

DOMESTIC VIOLENCE

October 2008
AWARENESS MONTH



Neighbor

Abuse Victim

Domestic Violence

It's closer than you think.

Help yourself or someone you know.

703-237-0881

www.doorwaysVA.org

Doorways 24-hour Crisis Line and Shelter

703-24PEACE

www.arlingtonva.us/projectpeace/

Project PEACE Helpline

DOORWAYS
for women and families

Arlington's
**PROJECT
PEACE** 
Partnering to End Abuse in
the Community for Everyone



Virginia
Department
of Social
Services

ABUSE is

- Calling someone a bad name or putting them down
- Shouting and cursing
- Hitting, slapping and/or pushing
- Making threats of any kind
- Jealousy and suspicion
- Keeping someone away from family and friends
- Throwing things around the house

Domestic violence is a crime.

It destroys relationships and families.

It passes from generation to generation.

It doesn't have to be this way.

FACT:

WOMEN OF ALL RACES ARE ABOUT EQUALLY VULNERABLE TO VIOLENCE BY AN INTIMATE PARTNER.

(Bureau of Justice Statistics, Violence Against Women: Estimates from the Redesigned Survey, August 1995)

FACT:

ANNUALLY IN THE UNITED STATES, 503,485 WOMEN ARE STALKED BY AN INTIMATE PARTNER.

(Patricia Tjaden and Nancy Thoennes, Extent, Nature, and Consequences of Intimate Partner Violence, National Institute of Justice, 2000)

How can I help a friend, family member or co-worker who is being abused?

Let them know that you are concerned for their safety.

Help your friend, family member, or co-worker recognize the abuse. Tell them you see what is going on and that you want to help.

Be supportive and acknowledge that the situation is very difficult and scary. Help them recognize that what is happening is not their fault, reassure them that they are not alone, and let them know that there is help and support available. Listen to your friend. Remember it may be difficult for them to talk about the abuse. What they need most is someone who will believe and listen to them.

Be non-judgmental. Respect the decisions of your friend, family member or co-worker. They may leave and return to the relationship many times. Do not criticize their decisions or try to make them feel guilty. They will need your support even more during those times.

If the relationship ends, continue to be supportive. Even though the relationship was abusive, they may still feel sad and lonely once it is over. They will need time to mourn the loss of the relationship and will need your support.

Encourage them to talk to people who can provide help and guidance. Find a local domestic violence agency such as Doorways that provides counseling or support groups. If they need to go to the police, court or a lawyer, offer to go along for moral support.

Remember you cannot "rescue" your friend, family member or co-worker. Although it is difficult to see someone you care about being hurt, ultimately the person being hurt has to be the one to decide they want to do something about it. It's important for you to support them and help them find a way to safety and peace.

Help them develop a safety plan. Assist in creating a safety plan in the event that they need to flee their home. Below are some suggestions on how one can stay safe:

At Home.

- Develop a plan and discuss it with any children in the home. Make sure all family members know how to call 911 in an emergency.
- Inform neighbors/landlords to contact local police if the abuser is seen near the home. Devise a code word to use with your children, family, and friends in an emergency.
- Decide where you will go if you have to leave, even if you do not think you will need to.
- Have a bag packed and readily accessible in an emergency. Keep originals or copies of important documents in a safe place to bring with you.

During a Violent Incident.

- If confronted, move to a room or area with easy access to an exit (not a bathroom, kitchen or anywhere near weapons).
- Identify the quickest ways out of the home (doors, windows, stairwell, etc.).



**WE SAW THE SIGNS AT WORK.
WE BROKE THE SILENCE.
WE MADE A CALL THAT HELPED A CO-WORKER FIND SAFETY.**

Silence does not help the ones we care about find hope or safety.
If someone you care about is being abused,
Make the Call that could save their life.

Domestic Violence Awareness Month EVENTS for Arlington, VA—October 2008

Please visit the Doorways for Women and Families website, www.doorwaysVA.org, or call 703-522-8858 x 19 for the most up-to-date information.

The Clothesline Project
Arlington County Central Library
1015 N. Quincy Street, Arlington, VA

Thomas Jefferson Community Center
3501 2nd St S, Arlington, VA

Fairlington Community Center
3308 S. Stafford St, Arlington, VA

A survivor of domestic violence is someone who has endured intimate partner violence such as sexual, physical, emotional, and/or financial abuse. A victim is someone who has lost his/her life at the mercy of their abuser. For almost 50 years the *Clothesline Project* has honored survivors and victims of domestic violence. The shirts, in this visual display, speak volumes to the diversity and deep impact that domestic violence has on individuals, families and communities. With this display, Doorways is publicly honoring and supporting victims and survivors of domestic violence.

Project PEACE Domestic Violence Awareness Month Kickoff—Ms. Mildred Muhammad
Thursday, September 25, 7:00–8:30 p.m.

Kenmore Middle School

After almost five years of silence, Mildred Muhammad—wife of the convicted DC sniper who terrorized the Washington DC metro region in late 2002—will speak openly about her day-to-day experiences as a survivor of domestic violence and how it affected her three children.

Information Booths

Saturday, September 27, 12:00–7:00 pm
Clarendon Day: Clarendon Blvd, Arlington, VA

Wednesday, October 8, 7:00 am–7:00 pm
Health Cares about Domestic Violence Day:
VA Hospital Center

Domestic violence affects everyone in the community. Discover what Doorways is doing to educate about and combat domestic violence in Arlington! Learn about volunteer opportunities with Doorways, donate old cell phones to families in need, and pledge to end violence by participating in the HandPrint Project. Stop by, step in, and step up to ending domestic violence in Arlington!

Volunteer Opportunities

Tuesday, October 7, 6:30–8:00 pm
3179 Wilson Boulevard, Arlington, VA

Learn how you can volunteer with Doorways and support vulnerable women and families in Arlington! Join us for our Volunteer Information Night where you will receive an overview of Doorways programs and services as well as the different volunteer opportunities available. For more information or to RSVP, email volunteer@doorwaysVA.org.

Silent Witness and Candlelight Vigil

Thursday, October 16, Begins at 5:30 pm

Women's Memorial, Arlington Cemetery
Doorways will join the Ft. Myer Family Advocacy Program for a candlelight vigil and U.S. Military tribute to victims of domestic violence. The Women's Memorial is located at the Ceremonial Entrance to Arlington National Cemetery, Arlington, VA, and is directly across Memorial Bridge from the Lincoln Memorial at the end of Memorial Drive. Parking and metro are available. For more information contact the Ft. Myer Family Advocacy Program at 703-696-3512.

Community Awareness Campaign with Project PEACE

Doorways for Women and Families is a lead partner with a new county initiative, Project PEACE, a coordinated community response to eliminate and raise awareness about the issue of domestic violence in Arlington. We will be promoting a new community education campaign by way of the "Closer Than You Think" posters (see front page). Look for them on your local bus, in your libraries, recreation centers and neighborhood. To learn more about Project PEACE and about the issue of family violence, please visit www.arlingtonva.us/projectpeace/

Movie Night: My Girlfriend Did It Intimate Partner Violence in the LGBTQ Community

For location and time please email mfilholm@doorwaysva.org

Join Doorways as we educate the community about intimate partner and family violence within the gay, lesbian, bisexual, and transgender communities. A short film, "My Girlfriend Did It", will be shown and a group discussion will follow.

Community and Professional Presentations

Community Education is a vital component of Doorways' mission fulfilling two important functions: increasing awareness about Doorways and the services we provide, as well as fostering a community that recognizes the signs of unhealthy relationships, domestic and dating violence, and understands the impacts on adults, children and the community. We offer a variety of presentations and outreach tools to the community for little to no cost.

This October, Doorways Domestic Violence Program staff will provide educational presentations about domestic and dating violence for health care professionals, the faith community, teens and young adults, the gay and lesbian community, and area colleges. To request a presentation for your community group, business, or faith organization please contact the Community Education and Outreach Manager at clopez@doorwaysva.org or 703-522-8858 x 19.

College Campus Dating Violence Prevention in Northern VA

In an effort to challenge rates of abuse on college campuses, Doorways will re-launch the **The Red Flag Campaign** Dating Violence awareness poster campaign this October at Marymount University and GMU—Arlington. We are also proud to partner for the first time with Northern VA Community College—Alexandria.

This poster campaign, designed by the Virginia Sexual and Domestic Violence Action Alliance and funded by the Verizon Foundation, will raise awareness about how bystanders can stand-up to the warning signs of dating violence and how to recognize the differences between healthy and unhealthy relationships. For more information visit the website at: www.TheRedFlagCampaign.org

Addressing Unhealthy Relationships and Dating Violence

Dating abuse is an epidemic crime impacting almost half of young people between the ages of 16 and 24 nationally. Liz Claiborne Inc. runs the website www.loveisnotabuse.org and estimates that 1 in 3 teenagers report knowing a friend or peer who has been hit, punched, kicked, slapped, or physically hurt by their partner (*Liz Claiborne Inc. study on teen dating abuse conducted by Teenage Research Unlimited, February 2005.*) There are many things we can do as a community to address this problem. Below are some tips on what parents and friends can do to support youth in building healthy relationships:

- **Lead by example.** At this stage in life, youth are learning how to make decisions about all relationships; those with parents, friends, and boyfriends or girlfriends. Promote healthy relationships in your life to teach and encourage healthy decisions making and relationship skills.
- **Talk to teens and young adults about healthy relationships.** Educate yourself on the warning signs of dating abuse and what a healthy relationship should look like. Share this information with a young person in your life.
- **Support teens and youth in their dating relationships and create open, positive communication that encourages honesty.** The first person a teen or young adult will go to with a concern about their relationship is a friend or family member. Think about how you would respond to keep the lines of communication open.
- **Support education.** If you work with a youth group, invite an educator in to discuss the warning signs of dating abuse and how teens can be active bystanders if they see these signs in a friend's relationship.
- **Locate resources.** Resources such as the Red Flag Campaign website (www.theredflagcampaign.org) can assist in educating teens and young adults about what a healthy relationship is.

**Talk to a teen today.
You can make the difference**

Doorways for Women and Families strives to end homelessness and family and intimate partner violence by offering safe shelter and housing, life changing support services and community advocacy. If you or someone you know is a victim of domestic violence, Doorways Domestic Violence Program can help. We provide immediate direct support in the form of a 24-hour hotline, shelter and court advocacy.

There are many ways you can support your local domestic violence program!

- Become a volunteer! Learn how you can assist these programs by visiting our website: www.doorwaysVA.org
- Make a tax-deductible contribution. Donate your old cell phone, or help collect metro fare cards, grocery gift cards, or other non-perishable goods.
- Invite us to speak at your community group, faith community, or business about ending the cycles of abuse and how to respond to friend, family member or co-worker who may need support in ending a violent relationship .
- Make a cash or credit card contribution by visiting www.doorwaysVA.org.

You can make all the difference. Please join us.



United Way # 8031 New CFC #60586



Domestic Violence Hotlines & Websites for Advocates & Survivors

Doorways for Women and Families Domestic Violence Program: Safehouse Shelter, Hotline and Court Advocacy
24-hour hotline 703-237-0881 www.doorwaysVA.org

Project PEACE: Helpline
703-24PEACE www.arlingtonva.us/projectpeace/

Alexandria Office on Women—Domestic Violence Program: Hotline, Shelter and Services
Domestic Violence 703-838-4911, Sexual Assault 703-683-7272

Arlington County's Victim of Violence and Batterers Intervention Program
703-228-4848

Virginia Sexual and Domestic Violence Action Alliance
1-800-838-8238 www.vsdvalliance.org

Virginia Child Abuse Hotline 1-800-552-7096

National Domestic Violence Hotline
1-800-799-SAFE www.ndvh.org

National Coalition Against Domestic Violence www.ncadv.org

Family Violence Prevention Fund www.endabuse.org

National Network to End Domestic Violence www.nnedv.org

National Center on Elder Abuse www.elderabusecenter.org

MilitaryOneSource
1-800-342-9647 www.militaryonesource.com

Military Members Did You Know?

The new Restricted Reporting Policy for incidents of domestic abuse allows adult victims of domestic violence, such as family members and former or current intimate partners of Service members to receive victim advocacy, medical help, and counseling, without law enforcement or command knowledge. Minors are exempt from this option. Further, if there is danger to self or others this new policy may not apply. Call MilitaryOneSource 1-800-342-9647 or www.militaryonesource.com for more information.



AROUND THE WORLD, AT LEAST ONE IN EVERY THREE WOMEN HAS BEEN BEATEN, COERCED INTO SEX OR OTHERWISE ABUSED DURING HER LIFETIME.

(Heise, L., Ellsberg, M. and Gottemoeller, M. *Ending Violence Against Women. Population Reports*, Series L, No. 11., December 1999)

Sponsored by:

