



DID YOU REGISTER ONLINE?

IF NOT...

SCAN ME



SOUTHWESTERN ILLINOIS

24 HOUR HOTLINE 618-236-2531



purpleone™



Welcome to PurpleOne Training

Presented by Violence
Prevention Center





purpleone™

Certificate of Attendance & CEUs if provided

To Receive a Certificate or Credits You Must:

- Register individually at purpleone.org
- Complete Training Evaluation and/or Knowledge Test

Questions?

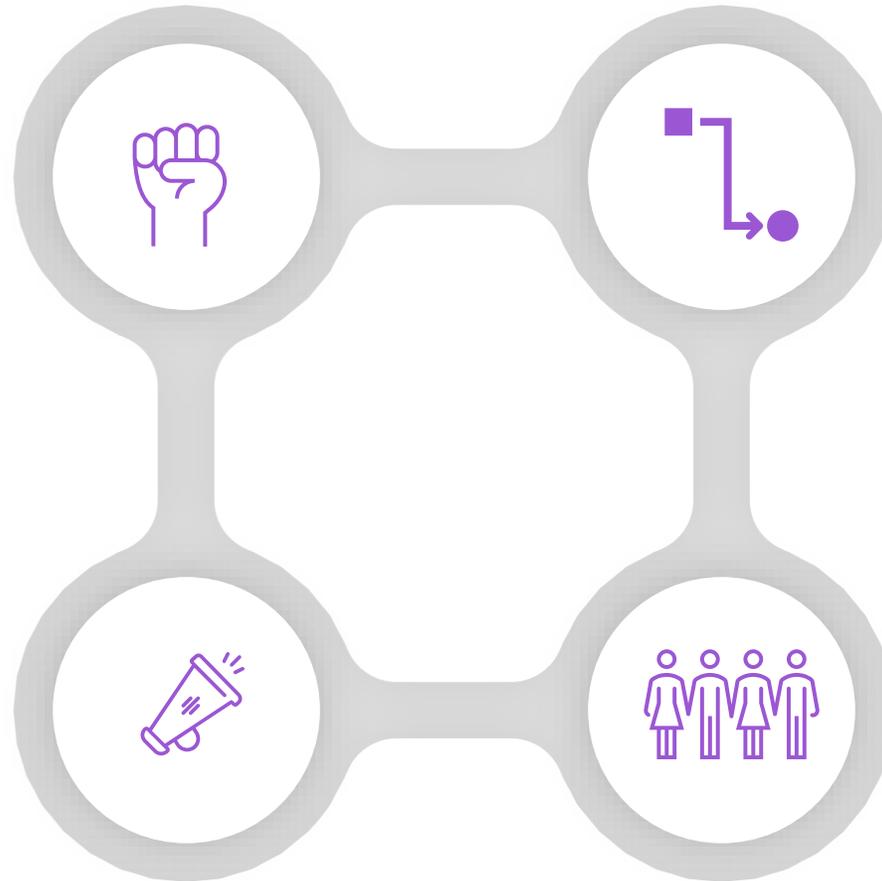
Contact us at meganh@vpcswi.org



OBJECTIVES

RECOGNIZE FORMS OF ABUSE

Identify the major forms of domestic violence and the types of behavior abusers employ to control victims



IDENTIFY EFFECTS

Identify the effects of trauma due to exposure to domestic violence

RECOGNIZE. RESPOND. REFER.

Recognize, respond and refer clients/victims experiencing domestic violence

BYSTANDER INTERVENTION

Identify and employ safe bystander intervention techniques

COURSE OUTLINE



Recognize



Respond



purpleOne

A Domestic Violence
Safe Place

purpleOne.org

Session 1-DV 101 Recognize

- **Recognize** domestic violence
- **Statistics** about domestic violence
- **What domestic violence** is
- **Techniques** that abuser use to **control** their victims
- Ways that domestic violence can **affect the victim.**
- **Abuser profiles**

Session 2-DV 101/Bystander Recognize/Respond

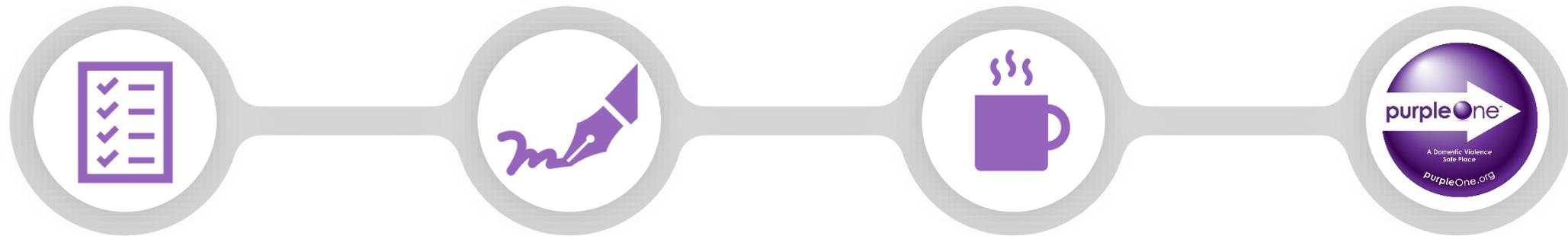
- **Why victims stay**
- **Barriers** to leaving
- **Separation violence**
- **Trauma** as it relates to domestic violence
- What is a **bystander**
- **Obstacles** to being a bystander
- Bystander **research**
- **Changing** how domestic violence is **perceived**
- Bystanders **make a difference**
- Bystander **decision-making process**

Session 3- Bystander Respond/Refer

- **Responding**
- **Providing** bystander assistance
- **Safe Places**
- **PurpleOne Response Tool**
- Domestic Violence **Services**
- **Refer Victims**
- **Next Steps**

HOUSEKEEPING ITEMS

This training DOES NOT certify you or qualify you to provide domestic violence services as an individual or through your business. You are being trained to REFER victims to state-recognized domestic violence services agencies.



Evaluation & Knowledge Test

Completing the Evaluation is necessary to receive a Certificate. Passing the Knowledge Test is necessary to apply to become a Safe Place and receive CEUs.

Breaks

Breaks are built in for your convenience.

Self-Care

Be aware of triggers and remember to take care of yourself! Chat with us or call our hotline if needed.

Safe Places

Your business can apply to become a Safe Place.



OUR TEAM

**Today's presenters represent
Violence Prevention Center a
PurpleOne Partner.**

Melissa Tutterow, Director of
Development

Megan Hall, Outreach Associate



COURSE OUTLINE

Recognize

Respond

Refer

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- **Next Steps**



DOMESTIC VIOLENCE STATISTICS

Every 9 Seconds
a woman is assaulted or
beaten in the US.

1 in 3 Women
will experience
domestic violence.

1 in 5 Men
will experience
domestic violence.



6 in 10 Adults
know someone who has
experienced domestic violence.

20 People Every Minute
experience intimate partner
physical violence.

80% Never Seek Help
most victims say they didn't
receive services from domestic
violence agencies.



DOMESTIC VIOLENCE

The use of physical, emotional, psychological, sexual abuse or stalking to gain or maintain power and control over an intimate partner, former intimate partner, or family member, whether they live together or not.

TECHNIQUES OF CONTROL

Domestic violence is about power and control using these patterns:



Physical & Sexual Abuse



Isolation



Intimidation & Stalking



Digital Abuse



Emotional, Psychological & Verbal Abuse



Economic Abuse

Physical & Sexual Abuse

- Throws things.
- Chokes.
- Shoves and pushes.
- Hits.
- Threatens to harm them.
- Threatens them with weapons.
- Hits their head against the wall.
- Injures them and then won't let them go to the hospital or a doctor.
- Rapes them.
- Forces them to have sex with others.



Intimidation & Stalking

- Blocks the door so they can't leave during an argument.
- Scares them by standing too close.
- Clenches fist to intimidate them.
- Scares or intimidates them to get their way.
- Drives recklessly to scare them.
- Harms or threatens to harm their pets.
- Won't let them sleep.
- Stalks them.



Emotional, Psychological & Verbal Abuse

- Extreme jealousy or possessiveness.
- Often phones or unexpectedly shows up.
- Is angry if they are 5 minutes late.
- Made to feel worthless/not worthy of love.
- Is unpredictable.
- Made to feel they never say/do anything right.
- Blames them for the abuse or denies abuse happened.
- Calls them names.
- Threatens to commit suicide if they leave or tells them they'll never be able to leave.



GINGERBREAD MAN EXERCISE





No one will
ever want
you

Bad
parent

Stupid

Ugly

Fat

Crazy





No one will
ever want
you

Bad
parent

Stupid

Ugly

Fat

Crazy

Isolation Abuse

- ❑ Starts a fight when they want to leave or makes them feel guilty for leaving.
- ❑ Doesn't let them spend time with their family or friends.
- ❑ Makes them feel guilty for spending time with other people.
- ❑ Accuses them of having affairs.
- ❑ Makes them late for work.
- ❑ Controls what they can or can't do.



Digital Abuse

- Constantly calls or texts.
- Reads their messages or text conversations.
- Tells them who they can or can't be friends with on social media.
- Sends threatening or insulting messages.
- Reveals private information, secrets, or photos of them online.
- Demands access to online accounts.



Economic Abuse

- Makes them account for every dime they spend.
- Refuses to give their partner money for food, gas or medicine.
- Steals money from them or lies about how money is spent.
- Prevents them from going to work.
- Demands that they quit their job.
- Harasses them at work.
- Forces them to give them the money they earn.
- Forces them to give them their income tax refund.





TAKE THE QUIZ

Techniques of Control

Abuse is about power and control. An abusive partner uses various methods to establish and maintain control in the relationship. The methods of control are as broad as the abuser's imagination, but the following examples are areas that can be used to maintain control.

If you can check one or more of these boxes, you may be living with domestic violence.

PHYSICAL

- Throws things at you.
- Chokes you.
- Shoves and pushes you.
- Hits you.
- Threatens to harm you.
- Threatens you with weapons.
- Hits your head against the wall.
- Injures you and then won't let you go to the hospital or a doctor.
- Rapes you.
- Forces you to have sex with others.
- Makes you scared when you are arguing.
- Destroys your clothes and favorite things.
- Won't let you sleep.

PSYCHOLOGICAL/VERBAL

- Blocks the door so you can't leave during an argument.
- Scares you by standing too close.
- Clenches fist to intimidate you.
- Scares or intimidates you to get their way.
- Drives recklessly to scare you.
- Harms or threatens to harm your pets.
- Stalks you.
- Extreme jealousy or possessiveness.
- Often phones or unexpectedly shows up.
- Is angry if you are 5 minutes late.
- You are made to feel worthless/ not worthy of love.
- Is unpredictable.
- You are made to feel you never say/do anything right.
- Blames you for the abuse or denies abuse happened.
- Pressures you to take drugs so that you can share a high.

- Calls you names like dummy, whore, or bitch.
- Threatens to commit suicide if you leave or tells you that you'll never be able to leave.
- Humiliates you in front of family or friends.
- Makes you afraid when you are arguing, so you give in to them.

ISOLATION

- Starts a fight when you want to leave or makes you feel guilty for leaving.
- Doesn't let you spend time with your family or friends.
- Makes you feel guilty for spending time with other people.
- Accuses you of having affairs.
- Controls what you can or can't do.
- Takes you to work and picks you up.

DIGITAL

- Constantly calls or texts.
- Reads through your messages or text conversations.
- Tells you who you can or can't be friends with on social media.
- Sends threatening or insulting messages.
- Reveals private information, secrets, or photos of you online.
- Demands access to your online accounts.

ECONOMIC

- Makes you account for every dime you spend.
- Refuses to give you money for food, gas or medicine.
- Steals money from you or lies about how money is spent.
- Prevents you from going to work.
- Demands that you quit your job.
- Harasses you at work.
- Forces you to give them the money you earn.
- Doesn't work, but takes your money or steals your things and sells them.

IGNORING YOUR NEEDS AND OPINIONS

- Constantly interrupts you.
- Twists your words.
- Forgets what you just said.
- Withdraws into silence and you have to figure out what you've done wrong in their mind.

- Shows up unannounced.
- Fails to show up, even if you made plans.
- They go out alone, but you are not permitted to.
- Makes every decision.
- Has to have the last word.

SHIFTING RESPONSIBILITY

- Says that everything would be fine if you kept the kids quiet, didn't act stupid, cooked or cleaned better, etc.
- Is good natured with other people, and says it must be what you do that causes problems

SEXUAL HUMILIATION

- Pressures you to have sex in ways that make you uncomfortable.
- Makes sexual jokes about you in front of other people.
- Makes fun of your body.
- Forces you to pose in ways that make you feel uncomfortable.
- Texts you jokes that are degrading.

Did You Check More Than One Box?

If you checked more than one box, you may be a victim of domestic abuse. All of the items listed above are signs of abuse. Domestic violence isn't just physical abuse, it's all abuse. Domestic violence is when someone in an intimate relationship with you is exerting physical, psychological, emotional, mental, digital, or financial control over you.

Reach out to SafeJourney today to have a free and confidential call or chat. There is no obligation to do anything or to take any action — just talk and learn more.

AM I BEING ABUSED?

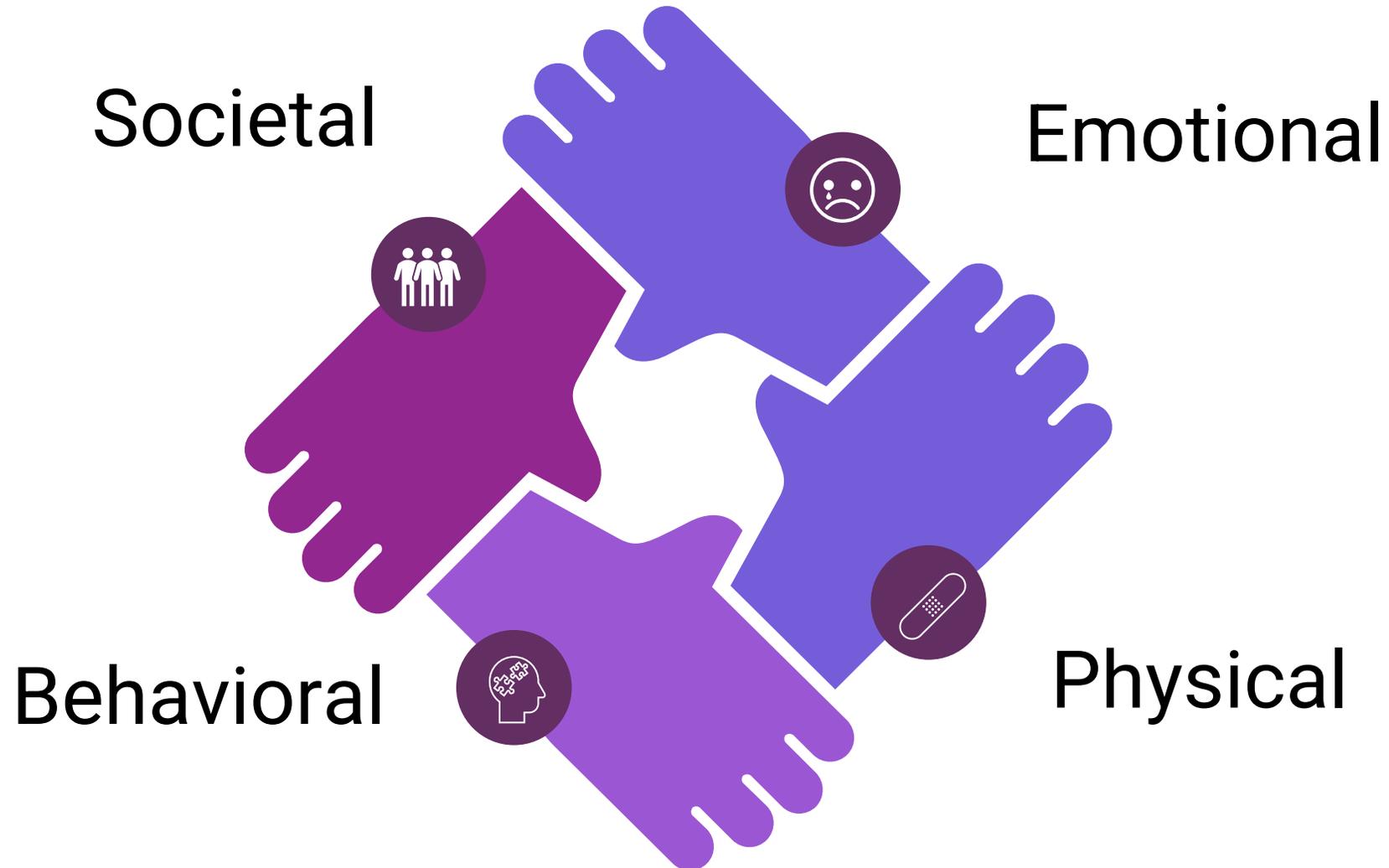
Techniques of Control

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Chart of Dangerous Behaviors

	PHYSICAL ABUSE	EMOTIONAL/ PSYCHOLOGICAL	SOCIAL/ ENVIRONMENTAL	SEXUAL ABUSE
POTENTIALLY DANGEROUS	Pinch Squeeze Push and shove Restrain Jerk/pull Shake/slap Pull hair Bite	Ignore feelings Withhold approval/praise Repeated humiliation Blame for faults Labels "Crazy"/ "Bitch" Controlling texts/calls Constant criticism	Jokes that dehumanize and minimize Denies victim their history/heritage Electronic surveillance GPS monitoring Spoofing phone numbers Withholds/steals money	Makes sexual jokes Extreme jealousy Minimizes feelings regarding sexual needs Sexual criticism Unwanted sexting Birth control sabotage Pregnancy pressure
DANGEROUS	Bruising Kicking Hit/punch Objects thrown Targeted or repeated hitting Denying medical care after injury	Threats of violence Retaliation Puts down abilities as worker, parent, lover Threatens children Threatens suing for child custody Stalking	Isolates victim Repeated moving Economic dependency (takes money, gets victim fired) Threatens to hurt family Demands control Online harassment	Forces victim to look at or touch genitalia Withholds sex and affection Forces victim to watch sex with others Revenge porn
HIGHLY DANGEROUS	Choking Household objects as weapons Restraining and hitting Bones broken Injuries requiring medical treatment Use of knives/poisons Disabling and disfiguring	Provokes learned helplessness Unpredictable consequences of actions Depression Post-traumatic stress Anxiety	Hits, punches, kicks walls Deprives victims of food, sleep, medicine Kills pets Incest or child abuse Threatens suicide	Demands sex with threats Forces uncomfortable or painful sex Sex after physical abuse Sex for the purpose of hurting Uses weapons or objects during sex Forcing videotaping of sex
LETHAL OUTCOME	HOMICIDE	SUICIDE	DEATH	MURDER

EFFECTS OF DOMESTIC VIOLENCE



EMOTIONAL EFFECTS

- Anxiety attacks.
- Low self-esteem.
- Fear of the abuser or living without the abuser.
- Confusion and trouble concentrating.
- Anger.
- Grief for family and personal losses.
- Shame, guilt or self-blame.



EMOTIONAL EFFECTS

Post-Traumatic Stress Disorder (PTSD)

Mental health condition that originates with the experience of a terrifying event or events.

Symptoms:

- persistent, intrusive thoughts of the events
- hyperarousal to threats
- avoidance of reminders of the events

Effects:

- negatively affect ability to manage life stressors



EMOTIONAL EFFECTS

Depression

Mental health condition characterized by persistent feeling of sadness or loss of interest in previously enjoyed activities.

Symptoms:

- loss of interest in activities once enjoyed
- loss of energy
- feelings of hopelessness and/or sadness
- unexplained crying
- changes in appetite with significant weight loss/gain

Effects:

- serious, negative impact on thought process and decision-making ability



EMOTIONAL EFFECTS

Dissociation

Feeling like one has “checked out” or is not present.

Symptoms:

- checked out mental state/detachment from self
- daydreaming
- memory loss

Effects:

- inability to cope
- blurred sense of identity
- stress in relationships, work or other areas of your life



BEHAVIORAL EFFECTS



- Withdrawal.
- Avoidance of situations reminding the individual of the abuse.
- Mood swings and difficulty controlling emotions.
- Difficulty in obtaining, maintaining and adjusting to employment.
- Jumpiness or agitation.
- Self-medication.

SOCIAL EFFECTS



- Isolation from friends or family.
- Difficulty trusting others.
- Stormy relationships.
- Breakup of the family unit.
- Court disagreements regarding separation, divorce or custody of children.
- Seeking new relationships to deal with overwhelming feelings of loneliness.

PHYSICAL EFFECTS

- Sleep deprivation
- Bodily/stomach complaints, headaches
- Nervousness / anxiety
- Chronic health problems
- Injuries or death from physical abuse
- Chronic fatigue
- Shortness of breath
- Muscle tension
- Involuntary shaking
- Changes in eating or sleeping patterns
- Sexual dysfunction
- In women: issues with menstrual cycle or fertility



TRAUMA-INFORMED MINDSET

- Domestic violence is often not a one-time event or a single trauma
- Often includes adverse childhood events

MOVE FROM:

What is wrong with you?

TO:

What has happened to you?



THERE IS HOPE

- It is possible to **move past and triumph** over the effects of domestic violence.
- It may require facing painful truths and also means **uncovering new strengths**.
- The process needs **safety, time and space**.
- The **effects will lessen with time**.
- Survivors can ultimately **reclaim positive relationships**.



Mallery's Story

ABUSE IS NOT ABOUT BEING OUT OF CONTROL

Abusers deliberately choose all aspects of the abuse. Domestic violence is about **POWER** and **CONTROL**.

They Choose:



**WHO
THEY
ABUSE**



**WHEN
THEY
ABUSE**



**WHERE
THEY
ABUSE**



**METHOD
OF
ABUSE**



**SEVERITY &
FREQUENCY
OF ABUSE**





ABUSER PROFILE

- Controlling
- Manipulating
- Entitled
- Disrespectful

Attitude of Ownership

They believe the victim belongs to them.



ABUSER PROFILE

- Most DO NOT have psychological disorders.
- They believe they have a RIGHT to control.
- Uses childhood and emotions as EXCUSES.
- Comfortable LYING.



ABUSER PROFILE

The victim may seem disjointed, out of control, agitated.

The abuser may seem friendly, articulate and calm.



Break

A FEW REMINDERS



Training Evaluation

Take the evaluation at the end of the 3rd session to receive a Certificate of Attendance, the PowerPoint and help us measure effectiveness and improve!



Knowledge Test

Pay attention. A brief knowledge test will be given at the end of the presentation in order to apply to become a Safe Place and receive CEUs.



Safe Places

Your business can apply to become a Safe Place. Go to PurpleOne.org/SafePlaces for more info.



Break



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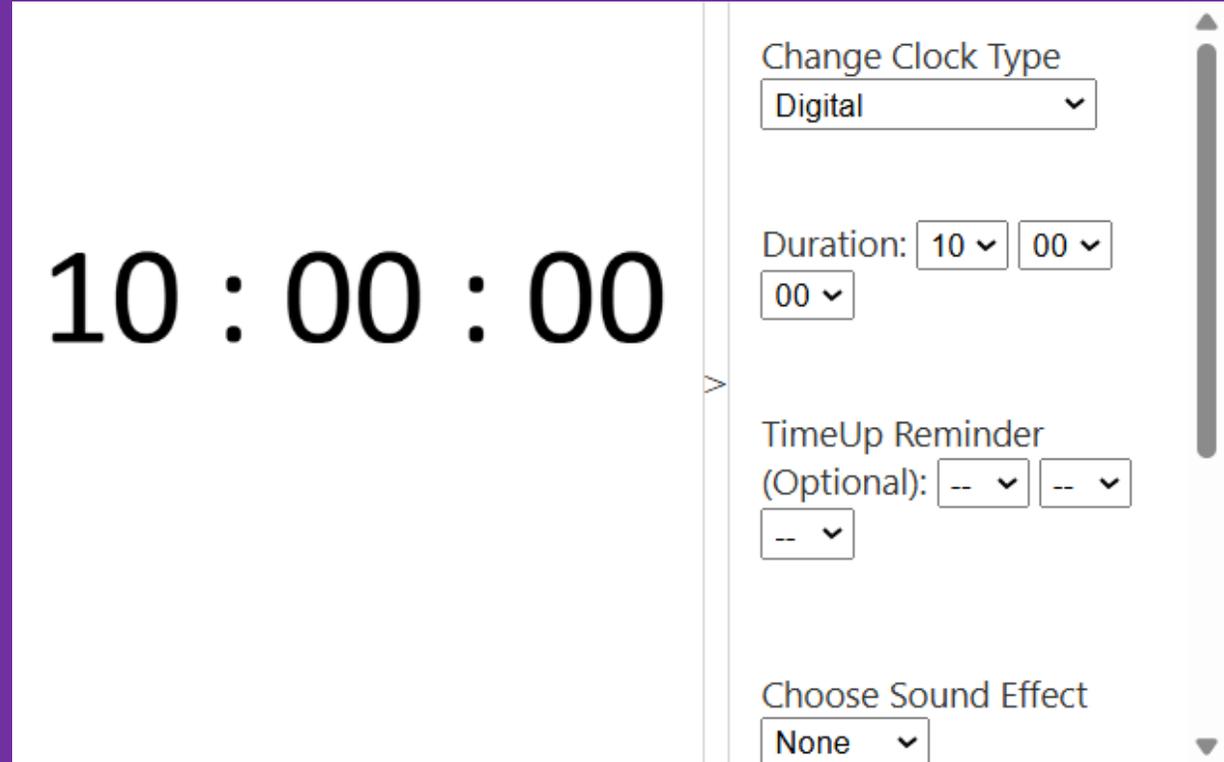
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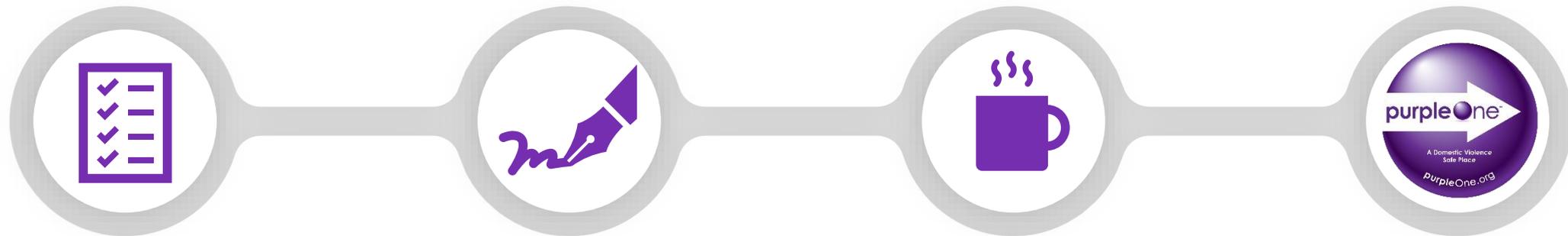
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Pass the Knowledge Test to be eligible to apply to become a Safe Place and receive CEUs, if applicable..

Self-Care

Be aware of triggers and remember to take care of yourself! Chat with us or call our hotline if needed.

Safe Places

Your business can apply to become a Safe Place.

IN HER SHOES

Imagine a woman who has been married for 12 years. She has 2 children, a son, 10; and a daughter, 7. Her daughter has recently been diagnosed with a medical condition. And, she has a 6-year-old cat or dog.



IN HER SHOES

- Will she stay or go?
- If she goes, where will she go? Choices: friends, family, hotel, apartment, shelter.
- What will she do with her children?
- What will she do with her pet?



IN HER SHOES

Friends who she used to go out with every month are back in town. She made plans to go out with her friends. As she prepares to leave, her husband yells at her, telling her to get her priorities straight. He is so upset that she calls and cancels her plans because his anger is escalating.

What does she do now?

- Does she stay or does she leave?
- Where does she go?
- What decisions does she make for her children?
- What about her cat/dog?



IN HER SHOES

A few days later, she has plans to go to her son's basketball game. Her husband comes home after a bad day at work. He is upset because she planned pizza for dinner instead of cooking a homemade meal. She decides to go to the game anyway. Her husband grabs her arm so hard it leaves bruises, and he pushes her against the wall. Her children are feeling anxious and scared, and they want to leave.



After the game, what do you do?

Does she stay or does she leave? Where does she go? What decisions does she make about her kids? What about her cat/dog?

IN HER SHOES

She and her husband get into an argument. On the way to the car, he continues to yell at her and intentionally slams the door shut on her hand.

What does she do?

- Does she stay or does she leave?
- Where does she go?
- What decisions does she make for her children?
- What about her cat/dog?



IN HER SHOES

Wherever she is, she left with practically nothing. Her husband canceled her debit and credit cards. The only cash she has is the \$100 in her purse. She has a few changes of clothes for her and her kids.

What does she do?

- Does she stay or does she leave?
- Where does she go?
- What decisions does she make about her kids?
- What about her cat/dog?



IN HER SHOES

Several weeks later, another incident happens. Her husband is upset because dinner is not ready at 5:00. It escalates to the point that he pushes her and breaks a couple of her ribs. He allows her to go to the emergency room, but threatens if she tells anyone what happened, he will kill her and the kids.

What does she do?

- Does she stay or does she leave?
- Where does she go?
- What decisions does she make about her kids?
- What about her cat/dog?



IN HER SHOES

Her husband starts to stalk her. She finds footprints outside her bedroom window. While she is at the school, he leaves a threatening note on her windshield.

What does she do?

To those staying with family or friends:

She starts to overstay her welcome and she overhears them talking about asking her to leave because they are afraid of her husband.

To those living in a hotel:

She is out of money and needs to find another option. Her kids are stressed with all the changes and moving that's happening.

To those living in an apartment:

Her neighbors saw her husband sneaking around her apartment and causing a ruckus. Her landlord puts her on notice that if her husband continues coming around she will be asked to leave.

To those staying at shelter:

Know that her time at the shelter is limited. She has been working with the staff and planning for what she will do next.

IN HER SHOES

It's another night that her husband is angry. He grabs his handgun and lays it on the dining room table. He threatens to kill her and says she will never see the kids again.

What does she do?

- Does she stay or does she leave?
- Where does she go?
- What decisions does she make about her kids?
- What about her cat/dog?



Letters to Domestic Violence Victims

WHY VICTIMS STAY



BARRIERS TO LEAVING

- Dynamics of domestic violence
- Victim safety
- Inability to hold offenders accountable



LEAVING IS A PROCESS

Leaving **DOES NOT**
Ensure Safety!

IMPORTANT

Accept where they are even if you don't agree or fear for their safety.

REMEMBER

Every time the victim talks about it or leaves, they reclaim some of the strength taken from them by the abuser.



LETHALITY

Likelihood of lethality correlates with the number and intensity of the following indicators.

LETHALITY RISK Checklist

- | | | | |
|---|-------------------------------------|---|-------------------------------------|
| <input checked="" type="checkbox"/> Threats/thoughts of homicide and suicide | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> Kidnapping or hostage taking | <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> Possession or access to weapons | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> Sexual assault or rape | <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> Use of weapons in a threatening or intimidating manner | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> Prior abusive incidents that resulted in serious injury | <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> Extreme jealousy or obsession with the victim | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> History of violence with previous partners and children | <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> Physical attacks, verbal threats, and stalking during a separation or divorce | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> Psychopathology or substance abuse | <input checked="" type="checkbox"/> |

CHECK NOW

SEPARATION VIOLENCE

Leaving doesn't end violence.

The most dangerous time is when they leave the abuser.

- 75% killed during or after separation.
- 5x more likely to be killed during separation.
- 33% of all female homicide victims are killed by an intimate partner.



THE FACTS

Victims don't **LEAVE**.
They **ESCAPE**.

Despite the abuse,
victims become
strong survivors.



THE EFFECT ON CHILDREN

3.2 Million Witnesses

They know about the abuse.

*The children are at greater risk of
being violent themselves or
becoming a victim in their future
relationships*



If A Kid Could Write A Letter



YOU CAN HELP

- Victims of domestic violence are survivors of traumatic experiences.
- Trained members of the community can make a difference.

YOU CAN: Refer survivors to state-recognized domestic violence agencies that are trauma-informed.

BYSTANDER DEFINITIONS

Bystanders

Observe potentially harmful and criminal situations and are faced with the choice to act in a positive way, negatively contribute, or passively ignore the situation.

Prosocial Bystanders

Individuals who positively impact the outcome of a harmful situation, often by positively affecting the incident and supporting the victim.

OBSTACLES



PERSONAL

01

Being shy, afraid, unsure.
Not wanting to embarrass yourself.



PHYSICAL

02

Physical size.
Lack of being present.
Negative outcomes.



RELATIONSHIP

03

What other will think.
Seen as a tattletale.
Losing friends/peer pressure.



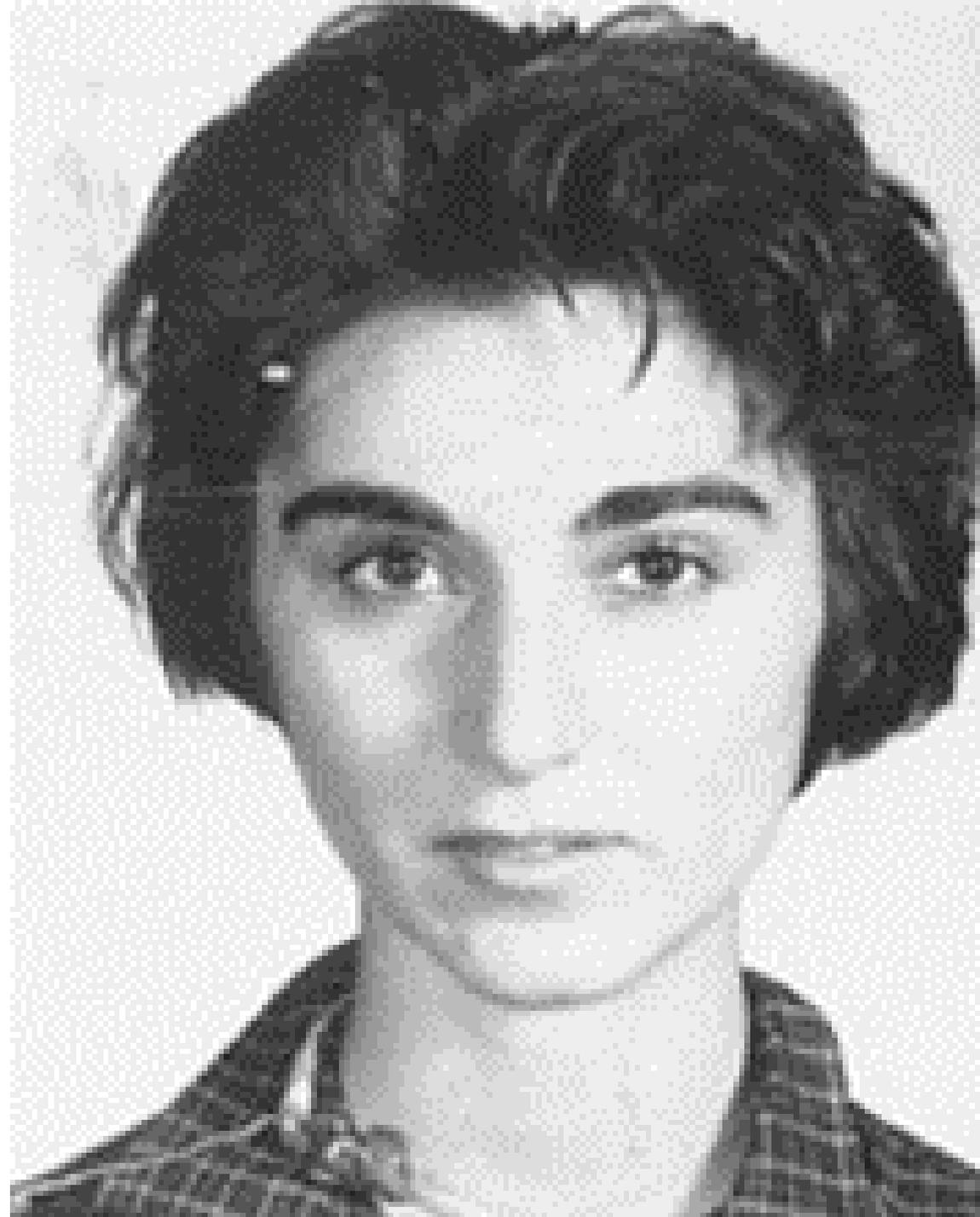
SOCIAL

04

Diffusion of responsibility.
Don't want to make a scene.
Blowing it out of proportion.

KITTY GENOVESE STORY

- Kitty was stalked and stabbed.
- Witnesses heard/saw the attack, but little was done.
- She died.



YEARDLEY LOVE STORY

Yeardeley Love and George Hugueley V were student-athletes at the University of Virginia who were in a dating relationship.

**Then one night
he killed her.**

Who were the bystanders?



KAREN LECLAIR

STORY

- Karen Leclair's husband shot her on their commercial fishing vessel and threw her body into Lake Erie.
- He told acquaintances of his plan on several occasions before her death.
- He left clues about his specific plan.



BYSTANDER RESEARCH

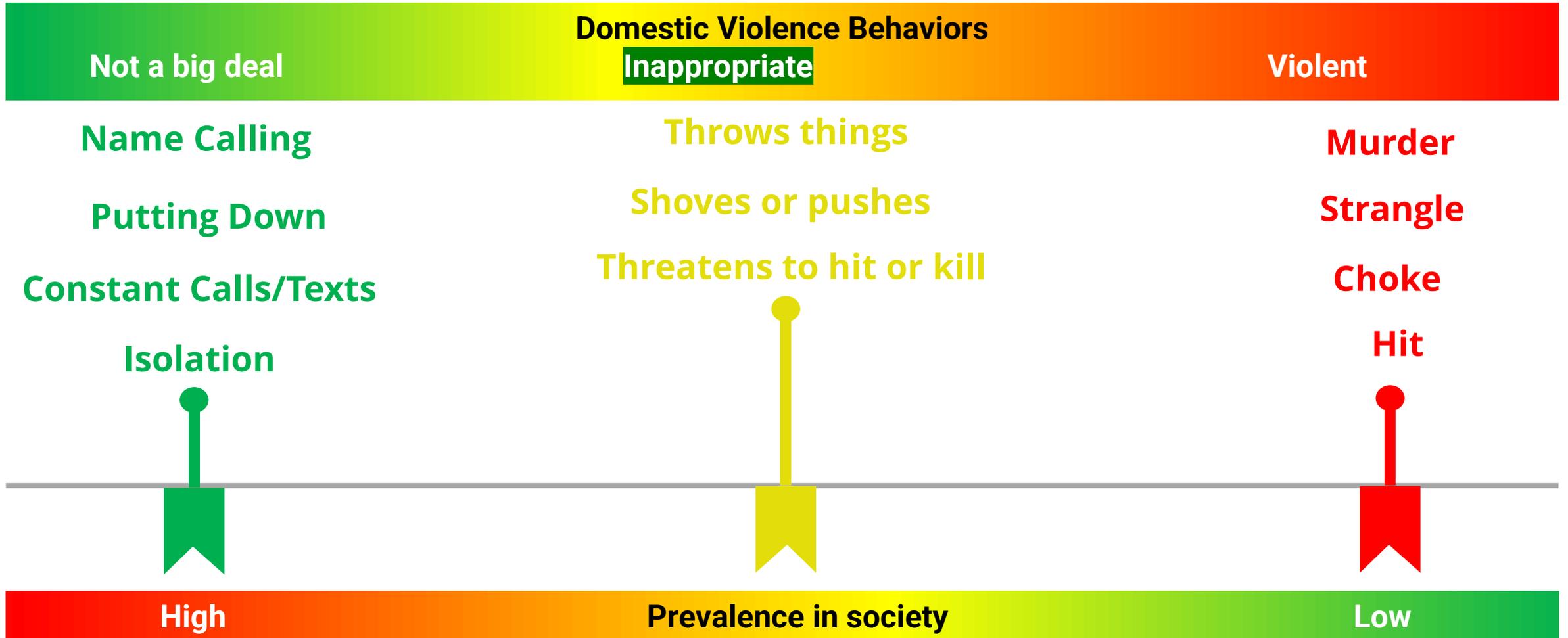
AWARENESS

INVITED TO HELP

PROSOCIAL
CONDITIONING

SKILLS AND
KNOWLEDGE

DOMESTIC VIOLENCE CONTINUUM



DOMESTIC VIOLENCE THRIVES

STEP Up and SPEAK Out



Bystanders witness 66% of violent crimes.

Bystanders are significantly more likely to make a situation better than make it worse.

If one person intervenes, others will most likely follow.

**YOU CAN.
Make a Difference.**

BYSTANDERS MAKE A DIFFERENCE

A close friend is the most likely person to be told in the case of domestic violence.

WAYS BYSTANDERS MAKE A DIFFERENCE

STOP THE EVENT

Even if an event is in progress, stepping in can stop it from escalating.

02

STOP



PREVENT



01

PREVENT THE EVENT

In many cases, stepping in may stop a more significant event from occurring.

03

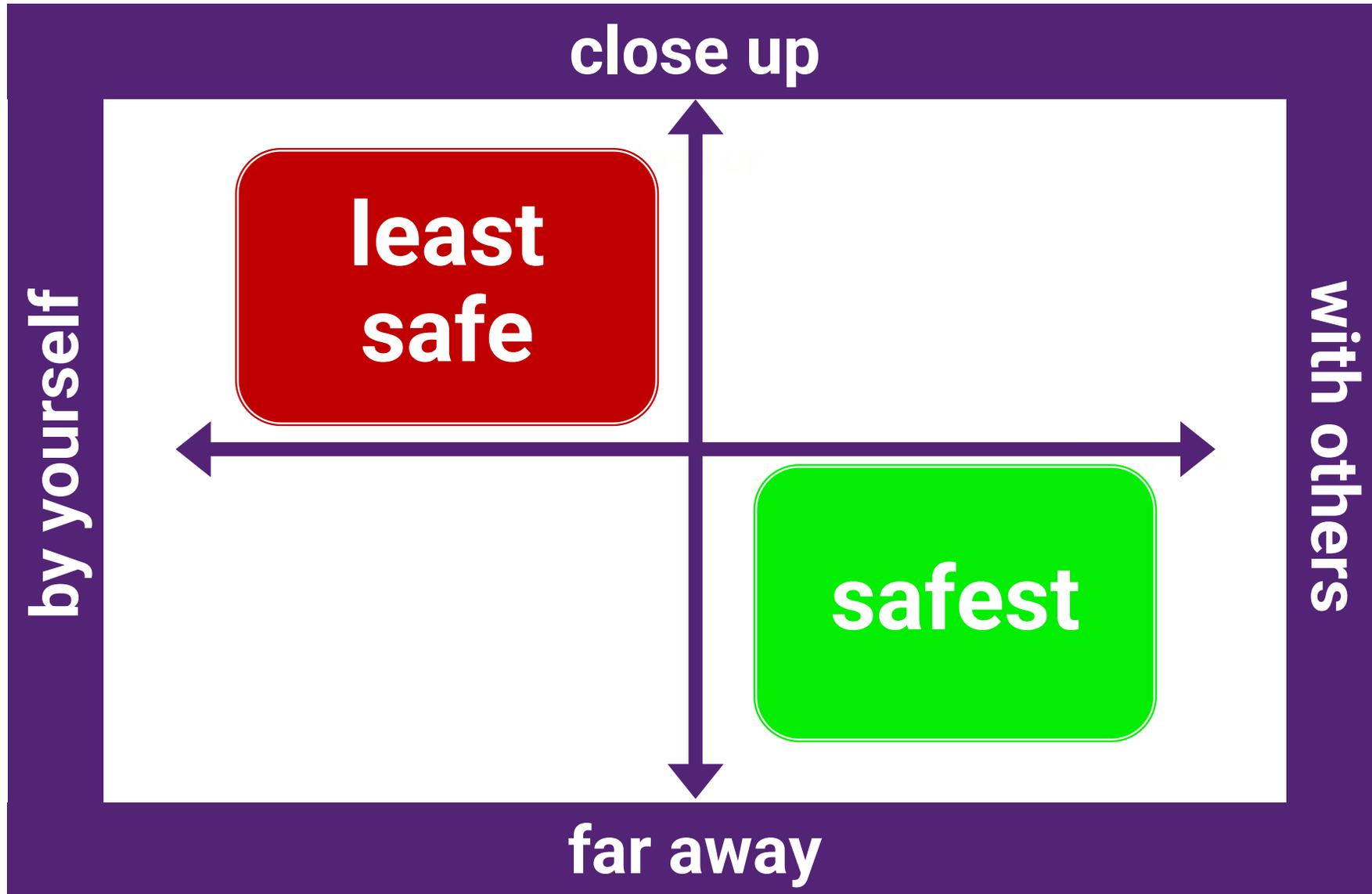
SUPPORT

By stepping in, you may provide the victim support that they may not have known existed.

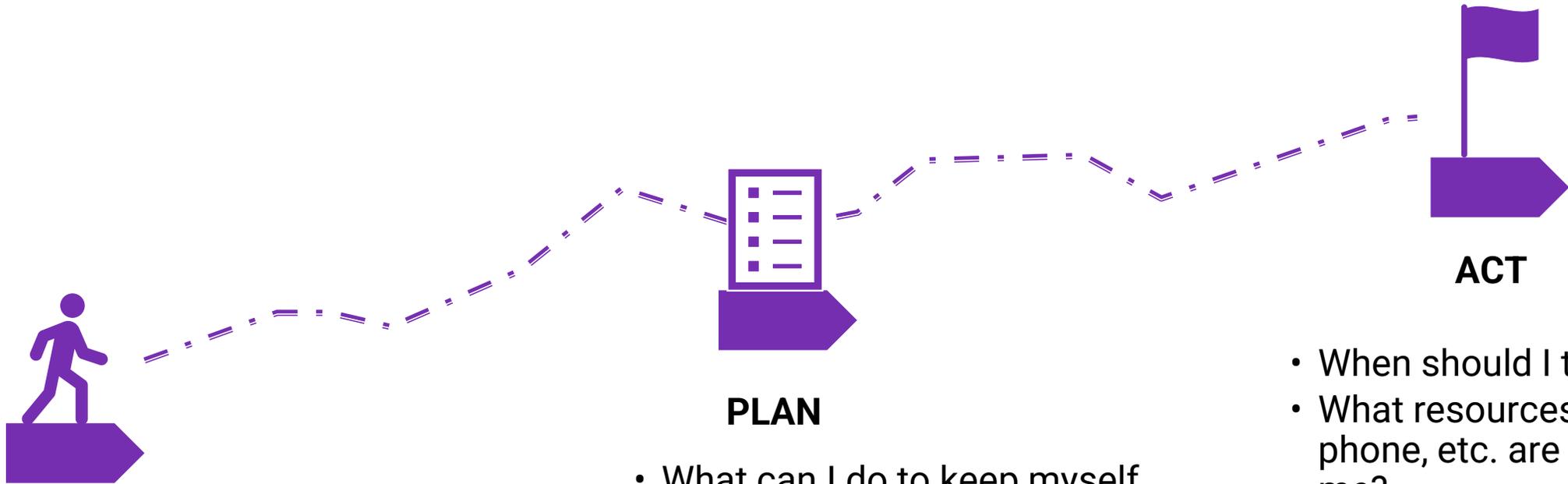
SUPPORT



DECISION-MAKING PROCESS



DECISION-MAKING PROCESS



ASSESS

- Is there a problem or potential situation?
- Does someone need help?
- Can I and others be part of the solution?

PLAN

- What can I do to keep myself safe?
- What are my options?
- Are there others who can help?
- What are the costs/benefits for taking action?

ACT

- When should I take action?
- What resources – people, phone, etc. are available to me?
- Take action.

Break



A FEW REMINDERS



Training Evaluation

Take the training evaluation at the end of the 3rd session to receive a Certificate of Attendance, the PowerPoint and help us measure effectiveness and improve!



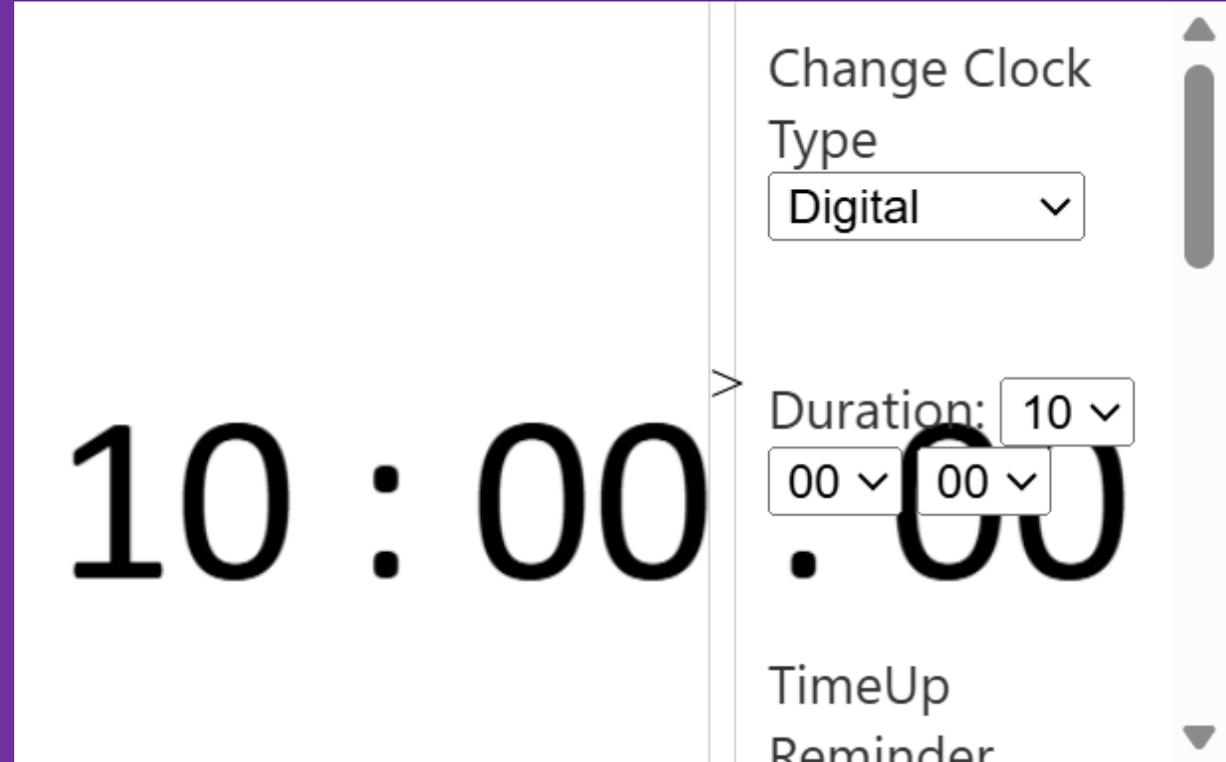
Knowledge Test

Pay attention. A brief knowledge test will be given at the end of the presentation in order to apply to become a Safe Place or receive CEUs, if applicable.



Safe Places

Your business can apply to become a Safe Place. Go to PurpleOne.org/SafePlaces for more info.



NEXT STEPS



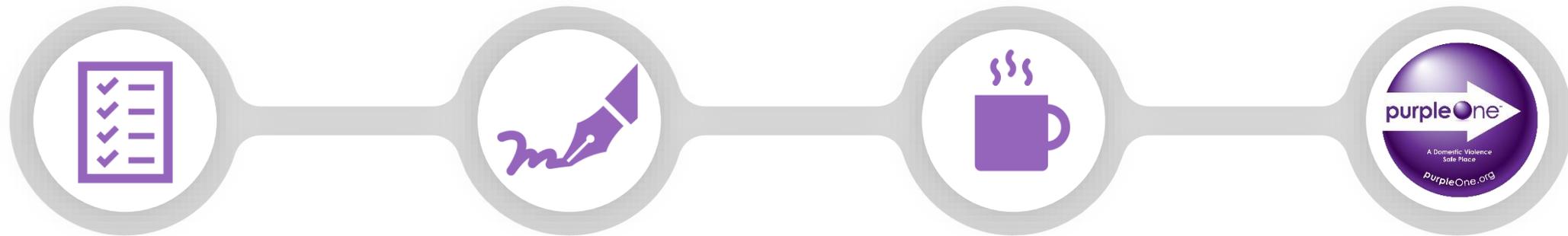
Recognize

Respond

Refer

HOUSEKEEPING ITEMS

This training DOES NOT certify you or qualify you to provide domestic violence services as an individual or through your business. You are being trained to REFER victims to state-recognized domestic violence services agencies.



Evaluation & Knowledge Test

Completing the Evaluation is necessary to receive a Certificate. Passing the Knowledge Test is necessary to apply to become a Safe Place and receive CEUs.

Breaks

Breaks are built in for your convenience.

Self-Care

Be aware of triggers and remember to take care of yourself! Chat with us or call our hotline if needed.

Safe Places

Your business can apply to become a Safe Place.

COURSE OUTLINE

Recognize

Respond

Refer

Session 1-DV 101 Recognize

- **Recognize** domestic violence
- **Statistics** about domestic violence
- **What domestic violence** is
- **Techniques** that abuser use to **control** their victims
- Ways that domestic violence can **affect the victim.**
- **Abuser profiles**

Session 2-DV 101/Bystander Recognize/Respond

- **Why victims stay**
- **Barriers** to leaving
- **Separation violence**
- **Trauma** as it relates to domestic violence
- What is a **bystander**
- **Obstacles** to being a bystander
- Bystander **research**
- **Changing** how domestic violence is **perceived**
- Bystanders **make a difference**
- Bystander **decision-making process**

Session 3- Bystander Respond/Refer

- **Responding**
- **Providing** bystander assistance
- **Safe Places**
- **PurpleOne Response Tool**
- Domestic Violence **Services**
- **Refer Victims**
- **Next Steps**

WHAT YOU CAN DO

01.

Call 911

02.

Directly Address the Situation

Step in and say or do something to stop the situation.

03.

Speak Up - Use “I” Statements

Focus on your feelings rather than criticizing the other person.
Feelings. Behavior. Desired Response.

04.

Interrupt the Situation

Try to interrupt the harasser or insert yourself into their interaction to help the targeted person get out of the situation.

05.

Distract

Redirect the attention of those behaving inappropriately using a simple (or elaborate) distraction to diffuse the situation.

06.

Initiate Help

Get help from authority figures near the situation.

07.

Don't Act Alone

Gather others to help you when addressing the situation.

WHAT YOU CAN DO

The Most Important Thing
to Ask a Victim is “Are You
Safe?”

TO BE HELPFUL TO THE VICTIM DO:

- Prioritize your safety and the safety of the victim.
- Believe what the victim says.
- Be patient, respectful and non-judgmental.
- Remind the victim that no one deserves to be abused.
- Reassure the victim that there is an agency that can help.
- Have as much information available as possible.

TO BE HELPFUL TO THE VICTIM DO NOT:

- Don't panic. Try to remain calm.
- Don't blame the victim.
- Don't assume the violence is not serious.
- Don't give advice. You are not in a position to give advice, leave that to the experts.
- Don't act as a mediator between the 2 parties.
- Don't think you have to have all the answers. Your job is to Recognize. Respond. and Refer.

Tips for *starting the conversation* with someone experiencing domestic violence

You can start by asking these questions:

You can start by asking the question, “Are you safe?” It is important to assess the safety of the victim and ultimately yourself. You could also start with:

- “Has a partner or family member ever threatened you, physically hurt you or choked you?”
- “Does a partner or family member make you feel isolated, lonely or afraid?”
- “Are there weapons in your home? Have you ever been threatened with a weapon?”
- “Do you feel safe to go home?”

You can offer support by saying:

- “I want you to know this is a judgment-free conversation. None of this is your fault.”
- “You are not responsible for your partner’s violence.”
- “I am really sorry about what has been happening to you.”
- “No one deserves to be abused. Violence is never OK.”
- “I believe you.”
- “I know this is difficult, but you are not alone. I am here if you need someone.”

You can express concern for their safety by saying:

- “I see what’s going on and I am worried for your safety.”
- “I am concerned about what will happen when you go home.”
- “Abuse generally just gets worse. I’m afraid you are going to get seriously hurt.”

Avoid pressuring. Let them know they are in charge of their own life.

- “It’s OK if you’re not ready to talk about it. You have the right to make your own decisions.”
- “Just remember you are not alone. I will be here if and when you are ready.”
- “I want to help. Is there anything I can do to support you?”



TIME TO KAHOOT!



**CONSIDERATIONS
WHEN DEALING
WITH A
POTENTIALLY
VIOLENT PERSON**



APPLIED WAYS TO PROVIDE BYSTANDER ASSISTANCE





COMMUNITY SCENARIO

You have just finished shopping at your local grocery store. When walking back to your car, you observe a man and a woman yelling at each other. The man gets up in the face of the woman, calling her vulgar names and telling her she is “a worthless piece of \$#%*.”

What do you do?

How do you stay safe?

Decision-making process:



What are the pros and cons?

Do nothing and leave. It's none of my business.

Go to my car and wait 15 minutes to see if it escalates.

Call 911.

Your own idea:

FRIEND/GUN SCENARIO

Your friend tells you he called 911 last night because his husband was threatening to kill him. He said his husband even showed him the gun he was going to use, and then showed him the bullet. His husband pushed the bullet hard against his forehead and said, "It's going right through there."

How can you help your friend?



HE'S HERE SCENARIO

For a couple of years, you've tried to convince your friend to get out of a violent relationship. You notice things have gotten much more serious over the last month; you've seen a lot more bruises. Today she calls and says last night things were so bad she tried to leave. But he grabbed her before she could get out the door. He threatened her if she dared call the police.

There are moments in the conversation when your friend sounds terrorized, but mostly she seems paralyzed by numbness, despair, and exhaustion. Suddenly she says, "He's here." and hangs up.

How can you help your friend?



TRAINEE RESPONSIBILITY



- Recognize. Respond. Refer.
- Refer victims to state-recognized domestic violence agencies.
- You ARE NOT a counselor and should not tell someone what to do.
- Call Your Agency Name with questions: Agency Phone

WHAT IS A **SAFE PLACE**?

Organizations may apply to become a Safe Place for Domestic Violence Victims



Safe Places must be businesses with physical locations that agree to provide information to victims and refer victims to the local state-recognized domestic violence agency.

Apply at purpleone.org/safeplaces

SAFE PLACE APPLICATION

- Apply online
- Application is reviewed by local agency and the PurpleOne National Office
- Agreement is signed
- Receive your Welcome Packet electronically and your PurpleOne Dot and poster in the mail

purpleone.org/safeplaces

Safe Place for Domestic Violence Victims Authorization and Release Form

This authorization and release form serves as application to and, if approved, an agreement between PurpleOne and the organization listed below.

The individual listed in this form labeled "PurpleOne Designee" must have satisfactorily completed the PurpleOne Training and will educate your staff on what to do if and when a victim of domestic violence enters your physical location. If the trained designee leaves the organization and/or is unable to fully implement the program for any reason, another individual must attend the training within 60 days of the designee being unable to fulfil their duties (or the next available PurpleOne Training date, whichever comes first) to ensure your organization remains a Certified Safe Place and to ensure the integrity of this program and that victims are provided excellent service.

Completion of this application does not guarantee acceptance of the business as a Certified Safe Place for Domestic Violence Victims. Approval/denial will be communicated to the applicant within 10 business days. You can complete this form online at <https://tinyurl.com/POSafePlace>. You may also complete this form and email the completed form to info@purpleone.org or mail to: PurpleOne – PO Box 208 – Union City, PA 16438.

Questions? Please call 814.616.2330 or email info@purpleone.org.

* Required

1. PurpleOne Partner *

(Who you took the PurpleOne Training from.)

Select your answer

2. PurpleOne Training Attendee ("PurpleOne Safe Place Designee") *

Enter your answer

PurpleOne Dot



purpleone™

A Domestic Violence
Safe Place

purpleone.org

SAFE PLACE RESPONSIBILITY

Organizations may apply to become a Safe Place for Domestic Violence Victims



- Recognize. Respond. Refer.
- Refer victims to state-recognized domestic violence agencies.
- You ARE NOT a counselor and should not tell someone what to do.
- Call PurpleOne with questions: (814) 616-2330.

Apply at purpleone.org/safeplaces

PURPLEONE DESIGNEE

- Helps educate your organization
- Distributes materials
- Serves as the connection between PurpleOne and your organization
- PurpleOne will provide you templates and materials, including the PurpleOne Dot to display

purpleone.org/safeplaces



purpleone™

Be Proud!

We are a PurpleOne
Safe Place for Domestic
Violence Victims

In an
emergency or
if you feel unsafe,
follow our Emergency
Response Plan
or call 911.

Did you know...

that 1 in 4 women and 1 in 7 men
are victims of domestic violence?

We are taking a stand to unite against domestic violence in our community by becoming a Safe Place. Safe Places provide victims information about the local domestic violence agency.

If someone asks you about PurpleOne Provide them PurpleOne information or help them contact our local agency. They are available **24/7/365** at the following number:

Employee Email Template for Safe Places

We are excited to announce that [insert organization name here] has met the qualifications of and has been awarded the status of **PurpleOne Safe Place for Domestic Violence Victims**. We are proud to support our local domestic violence agency, [insert name of PurpleOne Partner here], in becoming a community united against domestic violence.

What is a Safe Place?

Safe Places are inconspicuous businesses where victims can receive a referral to a domestic violence agency or information about domestic violence.

To become a Safe Place, an organization must have at least one employee, a PurpleOne Designee, who has successfully completed PurpleOne Training on domestic violence and bystander intervention. These PurpleOne Designees help connect the organization like ours with the local domestic violence agency, [insert name of PurpleOne Partner here].

Safe Places are identified by a PurpleOne Dot at the entrance of the building. Victims can also find Safe Places using the Safe Place App or Safe Place Finder online at purpleone.org.

What Do Safe Places Do?

Safe Places provide customers and employees with information about domestic violence and referral information to [insert name of PurpleOne Partner here], our local domestic violence agency.

Safe Places should not counsel victims or provide victims advice. Instead, Safe Places provide information that has been provided by or a referral to [insert name of PurpleOne Partner here].

[insert name of PurpleOne Partner here] has provided us with helpful domestic violence materials. I have placed some of these materials [indicate where staff can find these materials]. Please take time to ensure you know where they are and what is available.

What Do I Need to Do?

If a customer asks you about PurpleOne, you can take a few steps to assist them:

- 1) Use the **Response Tool** that I am attaching to this email. It provides you with a step-by-step process for what to say and what to do.
- 2) Provide the customer with the **education and referral literature**.
- 3) Call [insert PurpleOne Partner name]'s hotline [insert hotline number] 24 hours a day, 7 days a week, and they can assist you and the victim.

If at any time you feel that you or a customer is unsafe: [insert emergency response plan protocol, refer employees to the ERP or tell them to call 911. Examples of what may go in this area: "follow the steps in our Emergency Response Plan," "contact your manager," "press the emergency button," "call 911."]

You should not counsel victims or provide direction outside of those steps listed above. We are not a domestic violence agency and none of us have the required training to provide any information other than what has been provided to us or a referral to [insert PurpleOne Partner name here].

You Can Get Trained

Consider attending the next PurpleOne Training to educate yourself about domestic violence and how to be a prosocial, active bystander. You can register to attend a PurpleOne Training at <https://purpleone.org/purpleone-training/>

Who Do I Contact With Questions?

[Business Name] PurpleOne Designee: [Insert PurpleOne Designee name here] - [insert phone and email].

[If applicable: (Insert other attendee(s) who has/have also successfully completed the PurpleOne training and can be reached at (insert extension).]

24/7 Support and Hotline: [Partner Name] - [hotline]

Together, we can make a difference.

[Insert your name and position here]



PURPLEONE RESPONSE TOOL



CONCERNED ABOUT BECOMING A **SAFE PLACE?**

Being trained, making a plan and adding policies and procedures actually makes you and your business safer.

Apply at purpleone.org/safeplaces



CO-WORKER SCENARIO

A co-worker comes to you extremely agitated and shares with you that their spouse beat them last night. They say they don't know what to do. You can see they are very upset.

What can you do to help?



SCENARIO

PURPLEONE

A woman walks into your place of business. She appears nervous and hesitant to approach you. She browses a bit, and eventually walks over and says:

“So, I saw that PurpleOne Dot in your window.”

How do you respond?



SCENARIO

PURPLEONE

A customer comes in browsing at your store. After a bit, you notice someone standing back, keeping a close eye on the customer.

What do you do?



YOUR NEXT STEPS

1

TAKE KNOWLEDGE
TEST



Certificates

You will receive your certificate in your email after you pass the Knowledge Test and complete the evaluation.

2

PROMOTE TRAINING



Share on Social Media

Tell others about our next training: **10.14.25**

3

DISTRIBUTE INFORMATION



Distribute Flyers and Posters

Print off the handouts provided after today's training and hand them out!

4

SAFE PLACE APPLICATION



Business Can Apply to Be a Safe Place

Now that you're trained, your business can apply to become a Safe Place for Domestic Violence Victims.

5

HELP SOMEONE



Recognize. Respond. Refer.

You Can make a difference. We're here to help if you need us!

We're here to help you help victims.

24 Hour Crisis Hotline

Emergency Shelter

Rapid Rehousing

Group & Individual Counseling

Adult & Child Counseling

Legal Advocacy

Safety Planning

Emotional Support

Connection to Resources

Community Outreach

Professional Education



24 Hour Crisis Hotline 618-235-0892

www.vpcswi.org

info@vpcswi.org



purpleone™

THANK YOU

DON'T FORGET TO TAKE THE KNOWLEDGE TEST

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