hit or pushed you with hands, feet or an object? |
| ___ | ___ | 15. Has your partner injured you (for example, leaving welts, bruises, cuts, lumps)? |
| ___ | ___ | 16. Has your partner thrown objects or broken things when angry? |
| ___ | ___ | 17. Does your partner harm or threaten to harm your pet? |
| ___ | ___ | 18. Has your partner been violent toward you during pregnancy or threatened to harm your children or take them away? |
| ___ | ___ | 19. Does your partner often reject or dismiss your ideas? |

There are different kinds of abuse. Answering "yes" to any question is a cause of concern, and you should seek individual domestic violence counseling about your relationship. Do not overlook or minimize suspected abuse in your relationship. Although these issues may be difficult to discuss, the tragic fact is that domestic violence is a common reality.

Paz y Respeto en Su Matrimonio

Módulo para Levantar Conciencia sobre Violencia Doméstica

Notas para Facilitadores

Muchas gracias por su ministerio de preparación de parejas para el matrimonio. Para ayudarles, encontrará un módulo breve para levantar la conciencia sobre una realidad muy a menudo no reconocida: la existencia o semillas de la existencia de violencia doméstica dentro de los matrimonios católicos.

Basado en décadas de trabajo con familias católicas, está claro que violencia doméstica está frecuentemente experimentada en silencio, con una o las dos personas pensando que su voto matrimonial los prevenga de buscar seguridad. Unas personas no saben que la violencia doméstica está contra la enseñanza de la Iglesia y que la esperanza, ayuda y sanación son posibles. En su carta pastoral, *Cuando Pido Ayuda*, los obispos estadounidenses clarifican que “Nadie debe quedarse en un matrimonio abusivo.” ¹

Cuando Usar Este Módulo. Le invitamos a usted a programar 30 minutos en un momento apropiado para incluir este material en su trabajo con parejas. Recomendamos que este módulo entre después de tratar comunicación respetuosa y destrezas para platicar sobre asuntos importantes. Imprima las páginas 3-7 para cada participante. Imprima el cuestionario en la página 8 y cuando listo, désela a cada participante. No la colecte; es para el uso de ellos. Dé tiempo suficiente para que los participantes reflexionen sobre sus respuestas.

Conocemos a personas quienes han vivido con abuso por años sin que alguien se de cuenta. Este módulo puede abrir los ojos de una víctima a la realidad de su relación. Además, le puede salvar la vida. Los facilitadores de preparación matrimonial a veces reciben peticiones por consejos en situaciones de violencia doméstica. Cuando personas saben que la Iglesia está escuchando, es más probable que busquen ayuda.

Si alguien le pide ayuda, no trate de resolver el problema. No es su papel de “convencer” a una víctima a salir de una relación abusiva – usted tiene que respetar la auto-determinación de la persona. No debemos juzgar. Usted tiene dos papeles: escuchar con compasión y referir a consejería profesional.

Escuchando con Compasión: Muestre su interés en escuchar diciendo lo siguiente:

- Estoy preocupado por tí.
- Si alguien te está haciendo daño, por favor busca ayuda profesional.
- Quiero ayudarte en cualquier manera que quieras.
- Si no quieres hablar de esto ahora, está bien. Hay ayuda 24 horas al día.

Qué Decir: Cuando alguien le dice que está en una relación abusiva, díglele:

- Nadie merece ser tratado en esta forma.
- El abuso no es una parte de una relación saludable y de amor.
- Tú no hiciste nada para causar esta conducta abusiva.
- No puedes hacer nada para cambiar esta conducta. Su pareja tiene que hacerlo.

Qué No Decir:

- ¿Por qué no sales de esta relación?
- ¿Por qué toleras esta conducta?
- ¿Qué hiciste que causó que tu pareja se enojara tanto?
- ¿Cómo pudiste dejar para que esto pasara?
- ¿Si tu pareja es tan mala, por qué estás con ella?
- ¿Por qué no vas a consejería para parejas?
- Yo no permitiría esto en mi relación de pareja.
- No puedo creer que tu pareja actúe así.

Referir a una Consejería Profesional

No todos los profesionales saben cómo tratar a personas en relaciones abusivas. Identifique profesionales locales de salud mental con experiencia en violencia doméstica para tener recursos donde referir víctimas.

La Línea Nacional de Violencia Doméstica: (800) 799-SAFE (7233) o (800) 787-3224 (TTY) provee recursos, apoyo y referencias en su área 24 horas 7 días de la semana.

Este módulo es un esfuerzo colaborativo entre Catholics For Family Peace (CFFP) y Domestic Violence Outreach de la Arquidiócesis de Chicago. Para más información o para programar un entrenamiento para sacerdotes, diáconos, equipos parroquiales o voluntarios, póngase en contacto con nosotros.



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Paz y Respeto en su Matrimonio:

Módulo para Levantar la Conciencia sobre Violencia Doméstica para la Preparación Matrimonial

Felicidades por su decisión de casarse. La comunidad católica quiere ayudarles a tener éxito en su vocación tan importante.

El problema de violencia doméstica no toca a todas las parejas pero se debe ser considerada en la preparación para matrimonio. Simplemente considerando el tema durante la preparación matrimonial puede ayudar a una persona o pareja a buscar ayuda.

Nuestra oficina, Católicos para la Paz Familiar, promueve matrimonios seguros y saludables y provee información sobre cómo responder a la realidad muchas veces no reconocida de violencia doméstica en matrimonios católicos. En colaboración con Domestic Violence Outreach de la Arquidiócesis de Chicago, hemos creado un módulo para ustedes. Definimos la violencia doméstica, compartimos la enseñanza de la Iglesia, y identificamos los signos de violencia doméstica para ayudarles reconocerla. Por más información, por favor véanse los sitios de la red, www.catholicsforfamilypeace.org and www.domesticviolenceoutreach.org.

Parte 1: Introducción (5 min.)

Oración Inicial

Dios de amor, tu eres el autor de la vida. Nos has creado en tu propia imagen; hombre y mujer, nos has creado. Nos has dado corazones capaces de amar como tú amas, y nos has invitado a participar contigo en la procreación de la familia humana. Hoy te pedimos que inspires a todas las parejas a vivir su compromiso de amarse mutuamente. Para las víctimas de violencia doméstica, concédeles la fuerza de liberarse de abuso y concédeles a los que usan abuso la gracia de reconocer que su conducta es abusiva y hacer cambios.
Amen.

¿Por qué tocar el tema de violencia doméstica en la preparación matrimonial? Porque el abuso es una amenaza a los matrimonios. El Centro de Control de Enfermedades y Prevención reporta que “Aproximadamente 1 de 4 mujeres y casi 1 de 10 hombres han experimentado violencia sexual, física o acaso por su pareja durante su vida o han reportado el impacto de alguna forma de violencia por su pareja.”²

Estos números son alarmantes. Considerando que la violencia doméstica ocurre en matrimonios católicos, queremos que tengan la información para sí mismos y para compartir con sus familias y amigos.

La violencia doméstica, también llamada violencia de pareja íntima, por lo común entra en una relación lentamente. Cualquier pareja experimenta algunos argumentos ocasionales, y la resolución saludable de conflictos puede envolver a las parejas trabajando respetuosamente sobre una solución que es justa a los dos. Las relaciones abusivas, por el otro lado, tienen un patrón bien establecido marcado por control rígido y manipulación. Muy a menudo, los sobrevivientes no reconocen el desarrollo de una conducta abusiva hasta mucho más tarde cuando se vuelva muy óbvia. Por esta razón, es importante que todas las personas reconozcan el abuso en sus etapas tempranas y que las víctimas busquen consejería de una consejera profesional de violencia doméstica.

La violencia doméstica se define como un patrón de conducta que busca el poder y control sobre una pareja íntima. Este poder y control puede ser física, verbal o emocional, económico o sexual. El abuso verbal y emocional es la forma más común, pero no siempre está reconocido como abuso. Cuando las parejas vean que su relación está desarrollando conductas dañinas, necesitan examinar que está pasando. A veces la violencia doméstica empieza con medidas pequeñas de control y gradualmente se agrava. Las primeras indicaciones de control pueden aparecer razonables, por ejemplo, cuando una pareja insiste "No pases tanto tiempo con tu familia; quiero que pases más de tu tiempo libre conmigo." Esto puede aparecer razonable hasta que su pareja se dé cuenta que es el primero paso en aislarla de su familia y amigos.

Parte 2: La Enseñanza de La Iglesia sobre Violencia Doméstica (5 min.)

La Iglesia llama a los esposos a una relación de igual dignidad. Los dos están creados en la imagen de Dios. Mientras que muchos esposos entienden esta llamada a mutualidad e igual autoridad en el matrimonio, otros entran en el matrimonio con unas actitudes destructivas sobre cómo un hombre y una mujer deben relacionarse. Algunos malinterpretan pasajes bíblicos, como "Las esposas se sometan a sus esposos" (Efesios 5: 22), para ser un llamado a la dominación y la sumisión. Una comprensión completa incluye el verso anterior, "Sométete entre uno al otro por reverencia a Cristo" (Efesios 5: 21). Las referencias bíblicas más apropiadas serían: "Completa mi alegría siendo de la misma mente, con el mismo amor, unidos en corazón, pensando una cosa" (Filipenses 2: 2) y "Ámense unos a otros con afecto mutuo; anticiparse el uno a otro en mostrar honor "(Romanos 12:10). Según la enseñanza de la Iglesia, "El matrimonio nunca debe ser una lucha por el control." (*Siga el Camino de Amor*, U.S. Obispos Católicos, 1994, 19)

El trato diario con amor y dignidad es una parte esencial para el matrimonio. Sin embargo, la Iglesia reconoce que el comportamiento de amor no se practica siempre y, por eso, ofrece dos escritos fundamentales para guiar las parejas.

La Iglesia trata el abuso doméstico en la Ley Canónica 1153.1: "Si una persona causa grave peligro mental o físico a su pareja o a sus hijos o en cualquier manera causa la vida comunal demasiado difícil, esa persona está dando a su pareja una causa legítima para salir, o por decreto del ordinario local (obispo) o por su propia autoridad si hay peligro en demorar."

Además, los obispos estadounidenses han escrito una carta pastoral muy informativa y compasiva, *Cuando Pido Ayuda: Una Respuesta Pastoral a la Violencia Doméstica contra Mujeres*, en la cual declaran:

1. "Violencia en cualquier forma – física, psicológica o verbal, económica o sexual – nunca es justificada y es un pecado y muchas veces un crimen." (p.1)
2. La persona abusada necesita saber que si actúe para terminar el abuso no viola las promesas matrimoniales. (p.1)
3. Los obispos condenan el uso de la biblia para apoyar la conducta abusiva en cualquier forma. (p. 9)
4. Al final, "Enfatizamos que nadie debe quedarse en un matrimonio abusivo." (p.10).¹

Para aprender más sobre las enseñanzas de la Iglesia, véanse:

Sección de violencia doméstica en el sitio de red de La Conferencia de Obispos Católicos de los Estados Unidos.

<http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/>

Iniciativa de los Católicos para la Paz Familiar, Educación e Investigación

<http://www.catholicsforfamilypeace.org/>

Archdiocese of Chicago's Domestic Violence Outreach

www.domesticviolenceoutreach.org

Encuesta y Reflexión (10 min.)

La siguiente encuesta, **Paz y Respeto en Su Matrimonio**, es para ayudarte a examinar su relación. Las preguntas están relacionadas a los signos tempranos de advertencia de violencia doméstica. La conducta abusiva generalmente se agrava con el tiempo. Si tu ves estos comportamientos en tu relación actual, busca consejería individual de una consejera de violencia doméstica ahora.

No esperes hasta después de la boda para buscar consejería. Aunque no podemos cambiar a otras personas, podemos decidir cómo vamos a ser tratados. Tu facilitador de preparación matrimonial te dará una copia de la encuesta para cada persona. Es para tu uso individual. No se colectará.

Sobre Consejería:

Cuando alguien se pregunta si su propia conducta o la de su pareja es abusiva, la persona debe buscar consejería individual con alguien entrenado en violencia doméstica.

Consejería de violencia doméstica es generalmente gratuita de agencias de violencia doméstica y se debe ser buscada aun cuando la persona está insegura sobre lo que le está pasando. Si se sospecha que es abuso doméstico, no se debe ir a una consejera matrimonial que no está entrenada en violencia doméstica.

¿Cree usted que podrá arreglar este problema simplemente hablando con su pareja? Si después de consejería apropiada, usted se da cuenta que el problema no es violencia doméstica, entonces, por supuesto, trabaje en su relación.

Por favor, contesta a las preguntas honestamente. Te darán una indicación si tu estás en una relación saludable. El período de noviazgo es el tiempo perfecto de asegurar que los dos estén comprometidos a una relación segura y saludable.

Completar la encuesta. Cada participante llena la encuesta en privado. Cuando termine, puede pasar tiempo reflexionando en privado.

Reflexión Privada

Oremos que su matrimonio sea siempre lleno de amor y respeto. Te urgimos que reflexiones individualmente sobre lo siguiente:

1. ¿En tu familia de origen qué comportamientos positivos y negativos de relación has observado?

2. Recuerda ejemplos de conducta maligna, irrespetuosa o dañina en las relaciones que has observado en los medios de comunicación, la familia o en otras parejas.

Plática en Grupo Grande (5 min.)

Comparte ejemplos de conducta irrespetuosa, maligna o dañina en las relaciones que has observado en los medios de comunicación, la familia o otras parejas.

Parte 3: Consiguiendo Ayuda (5 min.)

Ayuda para Personas Experimentando Violencia Doméstica

La línea telefónica Nacional de Violencia Doméstica provee intervención en una crisis o consejos y conexiones a centros locales de servicio. Llame a 800-799-SAFE (7233) or 800-787-3224 (TTY). La asistencia por correo electrónico está a ndvh@ndvh.org.

¿Cómo Podemos Ayudar a los Matrimonios?

La información presentada acá te ayudará a ofrecer esperanza e información a otros en necesidad. Cuando alguien está experimentando violencia doméstica quiere hablar contigo, mantén en mente: Escucha y cree su historia; diles que no merecen este trato abusivo; ayúdales a discernir el peligro a ellos mismos y sus niños; y referirles a la Línea Nacional de Violencia Doméstica para recursos locales. Dejándoles sin un plan de seguridad es muy peligroso. La decisión de quedarse o salir debe ser la decisión de la víctima.

En *Cuando Pido a Dios* los obispos estadounidenses urgen a los amigos y ministros a atender primero a la seguridad de víctimas y sus hijos. Cuando una relación se termine, los amigos y ministros de la Iglesia pueden ayudar a las víctimas y sus familias y lamentar la pérdida y apoyar a los sobrevivientes. El documento sugiere pasos específicos para cuando alguien conocido está siendo abusado.

¿Qué Más Puedes Hacer para Ayudar?

Identifica la información de contacto para consejería y albergue para víctimas de violencia doméstica en su comunidad y colócala en los lugares públicos: pizarrones, baños, etc., y ayudar a las agencias con suministros, donaciones o voluntarios.

Oración Final

Señor Jesús, hazme un instrumento de tu paz. Qué hable a otros con respeto y amor; qué trabaje para promover relaciones saludables, la mía y las de mis amigos y vecinos. Señor compasivo, ayúdame a apoyar y consolar a los que están sufriendo. Ayúdame a entender el dolor que otros experimentan cuando su confianza esté traicionada. Qué sea yo tu mensajero de paz y compasión en nuestra sociedad. Amen.

Referencias:

1. Cuando Pido Ayuda, *Una Respuesta Pastoral a Violencia Doméstica. Una declaración de los Obispos Estadounidenses*, 2002. <http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/when-i-call-for-help.cfm>, Revisado febrero del 2018.
2. *Preventing Intimate Partner Violence*. Centers for Disease Control and Prevention. <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html>, Revisado 14 de junio del 2019.

Paz y Respeto en Su Matrimonio

Favor de marcar con una palomita las conductas que aplican a tí o a tu pareja.

Mi Mi Pareja

- | | | |
|-----|-----|---|
| ___ | ___ | 1. ¿Monitorea su pareja su tiempo y exige que des cuenta de cada minuto (por ejemplo, cuando hagas un mandado, visitas a una amiga(o) o viajas al trabajo)? |
| ___ | ___ | 2. ¿Monitorea su pareja su celular? |
| ___ | ___ | 3. ¿Actúa sospechoso(a) su pareja o le acusa de coquetear con otros o ser infiel? |
| ___ | ___ | 4. ¿Es continuamente grosero(a) su pareja a su familia y amigos(as)? |
| ___ | ___ | 5. ¿Le desanima su pareja de empezar o mantener relaciones con familiares o amigos(as)? |
| ___ | ___ | 6. ¿Su pareja es demasiado(a) critica(o) de las cosas cotidianas (por ejemplo, como cocinas, su ropa, su apariencia, su forma de hablar, etc.)? |
| ___ | ___ | 7. ¿Cambia radicalmente el humor de su pareja de calmado(a) a enojado(a), o viceversa? |
| ___ | ___ | 8. ¿Su pareja le dice palabras hirientes (por ejemplo, insultos, críticas constantes o menosprecios)? |
| ___ | ___ | 9. ¿Le presiona su pareja por relaciones sexuales o actos sexuales que no le gustan? |
| ___ | ___ | 10. ¿Controla las finanzas su pareja, manteniendo todo escondido de tí? |
| ___ | ___ | 11. ¿Demanda su pareja una contabilidad estricta de cómo gastas su dinero? |
| ___ | ___ | 12. ¿Amenaza su pareja de reportarte a la policía, asistencia social o inmigración? |
| ___ | ___ | 13. ¿Amenaza su pareja a hacerte daño o a sí mismo por tí? |
| ___ | ___ | 14. ¿Le ha pegado su pareja o empujado con sus manos, pies o un objeto? |
| ___ | ___ | 15. ¿Le ha lastimado su pareja (por ejemplo, moratones, cortes, etc.)? |
| ___ | ___ | 16. ¿Le ha tirado cosas tu pareja o quebrado cosas cuando está enojado? |
| ___ | ___ | 17. ¿Su pareja amenaza con dañar a su mascota? |
| ___ | ___ | 18. ¿Te ha sido violento su pareja durante su embarazo o ha amenazado a hacer daño a sus hijos(as) o a quitártelos.? |
| ___ | ___ | 19. ¿Tu pareja rechaza o descarta sus ideas? |

Hay diferentes formas de abuso. Contestando “sí” a cualquier pregunta es causa de preocupación, y indica que debes buscar consejería de violencia doméstica sobre tu relación. No descartes o minimizes el abuso sospechado en tu relación. Aúngue estos asuntos son difíciles a considerar, el hecho trágico es que violencia es una realidad común.

If someone turns to you for help...

Educate Yourself: Educate yourself about domestic abuse and Catholic teaching. Good starting places are www.CatholicsForFamilyPeace.org and the www.ndvh.org

Listen: This is the most important thing you can do. Remember, the person confiding in you has kept the problem a secret from others. Find a quiet place where you can talk safely and without interruption.

Believe: Do not deny the abuse is happening. Do not pass judgment or blame. Show your support no matter what decision is made about the abusive relationship.

Validate Feelings: Do not ignore the abuse as this will only serve to hide feelings and to worsen the problem, which is dangerous and destructive.

Show Respect: Show that you respect the person's ability to handle the situation and to cope with it. This will help with empowerment and developing confidence to deal with the abuse.

Do Not Give Advice: As difficult as it is, it is necessary to refrain from giving advice especially when your friend first confides in you. Allow the person in the situation to make decisions about what to do, and when to do it. Empower the person with information and the ability to make decisions by spelling out the options available.

Encourage Seeking Help: Provide support in facing the problem and dealing with it for the sake of each member of the family.

Discuss Safety: Talk to your friend about shelters and other safe places, how to access services and to help create a safety plan. The National Domestic Violence Hotline can suggest local resources. **For help: 800-799-SAFE (7233).**

Offer to pray with the person and assure them you will keep them in your prayers.

How do I know if I am being abused?

Persons experiencing abuse often don't think of themselves as "abused." But they can suffer physical injuries that endanger their health and may result in life-long disabilities.

The emotional effects of domestic abuse can be as devastating as the physical harm. The abuse can also interfere with a person's job and result in loss of promotion or even the job itself.

In your intimate relationship, you may be experiencing:

- ☐ constant insults and belittling
- ☐ threats against you or your children
- ☐ intimidation and harassment
- ☐ social isolation and deprivation
- ☐ pushing, shoving or holding down
- ☐ punching, slapping, kicking or choking
- ☐ forced or unwanted sex or sexual acts

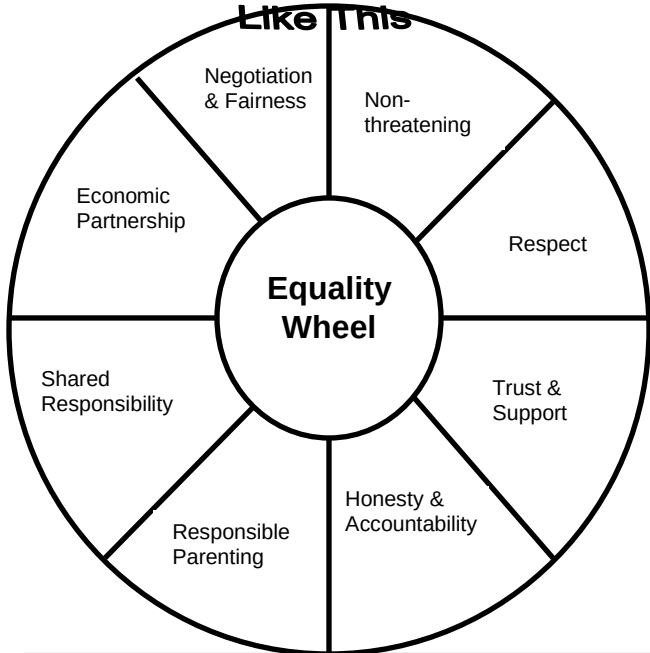
Once you recognize the abuse, know you are not to blame and you are not alone.

No one deserves to be abused.
This is not just the law in America.
This is the teaching of the Catholic Church.

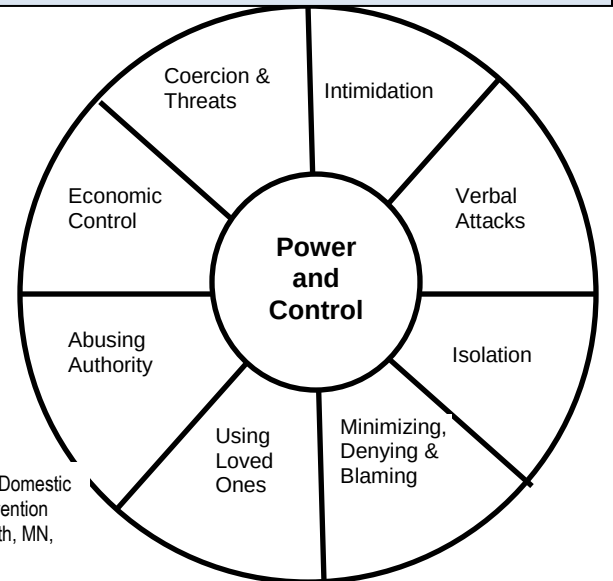
How do I know if I am abusing?

- ☐ If you are extremely jealous
- ☐ If you control your partner's activities
- ☐ If you use physical force to solve problems
- ☐ If you believe that you are the head of the household and should not be challenged, you are probably hurting the people you love and you need to seek help.

A Healthy Relationship Looks Like This



The **Equality Wheel** offers a view of a relationship based on equality and non-violence. Compare the characteristics of a healthy relationship to those of an abusive relationship in the **Power and Control Wheel** below.



*Developed by Domestic Abuse Intervention Project, Duluth, MN,

The **Power and Control Wheel** links the different behaviors that form a pattern of violence. It shows how each behavior is an important part of the overall effort to control someone.

The Catholic Church teaches that violence against another person in any form fails to treat that person as someone worthy of love. Instead, it treats the person as an object to be used.

From the U.S. Catholic Bishops' Committee:
When I Call for Help: A Pastoral Response to Domestic Violence against Women:
http://bit.ly/usccb_dv

As pastors of the Catholic Church in the United States, we state as clearly and strongly as we can that violence against women, inside or outside the home, is never justified. Violence in any form"—physical, sexual, psychological, or verbal"—is sinful; often, it is a crime as well. We have called for a moral revolution to replace a culture of violence. We acknowledge that violence has many forms, many causes, and many victims—men as well as women.

The Catholic Church teaches that violence against another person in any form fails to treat that person as someone worthy of love. Instead, it treats the person as an object to be used.

When violence occurs within a sacramental marriage, the abused spouse may question, "How do these violent acts relate to my promise to take my spouse for better or for worse?" The person being assaulted needs to know that acting to end the abuse does not violate the marriage promises.

Visit www.usccb.org for more Catholic resources.

Helping Yourself

Know that God loves you and that the Christian community cares about you.

Ensure your safety. Call the National Domestic Violence Hotline:
800-799-SAFE (7233), 24 hours, toll free.

If you are injured due to domestic violence, **get medical treatment** as soon as possible. The doctor/nurse will be able to treat you best if they know exactly what happened. Keep notes or a diary of your injuries and the times you were abused. This should be hidden in a place where your abuser will not find it and may help if you decide to leave later.

Tell someone trustworthy about it. Telling someone is a way of relieving your suffering, breaking the silence, and the first step in getting help.

Prepare to Get to a Safe Place.

Keep copies of important documents, extra clothing, money and an extra set of keys in a safe place (like the home of a friend or relative) in case you need to leave your situation quickly. Also, memorize important phone numbers.



www.CatholicsForFamilyPeace.org

An Educational and Research Initiative to Prevent Domestic Abuse and Promote a Compassionate Response
Consortium for Catholic Social Teaching
National Catholic School of Social Service at
THE CATHOLIC UNIVERSITY OF AMERICA



***Come to me, all
you that are weary
and are carrying
heavy burdens,
and I will give you
rest.***

— MATTHEW 11:28

**If you or someone you
know is experiencing
domestic abuse,
there is help in the
Catholic Community.**

IT SHOULDN'T HURT TO GO HOME



The Domestic Violence Victim's Handbook



Maryland Network

Against Domestic Violence

Calvin's Standard, Inc. Domestic Violence Outreach 79

WORKING TOGETHER FOR A SAFER FUTURE

DOMESTIC VIOLENCE HOTLINES IN MARYLAND

Call the domestic violence program in your county to access a 24-hour hotline, emergency shelter, counseling, legal information, and referrals to other services.

ALLEGANY COUNTY

Family Crisis Resource Center 759-9244
TTY 301-759-9244

ANNE ARUNDEL COUNTY

YWCA Domestic Violence Services 410-222-6800

BALTIMORE CITY

House of Ruth Maryland 410-889-7884
TTY 410-889-0047
TurnAround 443-279-0379

BALTIMORE COUNTY

County-wide Hotline 410-828-6390
Family and Children's Services of Central Maryland
410-281-1334
Family Crisis Center of Baltimore County, Inc.
410-285-4357
TurnAround 410-377-8111

CALVERT COUNTY

Crisis Intervention Center 410-535-1121 OR
301-855-1075

CARROLL COUNTY

Family and Children's Services of Central Maryland
443-865-8031

CAROLINE, KENT, DORCHESTER, QUEEN ANNE'S, AND TALBOT COUNTIES

Mid-Shore Council on Family Violence
1-800-927-4673

CECIL COUNTY

Cecil Co. Domestic Violence / Rape Crisis Center
410-996-0333

CHARLES COUNTY

Center for Abused Persons 301-645-3336 OR
301-843-1110

FREDERICK COUNTY

Heartly House 301-662-8800 / TTY 301-662-1565

GARRETT COUNTY

The Dove Center 301-334-9000

HARFORD COUNTY

SARC 410-836-8430

HOWARD COUNTY

HopeWorks of Howard County, Inc.
410-997-2272 / 800-752-0191

MONTGOMERY COUNTY

Abused Persons Program 240-777-4000

PRINCE GEORGE'S COUNTY

Family Crisis Center, Inc. 301-731-1203
House of Ruth Maryland (*Legal and Counseling Services*)
240-450-3270

ST. MARY'S COUNTY

Walden/Sierra, Inc. 301-863-6661
Southern Maryland Center for Family Advocacy
(*Legal Services*) 301-373-4141

SOMERSET, WICOMICO & WORCESTER COUNTIES

Life Crisis Center 410-749-4357 OR 410-641-4357

WASHINGTON COUNTY

CASA (*Citizens Assisting and Sheltering the Abused*)
301-739-8975 / TTY 301-739-1012

SPECIALIZED PROGRAMS

Adelante Familia at House of Ruth Maryland
(*Hispanic/Latina-Baltimore City/County*) 410-889-7884

CHANA (*Jewish*) 1-800-991-0023

Asian/Pacific Islander DV Resource Project
202-464-4477

IT SHOULDN'T HURT TO GO HOME

The Domestic Violence Victim's Handbook

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If you are experiencing domestic violence, it's not your fault. You don't deserve to be abused. There is help.

Domestic violence is a pattern of coercive behavior characterized by the domination and control of one person over another, usually an intimate partner, through physical, psychological, emotional, verbal, sexual, and/or economic abuse.



FACTS

- ◆ One in 4 women and one in 7 men experience serious physical violence by an intimate partner (*National Intimate Partner and Sexual Violence Survey – NISVS, 2014*).
- ◆ Nearly 1 in 5 women and 1 in 59 men have been raped in their lifetime, usually by an intimate partner (*NISVS, 2014*).
- ◆ One in 6 women and 1 in 19 men have been stalked during their lifetime, often by an intimate partner (*NISVS, 2014*).
- ◆ 6.6% of children are exposed to physical domestic violence each year, which is more than 5 million children (*Office of Juvenile Justice and Delinquency Prevention – OJJDP, 2011*).



WHAT IS DOMESTIC VIOLENCE?

Domestic violence can be much more than physical abuse. It often includes many types of controlling behaviors. Here are some forms of domestic violence:

PHYSICAL ABUSE

- ◆ Hitting
- ◆ Slapping
- ◆ Kicking
- ◆ Choking
- ◆ Pushing
- ◆ Punching
- ◆ Beating

VERBAL ABUSE

- ◆ Constant criticism
- ◆ Mocking
- ◆ Making humiliating remarks
- ◆ Yelling
- ◆ Swearing
- ◆ Name-calling
- ◆ Interrupting

SEXUAL ABUSE

- ◆ Forcing sex
- ◆ Demanding sexual acts
- ◆ Degrading treatment

ISOLATION

- ◆ Making it hard to see friends and relatives
- ◆ Monitoring phone calls
- ◆ Reading mail, texts, or messages
- ◆ Controlling daily activities
- ◆ Taking car keys
- ◆ Destroying passports or documents

COERCION

- ◆ Causing guilt
- ◆ Sulking
- ◆ Manipulating children and family members
- ◆ Always insisting on being right
- ◆ Making up impossible “rules”

HARASSMENT

- ◆ Following or stalking
- ◆ Public shaming
- ◆ Constantly checking up
- ◆ Refusing to leave when asked

ECONOMIC CONTROL

- ◆ Not paying bills
- ◆ Refusing to give money
- ◆ Not allowing:
 - Going to school
 - Going to work
 - Learning a job skill
- ◆ Refusing to work and support the family

ABUSING TRUST

- ◆ Lying
- ◆ Breaking promises
- ◆ Withholding important information
- ◆ Being unfaithful
- ◆ Being jealous
- ◆ Not sharing domestic responsibilities

THREATS AND INTIMIDATION

- ◆ Threats to harm others
- ◆ Threats to harm pets
- ◆ Using physical size to intimidate
- ◆ Shouting
- ◆ Keeping weapons and threatening to use them

EMOTIONAL WITHHOLDING

- ◆ Not expressing feelings
- ◆ Not giving compliments
- ◆ Not paying attention
- ◆ Not respecting feelings, rights, opinions, and concerns

DESTRUCTION OF PROPERTY

- ◆ Destroying furniture
- ◆ Punching walls
- ◆ Throwing or breaking things
- ◆ Abusing pets

SELF-DESTRUCTIVE BEHAVIORS

- ◆ Abusing drugs or alcohol
- ◆ Threatening self-harm or suicide
- ◆ Driving recklessly
- ◆ Causing trouble

WHAT IS DOMESTIC VIOLENCE?

MYTHS ABOUT DOMESTIC VIOLENCE

Here are ten common myths about domestic violence. They are NOT true.

MYTH #1:

Domestic violence does not affect many people. It is believed that domestic violence is the most common, but least reported, crime in the United States.

MYTH #2:

Domestic violence is only physical abuse. Physical violence is only part of a larger pattern of abuse, which also includes psychological, emotional, sexual, and/or economic abuse. Sometimes there is no physical abuse. The abuser may use other forms of abuse to exert power and control over an intimate partner.

MYTH #3:

Domestic violence is just a bad temper. Domestic violence is just the opposite of a “momentary loss of temper.” The abuser makes a decision to abuse. It is an ongoing technique to enforce

control through the use of fear, and it is part of a pattern of abuse.

MYTH #4:

Domestic violence only happens in certain families. Domestic violence occurs throughout all levels of society and in every racial, ethnic, and religious group. There is no evidence to suggest that any income level, occupation, social class, or culture is immune from domestic violence.

MYTH #5:

Domestic violence is just an occasional slap or punch that isn't serious. Victims are often seriously injured. Some, but not all, seek medical care for injuries and health conditions caused by domestic violence. Abused women are more likely to suffer miscarriages or to give birth prematurely.

MYTH #6:

Drinking or drug abuse causes domestic violence. Some abusers make alcohol and drugs an excuse for violent behavior. While there is a link between substance abuse and domestic violence, one does not cause the other. However, substance abuse can make the violence worse.

MYTH #7:

The victim can always walk away from the relationship. There are many reasons why someone cannot leave. It takes money, a support network, and time for planning to ensure that a victim can leave safely.

MYTH #8:

If the abuser promises to change, the abuse is going to stop. Asking for forgiveness is a manipulative method used by abusers. Abusers rarely stop abusing without help; in fact, the abuse often continues.

MYTH #9:

Only women experience domestic violence and only men are abusers. In addition to men's violence against women, many other types of relationships are impacted. People in lesbian or gay relationships, people who identify as bisexual, and people who identify as transgender or genderqueer may experience domestic violence. Women can be abusive to men and use similar tactics of abuse.

MYTH #10:

Victims have the types of personalities that seek out and encourage abuse. The abuser is responsible for the abuse, not the victim. Anyone can become a victim. There is nothing about a person that justifies abuse.



WHO ARE THE VICTIMS?

ANYONE CAN BE A VICTIM

- ◆ Studies have found no characteristic link between personality type and experiencing domestic violence.
- ◆ Abuse cannot be stopped by changing how the person experiencing domestic violence behaves.
- ◆ Everyone deserves to be safe from domestic violence.

WOMEN

- ◆ Women are at high risk for being seriously injured or killed by a partner.
- ◆ Pregnant and post-partum women are especially at risk.
- ◆ Teen girls and young women are at high risk for dating violence.

CHILDREN

- ◆ They may be abused themselves.
- ◆ They may see their parent being abused.
- ◆ The abuser may threaten to harm the children.
- ◆ They grow up seeing abuse as normal.

TEENS AND YOUNG ADULTS

- ◆ Teenagers are just as vulnerable to relationship violence and it is just as dangerous.
- ◆ Teenagers may not seek help because they distrust adults.
- ◆ In college, 25% of young women and 7% of young men say they suffered unwanted sexual incidents, many of which were at the hands of a dating partner (*Washington Post-Kaiser Permanente, 2015*).

PEOPLE IN LGBTQ RELATIONSHIPS

- ◆ People in LGBTQ relationships experience domestic violence at about the same rates as straight women.
- ◆ People in LGBTQ relationships may not seek help because they don't believe that help is available or because they fear discrimination.

OLDER ADULTS AND PEOPLE WITH DISABILITIES

- ◆ They may be abused by their spouses or partners, adult children, or caretakers.
- ◆ They may be physically unable to defend themselves or escape from the abuse.
- ◆ They may be physically or mentally unable to report the abuse to anyone.
- ◆ Men and women who have disabilities are at high risk for abuse.

WHO ARE THE ABUSERS?

ABUSERS AREN'T "OUT OF CONTROL"

- ◆ Abusers choose how to respond to a situation. They decide to behave in a violent manner.
- ◆ They are not acting purely out of anger.
- ◆ They are not only reacting to stress.
- ◆ They are not helplessly under the control of drugs and alcohol.

ABUSE IS LEARNED

- ◆ It is not "natural."
- ◆ It is not "normal."
- ◆ It is learned, sometimes from the home where the abuser grew up.

ABUSERS MAY

- ◆ Say they are sorry and act loving.
- ◆ Be hard workers and good providers.
- ◆ Be witty, charming, attractive, and intelligent.
- ◆ At times, be loving parents.

Domestic violence is often traumatizing. The word “trauma” is used to describe painful or disrupting experiences that overwhelm someone’s ability to deal with certain situations or everyday life.

Survivors of trauma, including domestic violence, may go into “survival mode,” which creates three options:

1. **FIGHT:** You may feel angry about what your partner did to you.
2. **FLIGHT:** You may feel anxious or fearful about what has happened and what might happen.
3. **FREEZE:** You may feel emotionally numb, unable to express yourself, or stuck.

All of these reactions to trauma are normal, common, and understandable. Something bad and scary happened to you.

REMEMBER: You did not cause this to happen.

Some forms of domestic violence are especially dangerous and life-threatening. Some victims are even killed by their partner. Most victims who were killed by their partner were physically or emotionally abused before they were killed. Leaving can be a dangerous time. Safety planning is essential.

When certain risk factors are present in a relationship, there is a greater chance that a victim will be killed
(Nicolaidis et al, 2003).

Some risk factors, or “lethality factors,” to watch for include:

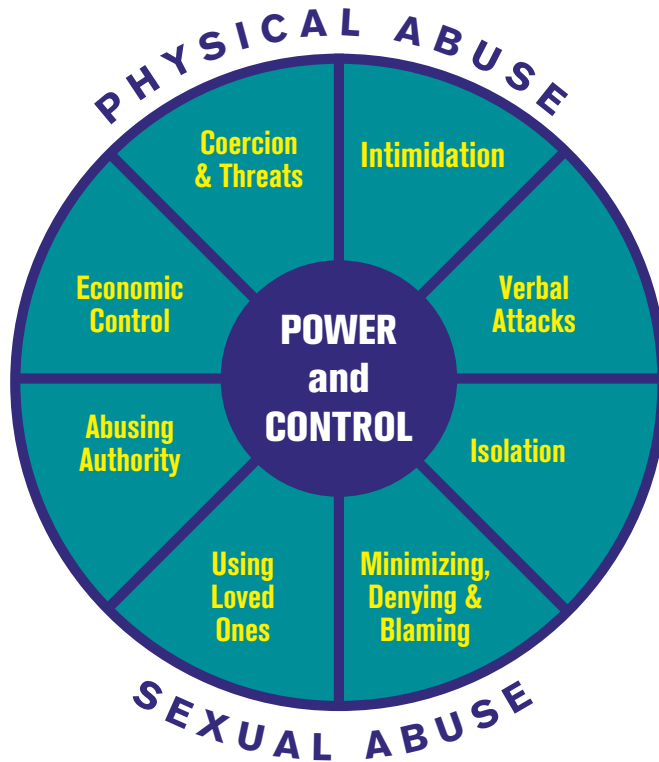
- ◆ Use or threats with a weapon
- ◆ Threats to kill
- ◆ Access to a gun
- ◆ Strangulation (choking)
- ◆ Jealous and controlling behavior
- ◆ Abuser’s unemployment
- ◆ Suicide attempts by the abuser
- ◆ Stalking and harrassment



THE POWER AND CONTROL WHEEL

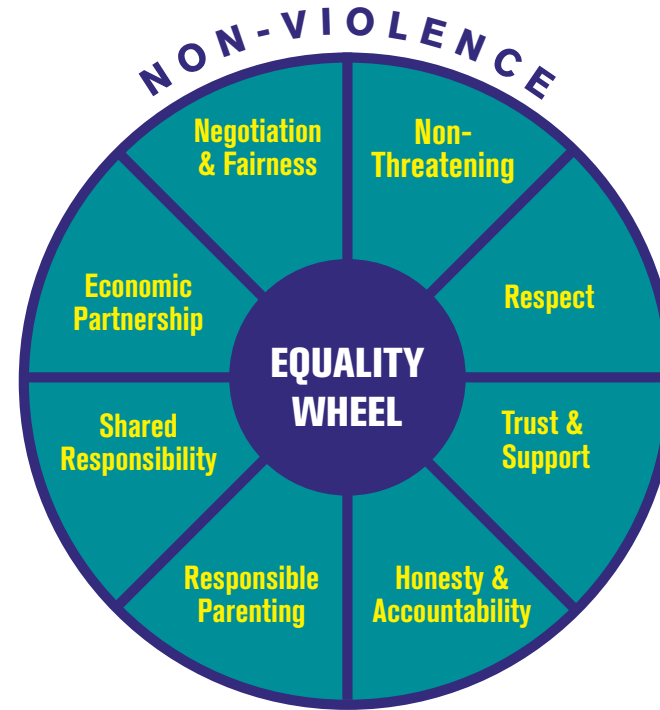
The Power and Control Wheel links the different behaviors that together form a pattern of violence. It shows how each behavior is an important part of the overall effort to control someone.

All forms of abuse, including emotional and verbal, are serious and harmful. Survivors may experience one or more forms of abuse.



THE EQUALITY WHEEL

The Equality Wheel offers a view of a healthy relationship that is based on equality and non-violence. Use this chart to compare the characteristics of a non-violent relationship to those of an abusive relationship in the Power and Control Wheel.





Many people report that their partner follows or monitors them, in person or online. **One in 6 women and 1 in 19 men have been stalked at some point in their lives** (*National Intimate Partner and Sexual Violence Survey - NISVS, 2014*).

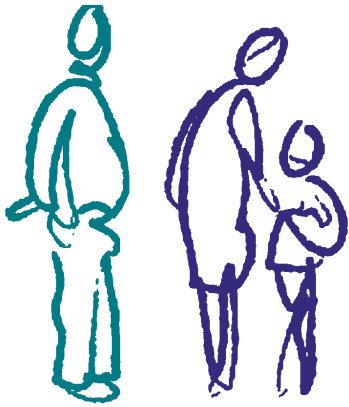
Here are some stalking behaviors:

- ♦ Watching or following you
- ♦ Repeated threatening calls or unwanted messages
- ♦ Monitoring your social networking
- ♦ Posting unwanted photos or videos of you online
- ♦ Sending unwanted gifts
- ♦ Breaking into your home or destroying your property
- ♦ Using cameras in your home or spyware on your computer or phone

OPTIONS TO CONSIDER IF YOU ARE BEING STALKED:

- ♦ **Documentation:** by keeping a log, taking photos, and/or by saving items or messages.
- ♦ Find a **safer computer or mobile device** that your partner can't access to find help and resources.
- ♦ Check your **cell phone** for suspicious activity or apps and turn off GPS and Bluetooth when not in use.
- ♦ See what personal information is on the **internet** about you and try to get it taken down.
- ♦ Change your usernames, passwords, and security questions to your **online accounts** if your partner knows or could guess them.
- ♦ Check your privacy settings on **social media accounts** and watch what your friends and family post, too.





Express your concern. Acknowledge that your friend is in a very difficult, scary situation. Let your friend know that the abuse is not their fault. Let your friend know that you believe them and that you are concerned about their

safety. Encourage your friend to express their feelings and get help.

Remember that it may be difficult for your friend to talk about it.

- ◆ Respect your friend's right to make decisions.
- ◆ Discuss this booklet with your friend.
- ◆ Offer to go with your friend when they seek help.
- ◆ Plan safe strategies with your friend.

If you are a domestic violence victim, let the people who care about you help you.

- ◆ Confide in someone you trust.
- ◆ Only take steps that feel right to you.
- ◆ Discuss this booklet with someone you trust.
- ◆ Leave an "emergency kit" with a friend.
- ◆ Ask a friend to go with you when you seek help.
- ◆ Make sure someone you trust knows your plan to stay safe (*see page 18*).



It is normal to have a hard time deciding what to do when you're in an abusive relationship. You are not alone. There is help. Here are some options and issues you can consider:

STAYING IN THE RELATIONSHIP

If you stay, you can find support and safety. If you're called names, how can you take care for yourself emotionally? What friends can you trust? Is there a safe place to stay in case you need to leave for a few days if it gets dangerous or if you need a break?

PLANNING TO LEAVE

If you might want to leave, it takes planning. How can you get money? Will you be safe at home? When can you leave? Will you take legal action? Need an attorney? How will your partner react? What might prevent you from leaving safely? With time and support, you can make a plan to leave.

LEAVING THE RELATIONSHIP

If you've decided to leave, it can be a big life change that is scary if you're in danger. Will you have to move or change jobs so you can't be found? Stop talking to certain friends? Take a break from social media? Call the police or get a protective order? A new life is possible, even if it is hard to imagine.

SUPPORT AND SAFETY PLANNING

No matter what you decide, you can build your support system and find ways to be safer. Inside the front cover is a list of the local domestic violence hotline numbers. The next two pages will help get you started.

SUPPORT NEEDED
SURVIVORS list supports they need

SUPPORT AVAILABLE
FRIENDS & FAMILY list what they can offer

Help Needed	Y/N/M	NEEDS	Y/N/M	Help Offered
Take care of Fido when I move out of my apartment	Y	Pet sitting/pet care	Y	Up to 3 days/3nights
		Listening		
		Provide a safe place to stay overnight		
Need ride to work	Y	Provide rides	Y	Monday, Wednesday, Friday
		Provide childcare/watch children		
		Store belongings, important items, money, paperwork		
		Provide money		

KEY

- YES: I am in need of this support/available to provide this support.
- NO: I am not in need of this support/not available to provide this support.
- MAYBE: I may want this support/be available to provide this support under certain conditions.

This page will help collect your thoughts and think through some resources that are available to you.

These are people and places where you can go for immediate help.

These are the numbers I can call if I need help:

Call 911

Friend or family member: _____

Domestic violence hotline (see *inside cover*): _____

Other organization: _____

Other person: _____

These are the places I can go if I have to leave in a hurry:

Friend or family member: _____

Domestic violence shelter (see *hotline above*)

Safe public places (day/night, e.g. police station, hospital, church, 24-hour restaurant):

The following items can be stored in a safe place or given to a trusted person. Consider which items are needed for yourself and your children.

- ☐ Cell phone and charger (*if safe*)
- ☐ Photo IDs, birth certificates, and social security cards
- ☐ Public benefits identification cards
- ☐ Passports or immigration papers
- ☐ Proof of insurance (*health, home, car*)
- ☐ Rent or mortgage payment records
- ☐ Bank account records and credit/debit cards
- ☐ Cash
- ☐ Keys
- ☐ Extra clothes
- ☐ Extra medication
- ☐ Irreplaceable items (*photos, jewelry, toy*)
- ☐ Court orders (*protective or custody*)
- ☐ Other documents: _____
- ☐ Other items: _____



and abuser accountability.

The MNADV is a private, not-for-profit 501(c)(3) organization.

OUR VISION

One day Maryland will be a state where families and relationships thrive on mutual trust and respect and where there is no place for violence.



OUR MISSION

The **Maryland Network Against Domestic Violence (MNADV)** is the state domestic violence coalition that brings together victim service providers, allied professionals, and concerned individuals for the common purpose of reducing intimate partner and family violence and its harmful effects on our citizens. The Network accomplishes this goal by providing education, training, resources, and advocacy to advance victim safety



Maryland Network Against Domestic Violence

WORKING TOGETHER FOR A SAFER FUTURE

4601 Presidents Drive, Suite 370

Lanham, Maryland 20706

TEL: 301-429-3601 ▪ FAX: 301-429-3605

E-MAIL: info@mnadv.org ▪ WEBSITE: www.mnadv.org

STATEWIDE HELPLINE: 1-800-MD HELPS (1-800-634-3577)

Si alguien se dirige a usted en busca de ayuda...

Educarse: Aprenda acerca de la violencia doméstica y la enseñanza Católica. Un buen lugar de partida es: www.CatholicsForFamilyPeace.org y www.ndvh.org

Escuchar: Esto es lo más importante que usted puede hacer. Recuerde, que la persona le confía el problema a usted, el cual lo ha mantenido en secreto. Encuentre un lugar tranquilo donde pueda hablar en forma segura y sin interrupciones.

Creer: No negar que el abuso esta ocurriendo. No juzgar o culpar. Muestre su apoyo sin importar cual sea la decisión tomada a cerca de la relación abusiva.

Confirmar los Sentimientos: No ignore el abuso ya que esto sólo servirá para ocultar sentimientos y empeorar el problema, lo cual es peligroso y destructivo.

Mostar Respeto: Demostrar que usted respeta la capacidad de la persona para manejar y hacer frente a la situación. Esto ayudará a desarrollar la autoestima y la confianza de poder confrontar los abusos.

No Aconsejar: por más difícil que sea, es necesario abstenerse de dar consejos sobre todo en el momento que la persona lo confiesa. Permita que la persona que esta en la situación tome la decisión acerca de qué hacer y cuándo hacerlo. Fortalecer a la persona con información y capacidad de tomar decisiones explicando las opciones disponibles.

Fomentar Buscar Ayuda: Proporcionar apoyo para enfrentar el problema y hacerle frente por el bien de los miembros de la familia.

Discutir la Seguridad: Hable con su amigo acerca de refugios y otros lugares seguros, la forma de acceder a los servicios y ayudar a crear un plan de seguridad. La Línea Nacional de Violencia Doméstica puede sugerir recursos locales. **Por ayuda: 800-799-SAFE (7233).**

Ofrecer rezar con la persona y asegurarle que lo mantendrá en sus oraciones.

¿Cómo sé si estoy siendo abusada?

Las personas que sufren abusos a menudo no se ven a sí mismos como “abusados.” Pero pueden sufrir lesiones físicas que ponen en peligro su salud y provocar discapacidades de por vida.

Los efectos emocionales de la violencia doméstica pueden ser tan devastadores como los daños físicos. El abuso puede interferir con el trabajo de una persona resultando en la pérdida de una promoción o incluso el mismo trabajo.

En su relación íntima, puede estar experimentando:

- ☐ constantes insultos y menosprecio
- ☐ amenazas contra usted y/o sus hijos
- ☐ intimidación y acoso
- ☐ celos y posesividad
- ☐ empujones o retenerla en el piso
- ☐ puñetazos, bofetadas, patadas o estrangulación
- ☐ relaciones sexuales forzadas o actos sexuales no deseadas

Una vez que reconozca el abuso, sepa que no tiene la culpa y no está solo.

Nadie merece ser abusado.

Esto no es sólo la ley en Estados

Unidos.

Está es la enseñanza de la Iglesia Católica.

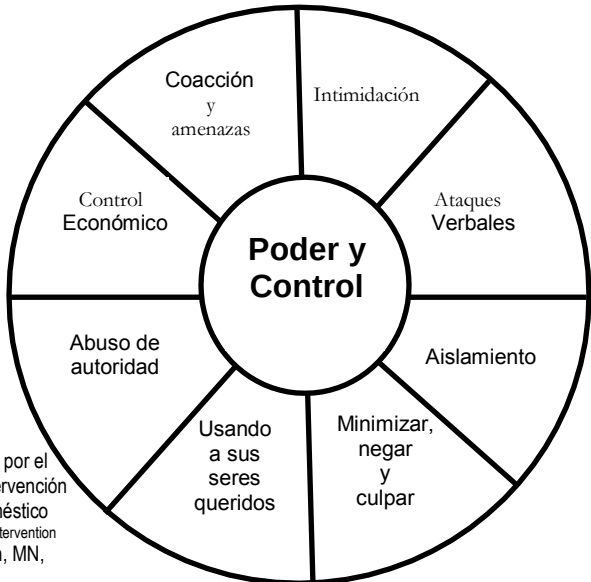
¿Cómo sé si soy abusivo?

- ☐ Si usted es extremadamente celoso
- ☐ Si usted controla las actividades de su pareja
- ☐ Si usa fuerza física para resolver los problemas
- ☐ Si usted cree que es el jefe de la familia y no debe ser cuestionado, es probable que este lastimando a sus seres queridos y necesita buscar ayuda

Una Relación Sana se Asemeja a Esto



La **Rueda de la Igualdad** ofrece una vista de una relación basada en la igualdad y sin violencia. Comparar las características de una relación sana con los de una relación abusiva en la rueda de abajo **Poder y Control**.



*Desarrollado por el Proyecto de Intervención al Abuso Doméstico (Domestic Abuse Intervention Project), Duluth, MN,

La **Rueda del Poder y Control** relaciona los diferentes comportamientos que forman el modelo de la violencia. Esto muestra cómo cada comportamiento es una parte importante del esfuerzo total para controlar a alguien.

La Iglesia Católica enseña que cualquier forma de violencia contra otra persona, deja de reconocerle como alguien digno de amor. En su lugar, se trata a la persona como un objeto a utilizar.

Del documento del Comité de Obispos Católicos de EE.UU. *Cuando Pido Ayuda: Una Respuesta Pastoral a la Violencia Doméstica contra la Mujer:*

http://bit.ly/usccb_dv

Un tema que encontramos en las Sagradas Escrituras, comenzando desde el Génesis, es que la mujer y el hombre han sido creados a imagen y semejanza de Dios. Como lo ha dicho Juan Pablo II, "Tanto el hombre como la mujer, son seres humanos en el mismo grado." En el Nuevo Testamento, Jesús se dirigió repetidamente a aquellas personas de los estratos más bajos de la sociedad, aquellas sin poder o autoridad, aquellas que no tenían alguien que hablara en su defensa. El enseñó que todas las mujeres y hombres son seres dignos de respeto y dignidad.

En nuestra capacidad de obispos, condenamos el uso de la Biblia para justificar el comportamiento abusivo. Una interpretación correcta de las Escrituras permite a las personas llevar una relación basada en el amor y la mutualidad.

Una vez más, Juan Pablo II lo describe claramente: "En la 'unidad de los dos' el hombre y la mujer son llamados desde su origen no sólo a existir 'uno al lado del otro', sino que son llamados también a existir recíprocamente, 'el uno para el otro'."

Visite www.usccb.org para obtener más recursos católicos

Ayudarse a Sí Mismo

Saber que Dios le ama y que la comunidad Cristiana se preocupa por usted.

Garantizar su seguridad. Llame a la Línea Nacional de Violencia Doméstica:

800-799-SAFE (7233), 24 horas, gratis.

Si se lesiona debido a la violencia doméstica, **obtener tratamiento médico** tan pronto como sea posible. El médico/enfermera será capaz de tratarla mejor si saben exactamente lo que sucedió. Tome notas o lleve un diario de sus lesiones y las horas en que fue abusada. Esto debe estar oculto en un lugar donde su agresor no lo pueda encontrar, y puede ayudarla a salir adelante.

Cuéntele a una persona de su confianza.

Decirle a alguien es una manera de aliviar su sufrimiento, rompiendo el silencio, y el primer paso para obtener ayuda.

Prepárese para llegar a un lugar seguro.

Guarde copias de documentos importantes, ropa adicional, dinero y un juego adicional de llaves en un lugar seguro (como la casa de un amigo o familiar) en caso de tener que salir de su situación rápidamente. Además, memorizar números de teléfonos importantes.



THE
CATHOLIC UNIVERSITY
of AMERICA



www.CatholicsForFamilyPeace.org

Una Instituta de Educación para Prevenir la Violencia Doméstica y Promover la Compasión
Consortium for Catholic Social Teaching
National Catholic School of Social Service at
THE CATHOLIC UNIVERSITY OF AMERICA



*“Vengan a mí
todos los que
están cansados y
agobiados, y yo
les daré
descanso.”*

— Mateo 11:28 NVI

**Si usted o alguien que usted
conoce está padeciendo
violencia doméstica, hay
ayuda en el Comunidad
Católica.**

IR A CASA NO DEBERÍA DOLER



Manual de violencia doméstica



Maryland Network

Call or visit any of the Domestic Violence Outreach

WORKING TOGETHER FOR A SAFER FUTURE

LÍNEAS DIRECTAS DE VIOLENCIA DOMÉSTICA EN MARYLAND

Llame al programa de violencia doméstica en su condado para tener acceso a una línea directa las 24 horas, refugio de emergencia, orientación, información legal y remisión a otros servicios.

CONDADO DE ALLEGANY

Family Crisis Resource Center 301-759-9244
TTY 301-759-9244

CONDADO DE ANNE ARUNDEL

YWCA Domestic Violence Services 410-222-6800

CIUDAD DE BALTIMORE

House of Ruth Maryland 410-889-7884
TTY 410-889-0047
TurnAround 443-279-0379

CONDADO DE BALTIMORE

Línea directa para todo el condado 410-828-6390
Family and Children's Services of Central Maryland
410-281-1334
Family Crisis Center of Baltimore County, Inc.
410-285-4357
TurnAround 410-377-8111

CONDADO DE CALVERT

Crisis Intervention Center 410-535-1121 O
301-855-1075

CONDADO DE CARROLL

Family and Children's Services of Central Maryland
443-865-8031

CONDADOS DE CARLONE, KENT, DORCHESTER, QUEEN ANNE'S Y TALBOT

Mid-Shore Council on Family Violence
1-800-927-4673

CONDADO DE CECIL

Cecil Co. Domestic Violence / Rape Crisis Center
410-996-0333

CONDADO DE CHARLES

Center for Abused Persons 301-645-3336 O
301-843-1110

CONDADO DE FREDERICK

Heartly House 301-662-8800 / TTY 301-662-1565

CONDADO DE GARRETT

The Dove Center 301-334-9000

CONDADO DE HARFORD

SARC 410-836-8430

CONDADO DE HOWARD

HopeWorks of Howard County, Inc.
410-997-2272 / 800-752-0191

CONDADO DE MONTGOMERY

Abused Persons Program (dia) 240-777-4195 /
(noche) 240-777-4673

CONDADO DE PRINCE GEORGE'S

Family Crisis Center, Inc. 301-731-1203
House of Ruth Maryland (*Servicios Legales y de
Orientación*) 240-450-3270

CONDADO DE ST. MARY'S

Walden/Sierra, Inc. 301-863-6661
Southern Maryland Center for Family Advocacy
(*Servicios Legales*) 301-373-4141

CONDADOS DE SOMERSET, WICOMICO Y WORCESTER

Life Crisis Center 410-749-4357 O 410-641-4357

CONDADO DE WASHINGTON

CASA (*Citizens Assisting and Sheltering the Abused*)
301-739-8975 / TTY 301-739-1012

PROGRAMAS ESPECIALIZADOS

Adelante Familia at House of Ruth Maryland
(*Condado/Ciudad de Baltimore Latino-Hispánico*)
410-889-7884

CHANA (*Judío*) 1-800-991-0023

Catholic Charities of Asia/Domestic Violence Outreach Project
202-464-4477

IR A CASA NO DEBERÍA DOLER

Manual de violencia doméstica

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NO
ESTÁ
SOLO

Si está experimentando violencia doméstica, no es su culpa. Usted no merece ser abusado. Existe ayuda.

La violencia doméstica es un patrón de comportamiento coercitivo caracterizado por la dominación y control de una persona sobre la otra, (usualmente una pareja íntima) a través del abuso físico, psicológico, emocional, verbal, sexual, y/o económico.





HECHOS

- ♦ Una de cada 4 mujeres y uno de cada 7 hombres experimentan violencia física grave por parte de su pareja íntima (*National Intimate Partner and Sexual Violence Survey – NISVS, 2014*).
- ♦ Cerca de 1 de cada 5 mujeres y 1 de cada 59 hombres han sido violados durante su vida, usualmente por una pareja íntima (*NISVS, 2014*).
- ♦ Una de cada 6 mujeres y 1 de cada 19 hombres han sido acosados durante su vida, usualmente por una pareja íntima (*NISVS, 2014*).
- ♦ 6,6 % de los niños son expuestos a la violencia física doméstica cada año; esto significa más de 5 millones de niños (*Office of Juvenile Justice and Delinquency Prevention – OJJDP, 2011*).

¿QUÉ ES LA VIOLENCIA DOMÉSTICA?

La violencia doméstica puede ser mucho más que el abuso físico. Usualmente incluye muchos tipos de comportamientos controladores. Estas son algunas formas de violencia doméstica:

ABUSO FÍSICO

- ◆ Golpes
- ◆ Bofetadas
- ◆ Patadas
- ◆ Estrangulamiento
- ◆ Empujones
- ◆ Puñetazos
- ◆ Palizas

ABUSO VERBAL

- ◆ Crítica constante
- ◆ Burla
- ◆ Hacer comentarios humillantes
- ◆ Gritar
- ◆ Maldecir
- ◆ Insultar
- ◆ Interrumpir

ABUSO SEXUAL

- ◆ Forzar las relaciones sexuales
- ◆ Exigir actos sexuales
- ◆ Trato degradante

ASLAMIENTO

- ◆ Hacer difícil ver a amigos y parientes
- ◆ Supervisar las llamadas telefónicas
- ◆ Leer correos, textos y mensajes
- ◆ Controlar las actividades diarias
- ◆ Quitar las llaves del auto
- ◆ Destruir pasaportes o documentos

COERCIÓN

- ◆ Causar culpabilidad
- ◆ Enfadarse
- ◆ Manipular a niños y miembros de la familia
- ◆ Siempre insistir en estar en lo correcto
- ◆ Crear “reglas” imposibles

ACOSO

- ◆ Seguir o acechar
- ◆ Avergonzar en público
- ◆ Control constante
- ◆ Rehúsar a irse cuando se le pide

CONTROL ECONÓMICO

- ◆ No pagar las cuentas
- ◆ Rehúsare a dar dinero
- ◆ No permitir:
 - Ir a la escuela
 - Ir al trabajo
 - Aprender una habilidad laboral
- ◆ Rehúsar a trabajar y a apoyar a la familia

ABUSO DE LA CONFIANZA

- ◆ Mentir
- ◆ Romper promesas
- ◆ Ocultar información importante
- ◆ Ser infiel
- ◆ Ser celoso
- ◆ No compartir las responsabilidades domésticas

AMENAZAS E INTIMIDACIÓN

- ◆ Amenazar con herir a otros
- ◆ Amenazar con herir a mascotas
- ◆ Usar el tamaño físico para intimidar
- ◆ Gritar
- ◆ Tener armas y amenazar con usarlas

RETENCIÓN EMOCIONAL

- ◆ No expresar sentimientos
- ◆ No dar cumplidos
- ◆ No prestar atención
- ◆ No respetar los sentimientos, derechos, opiniones y preocupaciones

DESTRUCCIÓN DE PROPIEDAD

- ◆ Destruir muebles
- ◆ Golpear paredes
- ◆ Tirar o romper objetos
- ◆ Abusar de las mascotas

COMPORTAMIENTOS AUTODESTRUCTIVOS

- ◆ Abuso de drogas y alcohol
- ◆ Amenazar con daño a sí mismo o suicidio
- ◆ Manifiesto de comportamiento
- ◆ Causar problemas

¿QUÉ ES LA VIOLENCIA DOMÉSTICA?

MITOS SOBRE LA VIOLENCIA DOMÉSTICA

Estos son diez mitos comunes sobre la violencia doméstica. NO son verdad.

MITO #1:

La violencia doméstica no afecta a muchas personas. Se cree que la violencia doméstica es el crimen más común, pero menos denunciado en los Estados Unidos.

MITO #2:

La violencia doméstica es solo abuso físico. La violencia física es solo una parte de un largo patrón de abuso, que también incluye el abuso psicológico, emocional, sexual y/o económico. Algunas veces no hay abuso físico; el agresor puede usar otras formas de abuso para ejercer poder y control sobre una pareja íntima.

MITO #3:

La violencia doméstica es simplemente un mal temperamento. La violencia doméstica es justamente lo opuesto a una “pérdida de temperamento momentáneo”. El agresor toma la decisión de abusar. Es una técnica usada de manera continua

para imponer el control a través del uso del miedo, y es parte de un patrón de abuso.

MITO #4:

La violencia doméstica solo pasa en ciertas familias. La violencia doméstica ocurre en todos los niveles de la sociedad y en todos los grupos raciales, étnicos y religiosos. No hay evidencia que sugiera que algún nivel de ingresos, ocupación, clase social o cultural sea inmune a la violencia doméstica.

MITO #5:

La violencia doméstica es solo una bofetada o golpe ocasional sin importancia. Frecuentemente, las víctimas sufren lesiones graves. Algunas, pero no todas, buscan cuidado médico para las lesiones y condiciones de salud causadas por la violencia doméstica. Las mujeres abusadas tienen más probabilidades de tener abortos espontáneos o dar a luz prematuramente.

MITOS SOBRE LA VIOLENCIA DOMÉSTICA

MITO #6:

La violencia doméstica es causada por el alcohol o el abuso de drogas.

Algunos agresores usan el alcohol y las drogas como excusa para el comportamiento violento. Si bien es cierto que hay un enlace entre el abuso de sustancias y la violencia doméstica, una cosa no causa la otra. Sin embargo, el abuso de sustancias puede empeorar la violencia.

MITO #7:

La víctima siempre puede dejar la relación. Hay muchas razones por la que alguien no se puede ir. Para asegurar que una víctima pueda irse con seguridad hace falta dinero, una red de apoyo y tiempo para planificar.

MITO #8:

Si el agresor promete cambiar, el abuso terminará. Pedir perdón es un método manipulativo usado por los agresores. Los agresores raramente detienen su

comportamiento sin ayuda, de hecho, el abuso usualmente continúa.

MITO #9:

Solo las mujeres experimentan la violencia doméstica y solo los hombres son los agresores. Además de la violencia de los hombres hacia las mujeres, muchos otros tipos de relaciones son impactadas. Las personas en relaciones homosexuales, personas que se identifican como bisexuales y personas que se identifican como transexual o género diverso pueden experimentar violencia doméstica. Las mujeres pueden ser abusivas hacia los hombres y usar tácticas de abuso similares.

MITO #10:

Las víctimas tienen tipos de personalidad que buscan y refuerzan el abuso. Los abusadores son responsables del abuso, no las víctimas. Cualquier persona puede ser una víctima. No hay ninguna característica de una persona que justifique el abuso.

¿QUIÉNES SON LAS VÍCTIMAS?

CUALQUIER PERSONA PUEDE SER UNA VÍCTIMA

- ♦ Estudios han demostrado que no hay ninguna conexión en particular entre el tipo de personalidad y el ser víctima de abuso doméstico.
- ♦ El abuso no puede detenerse cambiando el comportamiento de la persona abusada.
- ♦ Todo el mundo merece estar a salvo de la violencia doméstica.

MUJERES

- ♦ Las mujeres tienen un alto riesgo de ser gravemente heridas o asesinadas por una pareja.
- ♦ Las mujeres embarazadas y en posparto corren mayor riesgo.
- ♦ Las adolescentes y mujeres jóvenes están en alto riesgo de violencia en el noviazgo.

NIÑOS

- ♦ También pudieran ser abusados.
- ♦ Pudieran ver cómo sus padres son abusados.
- ♦ El agresor pudiera amenazar con agredir a los niños.
- ♦ Crecen viendo el abuso como algo normal.

ADOLESCENTES Y ADULTOS JÓVENES

- ♦ Los adolescentes son igual de vulnerables a la violencia en las relaciones y ésta es igual de peligrosa.
- ♦ Los adolescentes pueden no buscar ayuda por no confiar en los adultos.
- ♦ En la universidad, 25 % de las mujeres jóvenes y 7 % de los hombres dicen haber sufrido incidentes sexuales indeseados; muchos de ellos a manos de una pareja (*Washington Post-Kaiser Permanente, 2015*).

¿QUIÉNES SON LOS AGRESORES?

PERSONAS EN RELACIONES LGBTQ

- ◆ Las personas en relaciones LGBTQ experimentan violencia doméstica en la misma tasa que las mujeres heterosexuales.
- ◆ Las personas en relaciones LGBTQ pudieran no buscar ayuda porque no creen que haya ayuda disponible o porque temen ser discriminados.

ADULTOS MAYORES Y PERSONAS CON DISCAPACIDAD

- ◆ Pudieran ser agredidos por sus cónyuges o parejas, hijos adultos, o cuidadores.
- ◆ Pudieran no tener la capacidad física de defenderse o de escapar del abuso.
- ◆ Pudieran no tener la capacidad física o mental de denunciar el abuso a alguna persona.
- ◆ Los hombres y mujeres con discapacidades corren un alto riesgo de ser abusados.

LOS AGRESORES NO ESTÁN “FUERA DE CONTROL”

- ◆ Los agresores eligen cómo responder ante una situación; eligen comportarse de una manera violenta.
- ◆ No actúan solamente por ira.
- ◆ No están reaccionando al estrés.
- ◆ No en vano están bajo el control de las drogas y el alcohol.

EL ABUSO SE APRENDE

- ◆ No es “natural”.
- ◆ No es “normal”.
- ◆ Se aprende: a veces desde el hogar donde el agresor creció.

LOS AGRESORES PUDIERAN

- ◆ Decir que lo sienten y actuar de manera afectiva.
- ◆ Ser arduos trabajadores y buenos proveedores.
- ◆ Ser ingeniosos, encantadores, atractivos e inteligentes.
- ◆ A veces, ser padres amorosos.

IMPACTO DE LA VIOLENCIA DOMÉSTICA

La violencia doméstica con frecuencia es traumática. La palabra “trauma” es usada para describir experiencias dolorosas o perturbadoras que abruma la habilidad de una persona para lidiar con ciertas situaciones o la vida diaria.

Los sobrevivientes de algún trauma, incluyendo la violencia doméstica, pueden entrar en un “modo de supervivencia”, que crea tres opciones:

1. **PELEAR:** Pudiera sentirse enfadado por lo que su pareja le haya hecho.
2. **HUIR:** Pudiera sentirse ansioso o tener miedo sobre lo que ha pasado y podría pasar.
3. **CONGELARSE:** Pudiera sentirse paralizado emocionalmente, incapaz de expresarse, o bloqueado.

Todas estas reacciones al trauma son normales, comunes y entendibles. Algo malo y aterrador le ha pasado.

RECUERDE: Usted no es culpable de que esto sucediera.

Algunas formas de violencia doméstica son especialmente peligrosas y mortales. Algunas víctimas son asesinadas por sus parejas. La mayoría de las víctimas que son asesinadas por su pareja habían sido abusadas emocional o físicamente antes de ser asesinadas. Irse puede ser un momento peligroso. La planificación de seguridad es esencial.

Cuando ciertos factores de riesgo se encuentran presentes en una relación, hay mayor oportunidad de que una víctima sea asesinada *(Nicolaidis et al, 2003)*.

Algunos factores de riesgo o “factores de letalidad” de los que hay que estar pendiente son:

- ♦ **Uso o amenazas con un arma**
- ♦ **Amenazas de muerte**
- ♦ **Acceso a un arma de fuego**
- ♦ **Estrangulación (ahogo)**
- ♦ **Comportamiento controlador o celoso**
- ♦ **Desempleo del agresor**
- ♦ **Intentos de suicidio del agresor**
- ♦ **Acecho y acoso**



LA RUEDA DE PODER Y CONTROL

La rueda de poder y control enlaza los diferentes comportamientos que, juntos, forman un patrón de violencia. La rueda muestra cómo cada comportamiento es una parte del esfuerzo general de controlar a otra persona.

Todas las formas de abuso, incluyendo el emocional y verbal, son serias y dañinas. Los sobrevivientes pueden experimentar una o más formas de abuso.



LA RUEDA DE LA IGUALDAD



La rueda de la igualdad

ofrece una visión de una relación saludable basada en la igualdad y la no violencia. Use este gráfico para comparar las características de una relación no violenta con una relación abusiva en la rueda de poder y control.

EL ACECHO Y LA TECNOLOGÍA



Muchas personas reportan que su pareja los sigue o los controla, en persona o en línea. Una de cada 6 mujeres y 1 de cada 19 hombres han sido acechados en algún punto de sus vidas

(National Intimate Partner and Sexual Violence Survey - NISVS, 2014).

Estos son algunos comportamientos de acecho:

- ♦ Vigilarle o seguirle
- ♦ Repetidas llamadas amenazantes o mensajes no solicitados
- ♦ Revisar sus redes sociales
- ♦ Subir fotos o videos sin su consentimiento
- ♦ Enviar regalos no deseados
- ♦ Irrumpir en su hogar o destruir su propiedad
- ♦ Usar cámaras en su hogar o spyware en su computador o teléfono

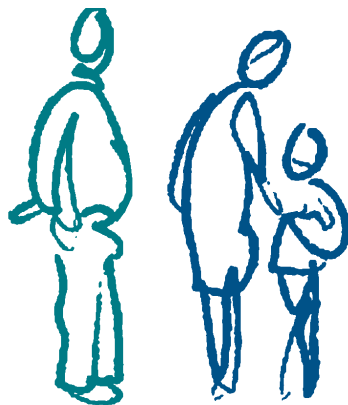
EL ACECHO Y LA TECNOLOGÍA

OPCIONES A CONSIDERAR SI SE ESTÁ SIENDO ACECHADO:

- ♦ **Documentación:** mantenga un registro, tome fotos y/o guarde objetos o mensajes.
- ♦ Consiga un **computador o dispositivo móvil más seguro**, al que su pareja no pueda acceder, para buscar ayuda y recursos.
- ♦ Revise su **teléfono celular** en busca de actividad sospechosa y apague el GPS y Bluetooth cuando no estén en uso.
- ♦ Vea qué información personal suya se encuentra en **internet** e intente retirarla.
- ♦ Cambie sus nombres de usuario, claves y preguntas de seguridad de sus **cuentas en línea** si su pareja las conoce o puede adivinarlas.
- ♦ Revise su configuración de seguridad en **las redes sociales** y tenga cuidado también con lo que sus amigos y familia suban.



CÓMO AYUDAR A UN AMIGO



Exprese su preocupación. Reconozca que su amigo está en una situación muy difícil y aterradora. Hágale saber a su amigo que el abuso no es su culpa. Hágale saber a su amigo que cree en él y que le preocupa su seguridad. Aliente

a su amigo a expresar sus sentimientos y a buscar ayuda.

Recuerde que para su amigo puede ser difícil hablar al respecto.

- ♦ Respete el derecho de su amigo(a) a tomar decisiones.
- ♦ Hable sobre este folleto informativo con su amigo.
- ♦ Ofrezca acompañar su amigo cuando busque ayuda.
- ♦ Planifique estrategias seguras con su amigo.

Si usted es víctima de violencia doméstica, permita que las personas que le quieren le ayuden.

- ♦ Hable con alguien en quien confíe.
- ♦ Solo tome pasos que considera correctos.
- ♦ Hable sobre este folleto informativo con alguien en quien confíe.
- ♦ Deje un “kit de emergencia” con un amigo.
- ♦ Pídale a un amigo que le acompañe cuando busque ayuda.
- ♦ Asegúrese de que alguien en quien confíe conozca su plan para estar seguro (*vea la página 18*).



CÓMO
SUS
AMIGOS
PUEDEN
AYUDAR

SUS OPCIONES

Es normal que sea difícil tener que decidir qué hacer cuando se está en una relación abusiva. No está solo. Existe ayuda. Estas son algunas opciones para considerar:

QUEDARSE EN LA RELACIÓN

Si se queda, puede conseguir apoyo y seguridad. Si le insultan, ¿cómo puede cuidarse emocionalmente? ¿En qué amigos puede confiar? ¿Hay algún lugar seguro en el que se pueda quedar en caso de tener que alejarse por unos días si la situación se vuelve peligrosa o si necesita un descanso?

PLANIFICAR IRSE

Si quisiera irse, eso requiere planificación. ¿Cómo puede obtener dinero? ¿Estará a salvo en su hogar? ¿Cuándo puede irse? ¿Tomará acciones legales? ¿Necesitará un abogado? ¿Cómo reaccionará su pareja? ¿Que podría impedir que se vaya de forma segura? Con tiempo y apoyo puede hacer un plan para irse.

DEJAR LA RELACIÓN

Si ha decidido irse, esto puede ser un gran cambio en su vida que puede dar miedo si está en peligro. ¿Tendrá que mudarse o cambiar de trabajo para que no le encuentren? ¿Dejar de hablar con algunos amigos? ¿Tomar un descanso de las redes sociales? ¿Llamar a la policía u obtener una orden de protección? Una vida nueva es posible, aunque sea difícil de imaginar.

APOYO Y PLANIFICACIÓN DE SEGURIDAD

Sin importar lo que decida, puede crear su sistema de apoyo y buscar formas para estar más a salvo. En la portada interna hay una lista de líneas directas locales para la violencia doméstica. Las dos páginas siguientes le ayudarán a comenzar.

PLANIFICACIÓN DE APOYO

APOYO NECESARIO

LOS SOBREVIVIENTES enumeran el apoyo que necesitan

FAMILIA

AYUDA NECESARIA	S/N/T	NECESIDADES	S/N/T	Ayuda ofrecida
<i>Cuidar de Fido cuando me mude de mi apartamento</i>	S	Cuidar las mascotas	S	<i>Hasta 3 días/noches</i>
		Escuchar		
		Proveer un lugar seguro para pasar la noche		
<i>Necesito que me lleven al trabajo</i>	S	Proveer el transporte	S	<i>Lunes, martes, viernes</i>
		Proveer cuidado a los niños		
		Guardar las pertenencias, objetos importantes, dinero, papeles		
		Proveer dinero		

CLAVE

SÍ: Necesito este apoyo/disponible para prestar este apoyo.

NO: No necesito este apoyo/no estoy disponible para prestar este apoyo.

TAL VEZ: Tal vez necesite este apoyo/puedo estar disponible para prestar este apoyo.

PLANIFICACIÓN DE SEGURIDAD

Esta página le ayudará a recolectar sus pensamientos y entender los recursos que están a su disposición

Estas son personas y lugares a donde puede ir si necesita ayuda inmediata.

Estos son los números a los que puedo llamar si necesito ayuda:

Llame al 911

Amigo o familiar: _____

Líneas directas para violencia doméstica (*ver portada interna*): _____

Otras organizaciones: _____

Otras personas: _____

Estos son los lugares a los que puedo ir si necesito retirarme rápidamente

Amigo o miembro de familia: _____

Refugio de violencia doméstica (*ver línea directa arriba*).

Lugares públicos seguros (*día/noche, p.ej. policía, hospital, iglesia, restaurant*): _____

Los siguientes objetos se pueden almacenar en un lugar seguro o entregar a una persona de confianza. Considere cuál de estos objetos son necesarios para usted y sus hijos.

- ☐ Teléfono celular y cargador (*en caso de ser seguro*)
- ☐ Identificaciones con foto, certificados de nacimiento y tarjetas del seguro social
- ☐ Tarjetas de identificación de beneficios públicos
- ☐ Pasaportes o documentos de inmigración
- ☐ Comprobante de seguro (*salud, hogar, automovilístico*)
- ☐ Registros de pago de alquiler o hipoteca
- ☐ Registro de cuentas bancarias y tarjetas de crédito/débito
- ☐ Dinero en efectivo
- ☐ Llaves
- ☐ Ropa adicional
- ☐ Medicamentos adicionales
- ☐ Objetos no reemplazables (*fotos, joyería, juguetes*)
- ☐ Órdenes judiciales (*de protección o de custodia*)
- ☐ Otros documentos: _____
- ☐ Otros objetos: _____

NUESTRA MISIÓN/NUESTRA VISIÓN



NUESTRA MISIÓN

La **Red Contra la Violencia Doméstica de Maryland (The Maryland Network Against Domestic Violence, MNADV)**

es la coalición estatal de violencia doméstica que reúne a los proveedores de servicios para víctimas, profesionales aliados e individuos comprometidos con el objetivo común de reducir la violencia de parejas íntimas y familias y su efecto dañino en nuestros ciudadanos. La Red logra este objetivo dando

educación, capacitación, recursos y apoyo para mejorar la seguridad de las víctimas y la responsabilidad de los agresores.

La MNADV es una organización privada y sin fines de lucro 501(c)(3).

NUESTRA VISIÓN

Un día Maryland será un estado en donde las familias y las relaciones prosperen en confianza mutua y respeto; un lugar donde no haya espacio para la violencia.





Maryland Network Against Domestic Violence

WORKING TOGETHER FOR A SAFER FUTURE

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LÍNEA DIRECTA PARA TODO EL ESTADO: 1-800-MD HELPS (1-800-634-3577)