

SAFETY PLAN FOR BATTERED WOMEN

Whether you are currently with your abuser or not, a safety plan can reduce your risk of being harmed. The better you plan for your departure, the safer you will be.

- **Call 911** if you are in danger or hurt.
- **Arrange a signal** with a neighbor or your children to call the police when necessary.
- **Memorize the number** of the National Domestic Violence Hotline at **1-800-799-SAFE(7233)** or **TTY 1-800-787-3224** and the number and location of your local police precinct.
- **Hide some money.** You may need it later on for a phone call, taxi, etc.
- **Hide a spare** car key and house key.
- **Gather important documents**, including the following: passports, green cards, Social Security card, birth and marriage certificates, children's immunization records, driver's license, car registration, bank accounts, order of protection, and custody papers.
- If you have an order of protection or custody papers, **carry a copy** with you at all times.
- **Hide a bag packed with basic necessities** for you and your children. (If you have a baby, don't forget diapers and formula.)
- If you leave and have an older child, **try to take something the child is attached to** such as a favorite doll.
- If you can, **document your abuse.** Take photos of injuries, get copies of medical records and police case numbers and write down each incident in a journal.

Help a Battered Woman

- ❖ Be a non-judgmental listener
- ❖ Be discrete and respectful
- ❖ Do not blame her for his violence
- ❖ Provide her with information regarding community resources
- ❖ Encourage her to seek help
- ❖ Support the woman's decision
- ❖ Refrain from offering unsolicited advice

OUR GOALS

To raise awareness of issues related to domestic violence in the Taiwanese American community

- ❖ To understand domestic violence
- ❖ To be familiar with the helping resources
- ❖ To take a stand against domestic violence
- ❖ To become a volunteer for shelters
- ❖ To be trained and become an advocate

North America Taiwanese Women Association



Domestic Violence Awareness

National Domestic Violence Hotline

1-800-799-SAFE (7233)

OR

TTY 1-800-787-3224

NATWA Domestic Violence Awareness

What is Domestic Violence (DV)?

- ❖ DV is the result of someone trying to maintain power and control over a family member or intimate partner by using physical, emotional or economic abuse.
- ❖ **Battering is a crime punishable by law.**
- ❖ Batterers' tactics include cutting off a woman's ties to her family, friends and workplace so that she has nowhere to seek help, or threatening to harm the children if she leaves or reports the violence.

Cycle of Abuse

1 Tensions Building

Tensions increase, breakdown of communication, victim becomes fearful and feels the need to placate the abuser.

4 Calm

Incidents are "forgotten"; no abuse is taking place. The "honeymoon" phase.

2 Incident

Verbal, emotional & physical abuse
Anger, blaming, arguing, Threats
Intimidation

3 Reconciliation

Abuser apologizes, gives excuses, blames the victims, denies the abuse occurred, or says that it wasn't as bad as the victim claims

Why don't battered Asian women simply leave?

- ❖ Cultural impact: self and family shame
- ❖ Fear that partners will abandon them
- ❖ Fear that partners will take away their children
- ❖ Fear that partners will hurt their family members
- ❖ Fear that partners will refuse to help them get permanent residency
- ❖ Fear that partners may be deported
- ❖ Lack of English fluency
- ❖ Lack of support from family or friends
- ❖ Lack of societal support
- ❖ Lack of financial resources
- ❖ Lack of access to or knowledge of basic social services

Domestic Violence is a violation of human rights

Myths & Realities about DV

- * **Myth:** Domestic violence mainly happens only to certain types of people, for instance the poor or uneducated.
- Reality:** Domestic violence is blind to ethnicity, race, social class and education levels. There are abusers and victims from all walks of life. Abusers can be respected members of their community, seen by many on the outside as charming and amiable people.
- * **Myth:** Domestic violence is the woman's fault. A woman can prevent abuse by obeying her husband or trying harder to please him.
- Reality:** Many battered women make numerous attempts to change their behavior, hoping that will stop the abuse. Ironically, this approach may only fuel the abuser's control. Only the abuser can change his or her own behavior.
- * **Myth:** A victim of abuse can always walk away from the relationship. She only stays because she has low self-esteem or because she is allowing herself to be abused.
- Reality:** There are many reasons for why women don't leave abusive relationships. When battered women flee, they are at the highest risk of retaliation from their abuser who may become angry that he has lost control over the situation and the victim. Abusers are very controlling and often deny their victims access to resources including money, information and social support. If the survivor is an immigrant, her resources may be even more limited and she may face additional language, cultural, legal and economic barriers.
- * **Myth:** Domestic violence is a family issue and should not be discussed or dealt with outside of the family.
- Reality:** Domestic violence affects us all. It is a community issue, and outside support is one of the most vital resources for a survivor. Domestic violence is also a crime.