

October 2006



SPEAK

*Crime - It's Real, It's Wrong
Speak Out for Yourself or Someone Else*

We are growing to better serve our Community— Here's how!

Mission Statement

To Educate, Empower & Embrace victims as they speak the truth on their journey to justice.

CAFY's Vision

To help victims become confident and empowered survivors by holding offenders accountable. To have a shared sense of responsibility and community awareness through continuous education and an advocacy-minded judicial system

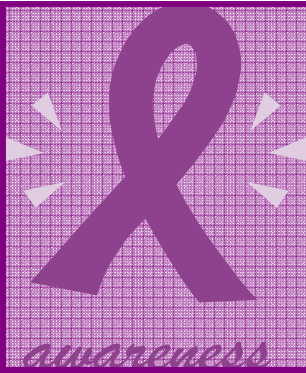
Domestic Violence is a CRIME

For Immediate Assistance - Call 911!

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

Family Crisis Center– 24-Hour Toll Free Domestic Violence Hotline: 1-866-DVCRISIS

Family Crisis Center Alternate Domestic Violence Hotline : (301)-731-1203



Battered Women's Bill of Rights

- She has the right NOT to be abused.
- She has the right to anger over past beatings.
- She has a right to choose to change the situation.
- She has a right to freedom from fear of abuse.
- She has a right to request and expect assistance from police or social agencies.
- She has a right to share her feelings and not be isolated from others.
- She has a right to want a better role model of communication for her and her children.
- She has a right to be treated like an adult.
- She has a right to leave the battering environment.
- She has a right to privacy.
- She has a right to express her own thoughts and feelings.
- She has a right to develop her individual talents and abilities.
- She has a right to legally prosecute the abusing spouse.
- She has a right not to be perfect.

- Reprinted from *Victimology: An International Journal*, Vol. 2 1977-78, No. 3-4, p.550

Domestic Violence

Domestic violence is a pattern of behavior used to establish power and control over another person through fear and intimidation. It occurs between people who are or have been in an intimate relationship, and often includes the threat or use of violence. It happens when one person believes they are entitled to control another. It is a crime.

Domestic violence can take many forms. It can include *emotional abuse*, such as name-calling and put-downs, and *economic abuse*, when one person uses money and finances to control the other. Often an abusive partner may be *sexually abusive, use or control the children, or threaten, isolate, or intimidate the other*. All of these behaviors are used to maintain fear, intimidation and power. Not all of these behaviors -- such as emotional abuse -- are against the law, but none of them are acceptable...and no one deserves abuse. In most cultures, the perpetrators are commonly men, and women are usually the victims of violence; however, domestic violence does occur in gay and lesbian relationships as well as in teen relationships.

The most common types of Domestic Violence are physical and psychological.

Physical abuse is usually recurrent and usually escalates both in frequency and severity. It may include the following:

- ◆ *Pushing, shoving, slapping, hitting, punching, kicking the victim.*
- ◆ *Inflicting bruises, welts, lacerations, punctures, fractures, burns, scratches*
- ◆ *Strangling the victim*
- ◆ *Assaulting the victim with a weapon*

Emotional or psychological abuse may precede or accompany physical violence as a means of controlling through fear and degradation. It may include the following:

- ◆ *Physical and social isolation, Intimidation, degradation, and humiliation.*
- ◆ *Name calling and constant criticizing, insulting, and belittling the victim*
- ◆ *Threats of harm or acts of violence/injury*

The Cycle of Violence

Dr. Lenore Walker identified three distinct phases that comprise the "cycle of violence".

The phases vary in duration and intensity; as such, it is difficult to predict how long a batterer and victim will remain in any one phase or in the length of individual cycles."

Phase One is described as the tension building phase in which the abuser becomes more and more prone to react to any stimulus negatively. The victim responds to the escalation in tension by trying to nurture or appease him--or to stay out of his way.

Phase Two is the battering incident. Phase two is the shortest phase, usually lasting from minutes to a few hours. Both the batterer and the victim find ways of rationalizing the seriousness of such attacks.

Phase Three is described as the "honeymoon phase." Just as phase two is characterized by brutality, phase three is characterized by the extremely kind, loving, and contrite behavior of the abuser. He knows he has gone too far and tries to make it up to his victim. It is a phase welcomed by both parties, but ironically it is the phase during which the woman's victimization becomes complete.

-Adapted from Dr. Lenore Walker's "The Battered Woman"

Does Domestic Violence Affect Children?

YES.

Staying in an abusive relationship to maintain a child's two-parent household is a mistake. Children are aware of what is going on and although they will not have an adult understanding of what is happening, they will recognize and be affected by domestic violence. A child's response to the violence will vary depending on his or her age. Even very young children will experience anxiety over conflicts at home. There are emotional consequences for children who witness violence in their homes.

They include:

- *Constant anxiety that can result in physical complaints caused by stress (i.e. headaches, ulcers, rashes)
- *Taking responsibility for the abuse and feeling helpless to change the situation
- *Low self-esteem, fearfulness, depression and sometimes suicide
- *Delinquent behaviors including aggression, substance abuse and running away from home.

Children who witness domestic violence are at risk for other problems such as:

- *Children may sustain physical injuries or die as a result of either intentional harm to the child (i.e., when a child is protecting the parent) or accidental injury.
- *Children may also be victims of physical abuse or neglect by either parent/partner.
- *Boys who witness domestic violence are more likely to batter their female partners as adults than boys raised in non-violent homes.

-Courtesy of My Sister's Place

'Startling Statistic'

According to the U.S. Department of Health and Human Services, more than 324,000 pregnant women are victims of intimate partner violence annually.

Did You Know...?

There are Constitutional Laws designed specifically to protect victims of Domestic Violence. Read all about it at:

<http://www.usdoj.gov/ovw/regulations.htm>

Teen Intimate Partner Violence

MYTHS

- ★ Dating abuse is rare among young teens
... **FALSE, 1 in 4 eighth and ninth graders have experienced dating abuse**
- ★ Only physically harming your boyfriend or girlfriend can be considered abuse
... **FALSE, abuse can also include emotional and verbal abuse such as put-downs, insults or threats**

PREVENTION

Talk to your teen. Make sure they understand violence is **UNACCEPTABLE**. Let's teach our youth healthy relationships involve mutual respect, good communication and honesty.

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I GOT FLOWERS TODAY

We had our first argument last night, and he said a lot of cruel things that really hurt me. I know he is sorry and didn't mean the things he said because he sent me flowers today. I got flowers today. It wasn't our anniversary or any other special day.

Last night he threw me into a wall and started to choke me. It seemed like a nightmare, I couldn't believe it was real. I woke up this morning sore and bruised all over. I know he must be sorry because he sent me flowers today.

I got flowers today, and it wasn't mother's day or any other special day. Last night, he beat me up again, it was much worse than all the other times. If I leave him, what will I do? How will I take care of my kids? What about money? I'm afraid of him and scared to leave. But I know he must be sorry because he sent me flowers today.

I got flowers today. Today was a very special day. It was the day of my funeral. Last night, he finally killed me. He beat me to death. If only I had gathered enough courage to leave him, I would not have gotten flowers today.....

-Author Unknown

Community Advocates for Family & Youth

Core Services

Victim Services: CAFY advocates act as a 'Constant Link' through the criminal justice process by offering case management, court companionship, court preparation, and victim impact statement assistance. CAFY is currently working on forming Victim Impact Panels.

Restoration Session: Through self-help group discussion and mediation session we facilitate restoration and reunification for families, youth and adults.

Outreach Education: For Youth and Families; We provide Community education such as:

- *Youth Court Education and Parent Court Awareness*
- *Adult Courtroom Education Sessions*
- *Helping Youth Succeed in Court*
- *Identity Theft for Seniors*
- *Knowing Your Rights*

Contact Us:

Phone: 301.390.4092

Victim Services Outreach 301-772-4273

E-mail:Admin@communityadvocates.info

www.communityadvocates.info

CAFY Events

Survivors Are Free & Empowered

SAFE support group meetings for Youth and Adult victims. Sessions are held every 4th Thursday of the month at Prince George's Community College - Marlboro Hall. Call CAFY to register and receive the room number.

Youth Court Education Program

YCEP educates youth between the ages of 4-17 on what it means to be a witness in the judiciary system. The next session will be held **October 21,2006**. If you are working with youth who will be witnesses in a Maryland or DC court , you can register them for YCEP. Call or email to register your youth.

Adult Courtroom Education

ACE educates adults, 18 and over, on becoming an effective witness and courtroom protocol. The next session is **November, 2006**. Please call for more details.

CAFY Volunteers

If you are interested in giving back to your community - Volunteer with CAFY, call for information or visit our website.