



Empowering Survivors. Breaking the Cycle.

The Newsletter of Monadnock Center for Violence Prevention • 2007

The Effects of Domestic Violence on Children

Domestic violence affects everyone, but it hurts our children most of all. Studies show that an estimated 3.3 to 10 million children a year face the risk of witnessing partner abuse, and that the effects can be devastating.

Children are often harmed physically, mentally, emotionally and socially when one parent abuses another. Children might become directly involved in the fights if they feel they need to protect the non-offending parent. Cognitively, a child will often have developmental delays, memory deficiencies and nightmares. Emotions of a child run from terror to confusion to shame to powerlessness, and many children develop aggressive and antisocial behavior as a result. There are literally thousands of ways a child is pulled into the cycle of violence, and the effects last generations. In fact, children who grew up in violent homes have a 74% greater chance of committing criminal assaults against their partners as adults.

Fortunately, many children survive the nightmare of domestic violence in good health. Studies show that the presence or absence of what are commonly referred to as resiliency factors can dramatically affect the way a child copes with domestic violence. For example, a child's age, gender, developmental level and intellectual ability all contribute to how trauma is dealt with. Above all however, is the presence of a caring adult figure (often the non-offending parent) and community safe havens that make the difference. Schools, houses of worship and organizations like the Monadnock Center for Violence Prevention offer children the opportunity to feel safe and validated. They also provide support and options to their non-offending parents, who for the above mentioned reasons are often faced with incredible family challenges.

In response to greater community awareness about the effects domestic violence has on children, crisis centers across the state have initiated projects to combat the issue. For example, an initiative called The Greenbook Project has successfully placed domestic violence advocates directly in the offices of the Division for Children Youth and Families (DCYF). These Domestic Violence Specialists offer support, information and advocacy to parents and children who are involved with child protective services. MCVP's Domestic Violence Specialist's name is Aaron and he can be reached at DCYF in the mornings at 357-3510 x735 or at MCVP in the afternoons at 352-3782.

"There are literally thousands of ways a child is pulled into the cycle of violence, and the effects last generations."



www.sunderland.gov.uk/Public/Editable/Themes/Safe-City/wearside-dom-violence

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What is The Cycle of Violence?

People who work in the field of domestic violence crisis intervention and prevention often refer to the cycle of violence. The original concept of the cycle of violence in battering or abusive relationships came from Lenore Walker's work as outlined in her book *The Battered Woman*. The cycle is generally described as having three phases: **Tension Building Phase, Abusive/Violent Phase** and **Honeymoon/Seduction Phase**.

It is important to note that this cycle may take a year, a month or one hour to unfold. It is very typical for the abusive partner to initially move through this cycle by choosing to use subtle and less severe behaviors. As the cycle is repeated over time, these behaviors tend to become more coercive and dangerous.

Domestic violence is described by the *Family Violence Prevention Fund* "as a pattern of coercive behavior that is used by one person to gain power and control over another. It may include physical violence, sexual assault, emotional and psychological intimidation, verbal abuse, stalking, and emotional control."

Although the cycle of violence may not be present in all abusive relationships, it is a pattern that appears in many. Advocates at MCVP often work with survivors to identify and recognize this cycle as part of our safety planning services and our overall mission of educating and empowering our clients.

A victim of abuse whose batterer follows this pattern has a greater potential to experience the effects of Traumatic Bonding. Traumatic Bonding describes the bond that a victim forms with her/his perpetrator in cases where the abuse is mixed with some behaviors that appear to be kind or loving. Traumatic Bonding is also used in describing the seemingly illogical bond that many children who are emotionally, physically and/or sexually abused by an adult or caregiver may form with said perpetrator. Such complicated feelings make it even more challenging to leave the abusive relationship when coupled with all the social, economic and legal challenges.

MCVP's strong commitment to providing prevention and community education programs is an effort to reverse this cycle.

The chosen actions of the batterer are the primary reason why the cycle continues. There are, secondly, three dynamics on the part of the victim that are key in explaining why the cycle of violence may be so prevalent:

Love. The victim may still feel love (or have a traumatic bond identified as love) for her/his partner or may adhere to a social construct or idea of love, relationships, family or marriage that make it difficult for her/him to think about leaving.

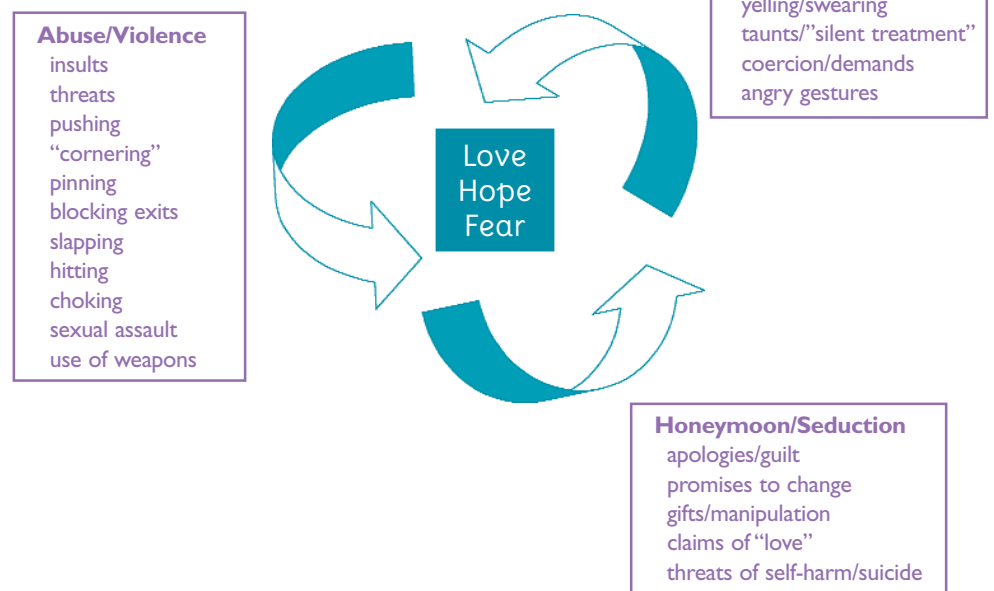
Hope. The relationship rarely starts abusively, and there are many social and cultural messages to focus on the "good" in a person or relationship. Batterers also often promise to change and will typically have very persuasive, manipulative personalities.

Fear. The victim feels that the batterer is right and no one else will ever want her/him, that she/he will fail on her/his own (many households are two or three paychecks away

from homelessness or are unable to sustain themselves with one income), or that the batterer really will follow through with his/her threats of violence to the victim or the victim's family.

There is another cycle we advocate witness: the intergenerational cycle of violence. Children who grow up in violent or abusive homes are at a higher risk to become victims or perpetrators as young adults or adults. When children either witness abuse or violence in their home or are directly victimized, they may come to think of violence or abuse as normal. MCVP's strong commitment to providing prevention and community education programs is an effort to reverse this cycle. However, intervening with support services for victims who are currently in the cycle of violence, as originally identified by Dr. Lenore Walker, remains a crucial piece of our advocacy work.

The Cycle of Violence



How MCVP is Working to Break the Cycle of Violence

The Continuum of Violence



Why would a crisis center take on the task of addressing bullying in elementary schools? At MCVP, we believe that violence happens on a continuum. The prevention education programs we provide to school-age children and young adults are based on this theory.

The continuum of violence pictured above does not draw an absolute conclusion that all school yard or adolescent bullies become perpetrators of sexual harassment nor that all harassers become batterers or abusive partners. It does, however, convey that the dynamic of trying to gain power and/or control over another person is the predominant factor in all of these behaviors. It is this root cause of domestic and sexual violence that our prevention education programs target.

Our “Bullyproof” program designed for K-Grade 5 takes a whole-school approach to solving the problem of bullying. Students learn a common language to communicate with

peers and adults regarding their experiences of being either a target of or a bystander to bullying. In fact, the role of the bystander is an integral piece in all of our student-oriented programming. They also learn non-violent, effective responses to bullying.

MCVP’s work with Sexual Harassment Awareness and Prevention is typically geared toward middle school students. Numerous studies have shown these gender-based bullying behaviors to peak in the middle school years. This program focuses on identifying what constitutes sexual harassment, effective responses, and familiarity with the school’s specific policy and Federal Law Title IX.

At the high school level, MCVP offers both Teen Relationship Violence (TRV) and Sexual Assault Awareness programs. Either program may be formatted for block or 40-minute class scheduling. TRV’s goals are to help students understand the early warning signs of an abusive relationship, leave the program

knowing what community resources are available to them and provide them with skills to help a friend who may be experiencing an unhealthy relationship, as teens often seek help from peers. The Sexual Assault Awareness program presents the crime of sexual assault in a realistic light and discusses the concepts of consensual versus non-consensual sex. Drug-facilitated sexual assault and the most common substances used to perpetrate this crime are also discussed. The differences between the concepts of prevention (which can only be accomplished by the potential perpetrator) and risk-reduction (strategies that a potential victim may choose) are a key component.

MCVP is dedicated to carrying out the portion of our mission that calls for breaking the cycle of violence. We, at MCVP, believe that silence is the fuel that keeps the flames of violence burning. We work to give prevention a voice.

• Children who bully are more likely to report that they own guns for risky reasons, such as to gain respect or frighten others. Research also shows that boys who are identified as bullies in middle school were four times more likely than their non-bullying peers to have more than one criminal conviction by age 24. US DHHS/HRSA

• 81% of 2,064 U.S. students polled in grades 8-11, reported being sexually harassed on one or more occasions during their school careers. Of those who responded yes, 83% were females and 79% were males.

Hostile Hallways, 2001 AAUW Study

• Approximately 1 in 5 female students (9th through 11th grades) reported being physically and/or sexually assaulted by a dating partner.

Journal of the American Medical Association, August 1, 2001

Calendar of Events

For more information, please contact MCVP at 603-352-3782 or visit www.mcvprevention.org

January

STALKING AWARENESS MONTH

February/March

The Vagina Monologues

Area productions by The Keene State College Feminist Collective, Franklin Pierce College and the Monadnock V-Day Project. Proceeds benefit MCVP.

March

Tuesday, March 20th

The Yellow Dress at Conval High School

A one-woman performance about teen dating violence. *The Yellow Dress* is a program of Deana's Fund. The pre-performance classroom discussions, performances and post-performance discussions are made possible by a grant from the A. Erland & Hazel N. Goyette Memorial Fund of the NH Charitable Foundation.

April

SEXUAL ASSAULT AWARENESS MONTH

Saturday, April 14th

Walk a Mile in Her Shoes®, The Men's March to Stop Rape, Sexual Assault and Gender Violence

MCVP, Keene State College's Sexual Assault/Harassment Prevention Education Program, and Monadnock Men's Resource Center is holding a walk to raise awareness about sexual violence. The one-mile walk, in which everyone can participate, is led by men wearing women's shoes (heels or flats). The walk is a way for men to express that sexual violence is a community issue, not a women's issue alone, and to show their support for the women in their lives who have experienced sexual violence. The walk begins at Keene State College and finishes at Railroad Square on Main Street in Keene. 9 am registration; 10 am walk. Event Sponsors: The Keene Sentinel, Noyes Volkswagen of Keene

MCVP Volunteer Training

Complete the 40-hour training to become a crisis line volunteer for MCVP's 24-hour crisis hotline for domestic violence, sexual assault and stalking. Crisis intervention volunteers answer telephone calls weekdays after 4 pm and on weekends from the 24-hour crisis line and provide confidential crisis intervention, support, and information to survivors, their families, and

friends. Volunteers who successfully complete the training are asked to staff the crisis hotline for four shifts per month and attend quarterly volunteer meetings. Volunteers are supported by MCVP staff.

June

Tuesday, June 19th

MCVP event at the Peterborough Players

Join us for a dessert reception followed by a special preview performance of *Visiting Mr. Green*. This comedy/drama is about Mr. Green, a cantankerous retired dry cleaner and Ross, a hard-charging 29-year-old corporate executive, whose paths cross when Ross is given community service to help Mr. Green once a week for six months. Event Chairs: Elaine Holden and David Lauren

Ticket Prices: General Admission \$25 per person;

Event Sponsor \$100 per person

October

DOMESTIC VIOLENCE AWARENESS MONTH

Cell Phone Drive

The donated phones are used for 911 phones for shelter guests and are recycled through the Shelter Alliance program. Proceeds support MCVP programs and services.

MCVP Volunteer Training

(Please refer to the description under April activities)

November

2nd Annual Make-Over Marathon

The community is invited to attend a Make-Over Marathon to benefit MCVP. The make-over sessions, facilitated by Mary Kay Independent Consultants, will include a choice of skin care, glamour application techniques and/or Satin Hand Pampering. Event Chair: Kay Georgina, Mary Kay® Independent Senior Sales Director

December

Holiday Family Sponsorship Program

Help our clients make the holiday a happy one; sponsor a family's holiday gift wish list.

Cheshire Tire Elm City Basketball Tournament at Keene State College

Visit our information table located in the refreshment area.

Monadnock Center for Violence Prevention

Our Mission

MCVP assists victims of domestic violence, sexual assault and stalking who live or work in the Monadnock Region through a comprehensive effort of prevention education programs and crisis intervention services.

MCVP reduces the incidence and impact of domestic violence, sexual assault and stalking by advocating for public policies that help to empower victims and break the cycle of violence.

MCVP's advocate philosophy is based on the empowerment model. We educate, inform and provide options to our clients and support them in their decisions in a non-judgmental manner. In 2006, we served 731 people, 90% of whom are women and 10% men.

As a non-profit agency, we could not provide the quality and depth of service without our volunteers. We gratefully acknowledge all the crisis intervention workers, Champions, office volunteers, and The NH Bar Association DOVE and Beyond DOVE Project Volunteers.

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MCVP is a non-profit 501(c)(3) agency. MCVP is one of 14 crisis centers of the N.H. Coalition Against Domestic and Sexual Violence and a Monadnock United Way agency.

Thank you for your
help to empower
survivors and break
the cycle of violence



Credit card donations can now be
made online: www.mcvprevention.org

Please mail donations to: MCVP, 12 Court Street, Keene, NH 03431

Name: _____

(as you would like to be listed in our materials)

I/we prefer to remain anonymous

Address: _____

City: _____

State, Zip: _____

Home Phone: _____

Work Phone: _____

E-Mail: _____

Please send all correspondence by:

email only U.S. mail only both email and U.S. mail

Total Donation: \$ _____

My company has a matching gift program.

I/we would like to speak with you about including MCVP in my/our will.

Check enclosed *Please make check payable to MCVP*

I/we have made a credit card donation online at www.mcvprevention.org

Please bill me.

Credit Card Name on Card _____

Card # _____ Exp. Date _____

Security Code _____ Signature _____

My donation is: in honor of in memory of

Please notify the person/family at the following address:

Questions? Please contact Janet at 603-352-3782 or
development@mcvprevention.org

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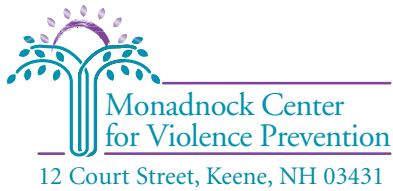
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Our apologies for any names that we omitted or misspelled. Please inform us of any errors. Thank you.



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Domestic Violence Sexual Assault & Stalking

24-Hour Crisis Line

Emergency Shelter

Safety Planning

Information & Referral

Peer Counseling

Support Groups

Medical & Legal Advocacy

Education & Outreach

Main Office

Cheshire County Superior
Court House
12 Court Street
Keene, NH 03431
603-352-3782
Mon.-Fri.: 8:30am - 4pm

Satellite Offices

The River Center
46 Concord Street
Peterborough, NH 03458
603-209-4015
Mon.: 8:30am - 4pm

Monadnock Family Services

15 North Street
Jaffrey, NH 03452
603-209-4015
603-532-6288
Wed. & Fri.: 8:30am - 4pm

24-Hour Crisis Line 1-888-511-MCVP (6287)

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