

## **About the UUUM's domestic violence programs**

The mission of the Unitarian Universalist Urban Ministry is to unite communities and transform individuals through education, service, and advocacy. We engage communities and congregations in social action and change, with programs that empower survivors of domestic violence and Roxbury-area youth to realize their full potential. Our community engagement events bring people together to build community across difference – especially those defined by race, class, faith, and neighborhood – and many take place in our historic First Church in Roxbury Meetinghouse.

For forty years, the UUUM has operated an emergency and confidential domestic violence shelter, **Renewal House**. Renewal House is a safe and nurturing place for individuals or families to begin to heal as they plan their next steps. In 2017, the UUUM launched **Believe in Success**, a trauma-informed job-training program for survivors, designed to support survivors as they move beyond survival, empowering them to thrive.

Both of these domestic violence programs fit within a constellation of services available to survivors in Greater Boston, and are specifically tailored to meet the needs of those who face additional barriers to accessing support systems, employment, education, or financial self-sufficiency because of immigration status, race, gender identity or expression, and sexual orientation, among other identities and circumstances.

Your attendance tonight supports both of these vital programs. Thank you for being part of a network of support surrounding survivors in our community!

## **More ways you can get involved:**

- **Connect:** Stay in the know about events and programs at the UU Urban Ministry by visiting [uum.org](http://uum.org) or connecting with them on social media @uuurbanministry (on Facebook, Twitter, and Instagram).
- **Volunteer:** Volunteers provide support in areas like, but not limited to, crafting cover letters and resumes, acting as mock interviewers (phone/in-person), serving as career panelist, being a personal shopper, designing and delivering workshops, acting as a coach for participants, serving on our emergency hotline, and helping with projects in our shelter. To learn more about volunteering and volunteer training, please contact Christine Dickerson at [cdickerson@uum.org](mailto:cdickerson@uum.org) or sign-up for the UUUM mailing list after the show.
- **Be in touch:** Please contact the UU Urban Ministry at [engagement@uum.org](mailto:engagement@uum.org) for more information about getting involved or to learn more.

## **Some helpful statistics:**

- We know there are survivors of domestic and sexual assault in nearly every room we walk into.
- Women are disproportionately affected as victims of domestic and sexual violence.
  - 18% of women have been raped in their lifetime.
  - 1 in 4 women have experienced severe physical violence by an intimate partner.
  - 51% of women who were raped were assaulted by a current or former intimate partner.
- People of all genders experience domestic and sexual violence.

- 1% of men have been raped in their lifetime and 22% of men experience a sexual violence victimization other than rape at some point in their lives.
- 1 in 7 men have experienced severe physical violence by an intimate partner.
- 52% of men who were raped were assaulted by an acquaintance.
- 66% of transgender folks will experience sexual assault in their lives (from the US Office for Victims of Crimes report; the CDC only refers to the categories of “men” and “women”).
- Most perpetrators of domestic and sexual violence are men. The majority of women **and** men who experienced sexual and/or domestic violence reported that their perpetrators were male. But perpetrators - like victims - can be of any gender.
- Most people who experience violence in their lives first experience it when they are children, teens or young adults.
- Violence has short- and long-term negative effects on survivors, including health effects like frequent headaches, chronic pain, and difficulty with sleeping, activity limitations, poor physical health, poor mental health asthma, irritable bowel syndrome, and diabetes.
- Domestic and sexual violence is present in all communities. AND we know that people who are marginalized in other ways are affected more deeply.
  - Black women experience interpersonal violence at a rate 35% higher than that of white women.
  - 84.3% of American Indian and Alaska Native Women experience violence in their lifetime, with 56.1% experiencing sexual violence.
  - Those with a disability are twice as likely to be sexual assaulted than a person without a disability.

### **Some helpful definitions:**

- *Trauma* is any event (or series of events) that is experienced or perceived as life-threatening. Trauma shatters an individual’s sense of safety in the world and overwhelms their ability to adapt/cope. Repeated traumatic events can chronically elevate the body’s stress response. It changes the way a person understands the world, themselves and others. There are many different kinds of trauma one can experience: historical trauma, intergenerational trauma, community trauma, system-induced trauma, etc.
- The *bystander effect*, or bystander apathy, is a social psychological phenomenon in which individuals are less likely to offer help to a victim when other people are present. The greater the number of bystanders, the less likely it is that any one of them will help.
- *Bystander intervention* is a social science model that predicts the likelihood of individuals (or groups) willing to actively address a situation they deem problematic. A bystander is anyone who observes any situation. We all observe thousands of incidents on the daily, but usually do not acknowledge the situation as needing our response.
- An *active* or *empowered bystander* is someone who acknowledges a problematic situation and chooses how to respond. They must decide if they will speak up, step in, or offer assistance.

### **Ways to be an active or empowered bystander:**

- DON’T mind your own business
- DO put yourself in someone else’s shoes
- DO treat the victim like a friend
- DON’T worry about how you’ll be perceived- as best you can!

- LEARN: Psychologists believe that awareness of the Bystander Effect is one of the most effective ways to stop it in yourself.
- BE SAFE; always make sure you are in a position to help - or enlist someone else to help
  - NEVER put yourself between two people
  - Know your own limits, especially if you are a survivor of trauma
  - Trust your own judgement
  - Be able to identify when emergency services are truly needed
- ENLIST HELP: not only does this help with the situation at hand, but you are helping others around you recognize the Bystander Effect and stop that in themselves, too
  - “Hey you with the green shirt, come help me!”
  - “I can’t be the only one who thinks this is not OK”
  - “Are you hearing what I’m hearing?”

### **Helpful hotline numbers and more**

Renewal House (UUUM Shelter’s 24-hour confidential hotline for safety planning, resources, or just to talk): 617-566-6881

Safelink (Massachusetts Statewide Hotline for safety planning, resources, referrals, open shelter space, and just to talk): 877-785-2020

National Domestic Violence Hotline: 1-800-799-7233

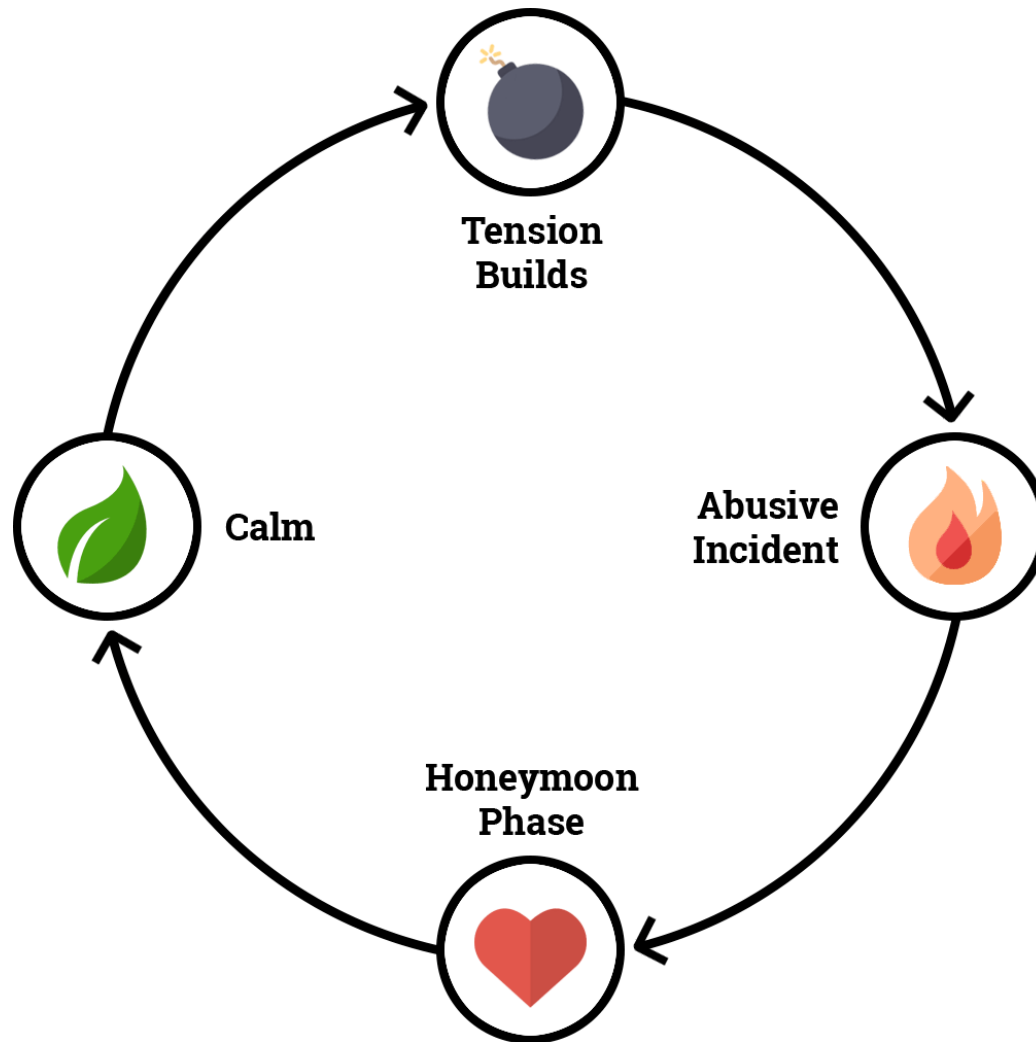
Curious which program is nearest to you or has the services you seek? A directory of all Massachusetts domestic violence programs and rape crisis centers can be found on the website of JDI, our statewide coalition, ([http://www.janedoe.org/who\\_we\\_are/members\\_list](http://www.janedoe.org/who_we_are/members_list))

Hotline and legal resources numbers:

- Legal resource:
  - Casa Myrna Legal Advocacy Line: (617) 521-0146
  - SafePlan Court Advocates: located statewide in District and Probate and Family Courts; (<https://www.womenslaw.org/find-help/ma/courthouse-locations/S>)
- Sexual Assault:
  - Local: Boston Area Rape Crisis Center, 800-841-8371 (or online for chat options) (<https://barcc.org/help/services/hotline>)
  - National: RAINN, 800-656-HOPE (4673)
- Counseling for children:
  - Child Witness to Violence Project at Boston Medical Center, 617-414-7425
  - Many other local domestic and sexual violence centers
- More on Being an Empowered Bystander:
  - Our friends, Safe Passage, in Western Massachusetts offer a program to “support anyone who wants to create more safety, peace and respect in their corner of the world.” You don’t have to go to Northampton to learn these Say Something tools, though! (<https://safepass.org/say-something/lab/>)

Network to End Domestic Violence (NNEDV): for many resources and more information. (<https://nnedv.org/>)

# The Cycle of Abuse



## 💣 Tension Builds

Stress begins to grow from the pressures of daily life, or other points of conflict. The victim may attempt to reduce tension by complying with the abuser.

## 🔥 Abusive Incident

Verbal, emotional, physical, or sexual abuse occurs. This includes anger, intimidation, threats, and other forms of abuse.

## ❤️ Honeymoon Phase

The abuser apologizes, shows remorse, and often begs for forgiveness. They may shower the victim with love and affection, and promise that the abuse will never happen again.

## 🌿 Calm

The relationship enters a period of calm where the abuse stops or slows. The abuser may continue to ask for forgiveness, or make positive gestures, but these tend to reduce in sincerity over time.

# POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

