



SURVIVOR'S HANDBOOK



DOMESTIC VIOLENCE



SEXUAL ASSAULT



STALKING

“NO ONE DESERVES TO LIVE IN FEAR”



**24/7 CRISIS HOTLINE
1-800-466-3805 OR 580-482-3800**

Who We Serve

We provide services nationwide and statewide, with our service areas of focus being Jackson, Greer, Harmon, Tillman and Kiowa counties in Rural Oklahoma.

A Helping Hand, Not a Handout

Safe Haven believe a holistic approach is the best way to help survivors, and our program aims to go beyond just providing temporary assistance. Individual goals are identified and turned into action steps that become a personalized empowerment plan. The step-by-step plan is a road map for progressing forward in life. We give every client a safety plan, and educate them on how to remain safe after leaving the shelter. Clients will be set up with help to get needed documents, mental health counseling, clothing, diaper services, housing assistance, and jobs. We also offer safety planning, education, court advocacy and referrals to medical, counseling support, children's services, community resources and other victim services. We provide access to Domestic Violence classes and Parenting classes through a contract with the Department of Human Services.

Hotline

The core of Safe Haven is our 24-hour Crisis Hotline. A Safe Haven representative is standing by and available to talk at all hours of the day, seven days a week. We'll provide a helpful and considerate ear no matter what you're going through. We'll help get you started on taking the next steps to improve your situation, whether through our shelter services or by referral to the appropriate program or agency. Anyone is welcome to utilize our hotline. Regardless of what you're going through, you don't have to deal with it alone. Call [1-800-466-3805](tel:1-800-466-3805) or [\(580\)482-3800](tel:580-482-3800) to speak with a qualified Safe Haven representative, and let us be there for you.

Shelter

The first step is ensuring your safety. Safe Haven has an emergency shelter in a fully undisclosed safe house. The shelter has 11 beds, with the capacity for 15, available for women and children. Adult male survivors will be sheltered for up to three days in a local motel or provided a bus ticket, depending on the individual's situation and needs. Extensions are available in certain circumstances. Clothing and food is provided for occupants. Our shelter also has a storeroom with available diapers, toiletries, and other necessities. Home goods, or the funds for, are provided when clients are ready to move out. We also assist with housing referrals, and will be there with you as you establish a permanent, safe living situation after leaving the shelter. Transportation is provided for clients through a partnership with Southwest Transit. You won't be stranded trying to find a

ride. We'll be able to get you to-and-from doctor's appointments, job interviews, the Health Department, or wherever you need to go in order to get your life back on track.

TABLE OF CONTENTS

| INTRODUCTION | PAGE |
|--|-------------|
| <hr/> | |
| SECTION 1: DOMESTIC VIOLENCE | PAGE |
| <hr/> | |
| Explained | |
| About the Victims | |
| About the Batterers | |
| About the Children | |
| Assessing Risk, Safety Planning and Transition | |
| SECTION 2: SEXUAL ASSAULT / RAPE | PAGE |
| <hr/> | |
| Explained | |
| About the Victims | |
| About the Perpetrators | |
| Recovery | |
| SECTION 3: STALKING | PAGE |
| <hr/> | |
| Explained | |
| About the Victims | |
| About the Stalkers | |

Reaction & Action

RESOURCES

PAGE

Oklahoma Crime Victims' Rights and Statutes

Oklahoma Protective Orders

Oklahoma Victims' Compensation

Oklahoma District Attorney Victim Coordinators

SW Oklahoma Counseling Service Providers

SOURCES

Oklahoma State Court Network: oscn.net

Oklahoma Attorney General: oag.ok.gov

The National Child Traumatic Stress Network: www.nctsn.org

Healing the Invisible Wounds: Children's Exposure to Violence
www.safestartcenter.org

The Child Witness to Violence Project: www.childwitnessviolence.org

The Center for Children and Families in the Justice System: www.lfcc.on.ca

SECTION 1: DOMESTIC VIOLENCE

BILL OF RIGHTS FOR SURVIVORS OF DOMESTIC ABUSE

- ❖ I will not be blamed or shamed for having been a victim.
- ❖ I have the right to be happy.
- ❖ I have the right to be free of all forms of abuse: physical, mental, emotional, psychological, sexual or societal.
- ❖ I have the right to feel my feelings.
- ❖ I have the right to take care of myself.
- ❖ I have the right to have my feelings met.
- ❖ I have the right to my choices.
- ❖ I have the right to be loved in a healthy way.
- ❖ I have the right to live without fear.
- ❖ I have the right to express myself.
- ❖ I have the right to forgive myself for things in the past.
- ❖ I have the right to make a better life for myself.

Domestic violence: a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.

Domestic violence can be physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure or wound someone.

United States Department of Justice, Office on Violence Against Women

The existence of **emotional, verbal, intimidation and threats**



within the relationship may indicate that **physical abuse** will follow. **Without intervention**, domestic violence never gets better and never stays the same. Domestic violence **ALWAYS** escalates over time.

EVERY EPISODE OF VIOLENCE IS CONNECTED TO THE NEXT



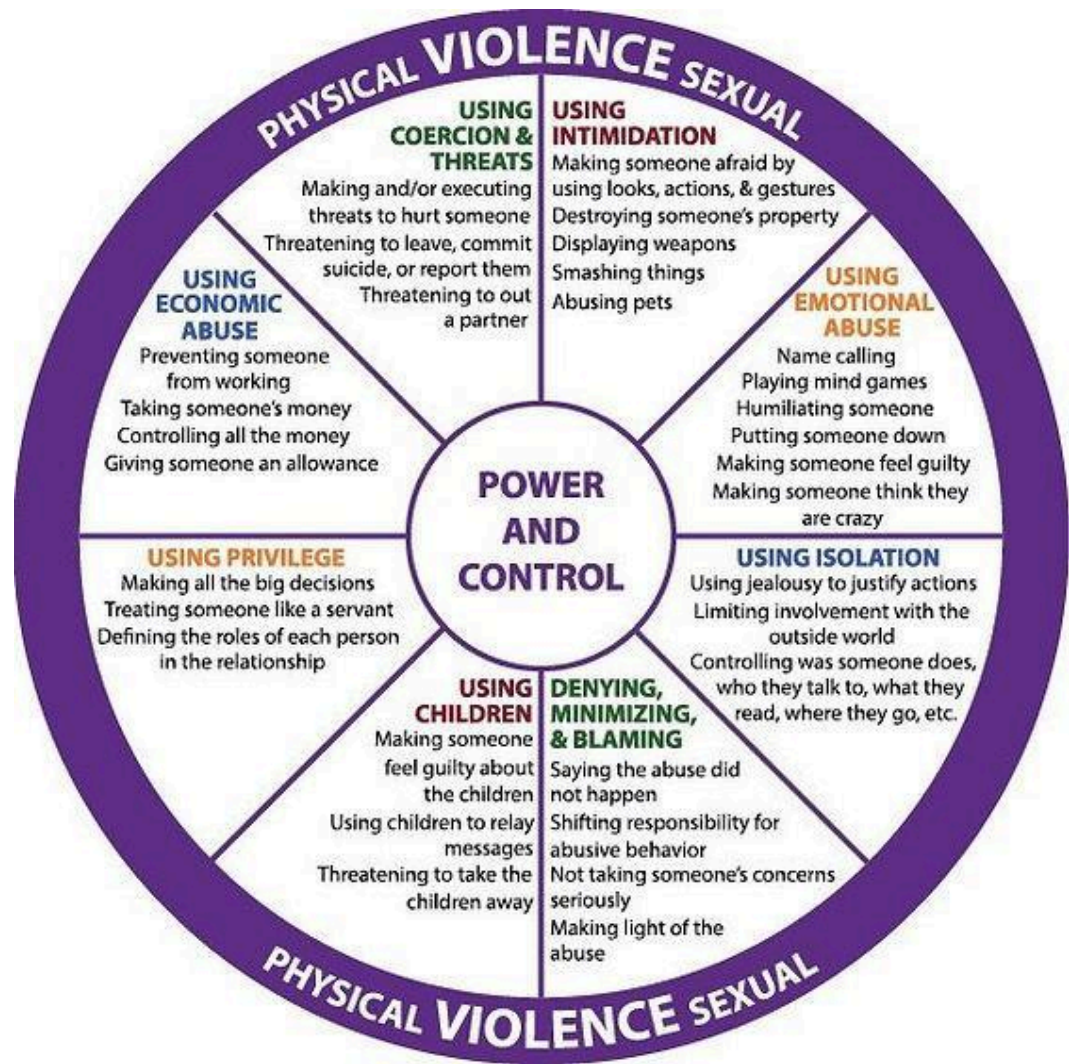
Domestic Violence is no respecter of persons. It can happen to **families, children** and **entire communities**. Victims can be anyone: young or old, rich or poor, men or women. Violence is not correlated with race, religion, income, education, profession or sexual orientation.

Domestic violence can occur at **any time, any place** and for **any reason**. Batterers select the time, tactics, intensity and duration of assaults.

This keeps victims off guard and at the mercy of their partners.

Domestic violence is about the **power and control** the abuser has over you. **Acts of violence ARE NOT random** and ARE NOT initiated by people who are out of control or unaware of what they are doing.

Every act is terrifying with consequences. The intent of the abuser's behavior is systematic terrorization, resulting in domination, power and control over the victim.



Forms of Domestic Violence

USING DOMINANCE

- Abuses hierarchy of privilege
- Treats them like a servant
- Makes all the big decisions
- Acts as “master of the castle”
- Defines partner roles

USING ECONOMIC ABUSE

- Prevents partner from getting/keeping a job
- Makes partner ask for money
- Blames partner for financial gaps
- Takes their money

- Limits or removes access to family income

SPIRITUAL ABUSE

- Manipulates religious texts to demand obedience, justify beating, or limit physical movement
- Coerces partner to have sex by citing it is a God-given right for spouses

USING ISOLATION

- Controls what partner does, who they see and talk to, what they read, where they go
- Limits outside involvement

- Uses jealousy to justify actions
MINIMIZING, DENYING, AND BLAMING
- Makes light of the abuse
- Doesn't take their concerns seriously
- Denies abuse happened/is happening
- Shifts responsibility for abusive behavior
- Says they caused it

USING CHILDREN

- Makes partner feel guilty about the children
- Uses children to relay messages
- Uses visitation to harass them
- Threatens to take the children away

CULTURAL ABUSE

- Acceptance of in-law abuse (physical, emotional, and financial)
- Uses cultural norms to limit physical movement, justify beating, demand subservience
- Limits partner's role to "spouse" and "parent" and prevents them from working
- Prevents the possibility of moving on to another relationship (ruining their reputation)

USING IMMIGRATION STATUS

- Threatens to deport partner and/or children
- Prevents them to learn English
- Isolates them from anyone that speaks their native language
- Reports them to Immigration and Naturalization Services

- Refuses to fill out paperwork to file for citizenship/ permanent status
- Intentionally withdraws paperwork once it's been filed to jeopardize their legal status

USING COERCION AND THREATS

- Makes and/or carries out threats to do something to hurt the partner
- Threatens to leave them, to commit suicide
- Forces them to drop charges
- Forces them do illegal things

USING INTIMIDATION

- Scares partner by using looks, actions, gestures
- Smashes things
- Destroys their property
- Pet abuse
- Displays weapons

USING EMOTIONAL ABUSE

- Insults
- Makes them feel bad about themselves
- Name-calling; calling them 'crazy'
- Gas lighting
- Humiliation
- Guilt trips

USING PHYSICAL ABUSE

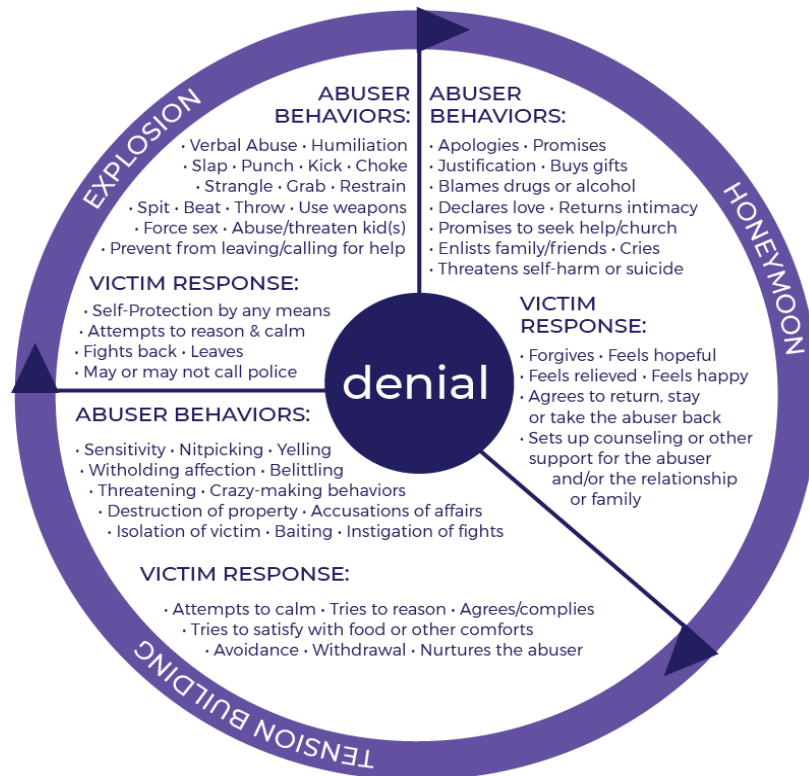
- Hitting, slapping, punching, biting, burning, grabbing, choking, pushing, hair pulling, kicking, throwing objects

USING SEXUAL ABUSE

- Forcing sex, refusing to use birth control, forcing fantasies, having affairs, becoming angry when denied sex

POWER AND CONTROL

The Cycle of Violence (Three Phases)



Domestic violence has a consistent pattern of behavior that continually repeats itself. As time goes on and without proper intervention, the pattern repeats itself more frequently and the violence becomes more severe.

Tension Building Phase: Commonly described as feelings of “walking on eggshells.” The victim knows that things are not going well. The abuser is edgy and easily agitated. The victim tries to manipulate his or her surroundings by being extra pleasing (cooking, keeping the house clean, making the kids behave) during this time to appease the abuser.

Explosive Phase: This is when someone gets hurt. Verbal fighting has occurred and the abuser uses some type of physical violence. When the victim is in crisis mode, the police are often called.

Honeymoon (seduction) Phase: The abuser is remorseful to varying extents; promises are made and sometimes gifts are given. The abuser becomes scared of losing control of his or her partner and will try whatever means necessary to keep the victim in the relationship.

DOMESTIC VIOLENCE MYTHS AND FACTS

Myth: If the abuse was that bad, the victim would just leave.

FACT: Victims stay in abusive relationships for many reasons. Some of these reasons include fear for physical safety, having no place to go, no access to money, hoping the violence will stop, etc. Some studies show that victims

FACT: Studies of domestic violence have found that abuse occurs among all types of families, regardless of income, profession, religion, ethnicity, sexual orientation, educational level or race. However, lower income victims and abusers may be over represented in calls to police and shelters because of a lack of other resources.

Myth: Domestic violence only happens in poor, undereducated families.

Myth: Drugs and alcohol use causes abuse.

FACT: Although there is a high correlation between drugs/alcohol and battering, it is not the cause of abuse. Abusers use drugs and alcohol as one of many excuses for their violent behavior. Blaming drugs and alcohol is easier than taking responsibility for their own actions.

Myth: The abuser is just “out of control.”

Myth: Children are not aware of violence in the home and are not affected

FACT: The abuser is very much in control. The abuser chooses whom, when

FACT: Studies show that 90% of children report that they know that their parents are violent. They are often able to describe in great detail the types of violence that are occurring and the offending parent. Children who witness violence have long lasting effects. Children are often physically injured during violent episodes. ALL children that witness domestic violence are emotionally injured. Domestic violence in the home is the number one predictor of child abuse.

by the violence in the home.

Myth: Domestic violence is rare.

FACT: On average, nearly 20 people per minute are physically abused by an

Barriers To Consider

Economic dependence: Lack of equality in pay between the sexes in our society; lack of housing and childcare; greater stigma attached to public assistance; and lack of financial resources (no money or no job).

Fear of greater physical damage: To the victim and/or the children if the attempt to leave is made. Threats may also be made to friends, family and animals.

Fear of custody fight over the children: Often threatening by a batterer – “I’ll take the children away” or “you’ll never see them again.”

Fear of emotional damage to children: Social pressure to “stay together for the sake of the children” or “children need both parents.”

Isolation: resulting in lack of support from family and friends.

Lack of information: about alternatives or no resources available in the area.

Cultural and religious restraints.

Love of the person: A strong commitment to marriage; a desire to make the relationship work.

Hope that the abuser will change.

Fear that the abuser won’t be able to survive alone: There may even be threats of suicide.

Guilt and humiliation related to the abuse: Domestic abuse damages self-esteem and self-worth.

Myths about abuse often blame the victim: A victim may have accepted the blame.

History of family violence an acceptance of violence as a usual course in relationships: Victims may not realize that they have the right of not being abused.

First time experiencing violence: A victim may believe he/she is the only person experiencing the problem and may be embarrassed to talk about it.

A victim may doubt her/his own sanity: Accepting the abuser’s reality.

Fear of Death: A woman’s greatest time of risk is when she leaves her abuser. Her risk of death increases 7x in the first 7 days.



Abusers

Men or Women can be abusers.



Victims and abusers often have common characteristics:

- Both may have been raised in abusive homes;

Childhood trauma is NOT an excuse for abusive behavior.

- Witnessed violence or been abused or neglected as children;
- Learned abusive behavior as a normal response to stress, relationships and lifestyles.



Characteristics of abusers and “red flags”

- Extreme jealousy, wants complete control
 - Violent temper, loses temper easily
- Low self-esteem, poor self-image, feelings of insecurity or inflated ego, sense of entitlement over rest of human race
 - Preoccupation of weapons
 - Abuse of alcohol or drugs
- Moves fast in relationships
 - Dislike for authority figures
 - Cruelty to animals or children
 - Isolation
- Breaking or striking objects
- Past history of violence
 - Controlling behavior
 - Unrealistic expectations
- Blames others or circumstances for problems
- Blames others for their own feelings
- Hypersensitivity
 - Dual personalities
 - Rigid gender roles



HOW DOES DOMESTIC VIOLENCE AFFECT CHILDREN

Children who **witness** the beating of their mother or father have **significant behavioral** and/or **emotional** problems.

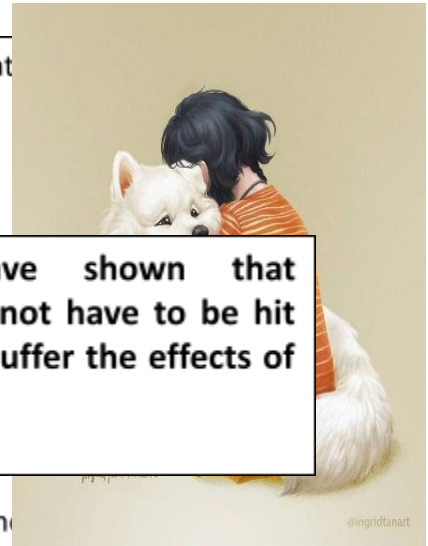
This includes:

- Stuttering;
- Anxiety;
- Fears;
- Sleep disruption;
- Excessive crying;
- School problems;
- Psychosomatic disorders.

Studies have shown that children do not have to be hit in order to suffer the effects of violence.

Domestic violence even effects the fetus. Abused women

- Spontaneous abortions;
- pre-term labor;
- fetal injuries;
- low birth weight babies.



Witnessing violence in the home has **detrimental** effects.

Children who **see** or **hear** violence live in **fear**.

A child's **brain** may develop **differently** from the brain of a child raised without fear.

Part of the brain that **controls** learning, logic, empathy, sympathy and remorse (all the finer thinking processes) does not develop normally because a **fearful** child is developing a brain that **reacts** to fear.

The child goes into a "**fight, flight or freeze**" mode of thinking, with the brain cueing the body to elevate heart rate, respiration and blood pressure.

DOMESTIC VIOLENCE

!!!!

**your safety first
if you are affected you
may be affecting**

to give your

Children

- **Recognize your strengths as a person and a parent**
- **You should know that what your child may share can be difficult and painful for you to hear**

=====

- **IDENTIFY & CELEBRATE** your child’s strengths
- **MAKE TIME** for you child
- **PRAISE** your child
- **NURTURE** your child’s strengths
- **LISTEN** to your children if they want to talk about it or ask question
- **VALIDATE** your children’s feelings
- **COMFORT** your children
- **CUDDLE** your children
- **PLAY** with your children

TALK to your children....

“Violence is NOT Okay.”

“It isn’t your fault.”

“I will do everything I can to help you be safe.”

“It’s not your job to fix what is wrong in the family.”

“I want you to tell me how you feel. It’s important and I can handle it.”

“It’s okay to have mixed feelings about either or both of your parents.”

- ___ **4.** Is he/she unemployed?
- ___ **5.** Has he/she ever used a weapon against you or threatened you with a lethal weapon?
 - ___ **5a.** If yes, was the weapon a gun?
- ___ **6.** Does he/she threaten to kill you?
- ___ **7.** Has he/she avoided being arrested for domestic violence?
- ___ **8.** Do you have a child that is not his/hers?

- _____ **9.** Has he/she ever forced you to have sex when you did not wish to?
- _____ **10.** Has he/she ever tried to choke you?
- _____ **11.** Does he/she use illegal drugs? By drugs meaning: “uppers”, amphetamines, meth, speed, angel dust, cocaine, “crack”, street drugs or mixtures.
- _____ **12.** Is he/she an alcoholic or problem drinker?
- _____ **13.** Does he/she tell you who you can be friends with, when you can see your family, how much money you spend, or when you can take the car?
- _____ **13a.** Do you let him/her control most of your activities?
- _____ **14.** Is he/she violently and constantly jealous of you?
- _____ **15.** Have you ever been beaten while you were pregnant?
- _____ **16.** Has he/she ever threatened or tried to commit suicide?
- _____ **17.** Has he/she threatened to harm your children?
- _____ **18.** Do you believe he/she is capable of killing you?
- _____ **19.** Does he/she follow or spy on you, leave threatening notes or messages, destroy your property, or call you when you do not want him/her to?
- _____ **20.** Have you ever threatened or tried to commit suicide?

Total YES Answers #1 - #19 _____

Add 4 points for YES to #2 _____

Add 3 points each for YES to #3 and #4 _____

Add 2 points each for YES to #5, #6 and #7 _____

Add 1 point each for YES to #8 and #9 _____

Subtract 3 points if 3a is checked _____

Total Score _____

Less than 8 (Variable Danger)

8-13 (Increased Danger)

14-17 (Severe Danger)

18 or more (Extreme Danger)

Several risk factors have been associated with increased risk of murders of women and men in violent relationships. We cannot predict what will happen, but we want you to be aware so that you can plan for your safety and seek help.

SECTION 2: SEXUAL ASSAULT / RAPE

Explained

About the Victims

About the Perpetrators

Recovery

Sexual Violence Defined:

Sexual violence is a range of behaviors, including but not limited to: sexual harassment; a completed nonconsensual sex act (i.e., rape); an attempted nonconsensual sex act; abusive sexual contact (i.e., unwanted touching); and non-contact sexual abuse (e.g., threatened sexual violence, exhibitionism, verbal harassment). Some or all of these acts may also be addressed in [Employer's] Sexual Harassment Policy. Sexual violence is any sexual act or behavior that is perpetrated against someone's will when someone does not or cannot consent. Victims of sexual violence may know the perpetrator(s), such as a coworker or a supervisor, and/or may be involved in a dating or marital relationship with the perpetrator, or the perpetrator may be unknown to the victim. Consent is not given when a perpetrator uses force, harassment, threat of force, threat of adverse personnel action, coercion, or when the victim is asleep, incapacitated, or unconscious.

SECTION 3: STALKING

Explained

About the Victims

About the Stalkers

Reaction & Action

Stalking Defined:

Stalking refers to harassing, intimidating or threatening conduct that causes the victim to fear for his or her safety or the safety of a family member, or would cause a reasonable person in a similar situation to fear for his or her safety. Stalking conduct includes, but is not limited to: following or spying on a person; appearing at a person's home or work; engaging in unwanted, harassing, or threatening phone calling, emailing, texting, etc.; waiting at places in order to make unwanted contact with the victim or to monitor the victim; leaving unwanted items, presents, or flowers for the victim; and posting information or spreading rumors about the victim on the internet, in a public place, or by word of mouth. Stalking may occur through use of technology including, but not limited to: email; voicemail; text messaging; and use of GPS and social networking sites.

RESOURCES

Oklahoma Crime Victims' Rights and Statutes

Oklahoma Protective Orders

Oklahoma Victims' Compensation

Oklahoma District Attorney Victim Coordinators

SW Oklahoma Counseling Service Providers

Oklahoma Crime Victims' Rights

Oklahoma Constitution

OK Article II, § 34

OSCN Statutes

10A O.S. § 2-7-801

21 O.S. § 142

21 O.S. § 142A

21 O.S. § 142C

21 O.S. § 748.2

22 O.S. § 40

22 O.S. § 60

22 O.S. § 991a 13-21

22 O.S. § 991f

22 O.S. § 1015

22 O.S. § 1105

22 O.S. § 1327

22 O.S. § 1410

57 O.S. 360.1

57 O.S. § 332.2