

Domestic Violence Awareness Manual





United States Women of Today **Domestic Violence Awareness Program Manual**

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HISTORY AND DEVELOPMENT

The United States Women of Today was formed in 1985 as a leadership training, community service, and personal enrichment organization. Since its inception, the organization through its external programming area picked one charitable foundation which was supported by the United States Women of Today membership on a rotating three (3) year bid basis.

Over \$1,000,000 has been donated to external programming areas since our inception for the communities, states and health foundations (i.e. March of Dimes, Arthritis, Leukemia, Breast Cancer Awareness, Multiple Sclerosis, Parents of Autistic Children and National Cotillion of Domestic Violence).

At the 2009 Annual meeting, the Membership voted to support an ongoing external foundation, it was decided to support Domestic Violence victims. The goal of the program is to provide information and educational programs and material to member states / chapters and their communities. This will bring out awareness of Domestic Abuse and at the same time promoting, not only the foundation, but also the name of United States Women of Today.

The idea of having an ongoing foundation to support will allow every chapter in the United States Women of Today organization, to work within their communities supporting Domestic Violence Awareness at their local facilities. Especially important is submitting a "Domestic Violence Awareness Transmittal Form" for all DV related activities. Reporting to the National level the amounts donated, items brought to shelters, etc., service provided and hours given to help with DV victims and agencies, both educational (speakers) and especially any fundraising. This information is used to monitor the success of the external foundation area - and is often used in promoting the good works of the US Women of Today.

ALWAYS REMEMBER: you are the most important link in the promotion and success of the Domestic Violence Awareness Programming area. It is very difficult for the **US WT Domestic Violence Program Manager** to get information to all chapters - as well as keep track of what those individual chapters are doing to promote and fundraise for DV. As your State /Chapter contact it will be up to you to keep the flow of information between USWT, State, Chapters and members moving smoothly. As a special incentive, there will be at least one "Outstanding State DV Contact" announced at Year-End Convention.

CONGRATULATIONS TO YOU for taking on the responsibility of promoting the Domestic Violence Awareness in your state/ chapter.

External Programming – Domestic Violence Awareness Program Manager

The main requirement you would need to hold this position is a passion to help stop the cycle. Other than that: Goals, Communication, Research and Tenacity are the secrets to success.

Communication:

- It is important to make a list of all your state contacts as well as the convention dates of each state as soon as possible.
 - You will want to send out a letter of introduction listing your goals, the Emphasis Months along with a transmittal form right away.
 - Remember, by the time you get home from National Convention, the chapters are finishing up the second month of the first trimester already!
- August is the first Emphasis Month of the year and many chapters take a summer break, so you would want them to be sure that they have something planned and on their agendas right away.
 - Offer a challenge or incentive to entice them to participate with such short notice.
- A newsletter, each trimester, sent to the contacts and State Presidents helps to keep your program up front and center in their minds.
- Read the state newsletters; when you see that a chapter or state has participated in your area, send them an email thanking them for their help in breaking the cycle along with a transmittal form.
- Use your President's newsletter and the Today's Leader.
 - Items to include: a note, some statistics, educational material, stress your emphasis months, your challenges or incentives, offer projects ideas and help.
- Use individual states' newsletters and conventions
 - Most states welcome your articles and materials to print in their newsletters as well as many individual chapters.
 - States invite you to send materials to include in their chapter packets.
- Be sure to fill out your Communication Log each week - it will be a big help to jog your memory when filing your Monthly Activity report for your President and PVP.
- Always keep your VP and President up to date on your activities:
 - Ask them for help and advice - Challenges seem much smaller when you're not going it alone and remember, the best thing about Women of Today is, You Are Never Alone!!!
 - Tell them your successes, tell the whole Staff! They also love to CELEBRATE With You!
 - AND IT'S A LOT OF FUN TOO!
- Contact your national and local Coalitions; they can supply you with pamphlets, educational materials and sometimes trinkets.

Research:

- The Web is your best friend. Everything is out there!
 - Statistics - of every demographic, regional, seasonal, financial, gender, age, etc.
- Statistics open everyone's eyes. They prove it could happen in your community to your friend in your own family.
- Educational Materials such as the Cycle of Violence, The Signs to watch for, where help is available, The Escape Plan and information on teenagers and date abuse –
 - Send the Materials in a form that a chapter could use to initiate discussion or a short educational forum, at a local meeting.
- The Web or the National Coalition can help you to put a current list of programs or shelters in Women of Today states and communities to make available to your contacts and chapters.
- Remember, chapters will use the tools you give them much quicker than if they have to do the research themselves.
- If your research helps even one person from becoming a victim, you have done a great thing.

- If your research helps even one victim to escape the violence, you have done a great thing.

Tenacity:

- Your persistence in making everyone aware of Domestic Violence will cause chapters and states to run your programming, to distribute your educational materials.
- Your persistence in pushing your chapters and states to submit transmittal forms for each fundraiser, donation, service project and educational forum will prove – in their totals- the tremendous impact we, as Women of Today, make in the lives of victims and programs available to them in their communities.
- Your persistence will prove that **WOMEN OF TODAY MAKE A DIFFERENCE**

And Most Important:

Have fun! The impact this position will have on you is incredible:

- The bonds of friendship are indescribable
- The sense of accomplishment is unbeatable

Emphasis Months:

August October February

National Domestic Violence Month October – team up with Buckets of Sunshine

The Problem

What is Battering

Battering is a pattern of behavior used to establish power and control over another person with whom an intimate relationship is, or has been shared through fear and intimidation, often including the threat or use of violence. Battering happens when one person believes that they are entitled to control another.

Intimate partner violence is intrinsically connected to the societal oppression of women, children, people of color, people with disabilities, people who are lesbian, gay, bisexual and transgender, elders, Jewish people, and other marginalized groups. While oppression functions in similar ways, regardless of which group is targeted, different target groups have unique experiences of oppression stemming from their specific historic, cultural and social experiences and realities. The work to end domestic violence must necessarily include the fight against all oppressions.

Domestic violence may include, not only the intimate partner relationships of spousal, live-in and dating relationships, also familial, elder and child abuse may be present in a violent home. Abuse generally falls into one or more of the following categories: physical battering, sexual assault and emotional or psychological abuse, and generally escalates over a period of partner's time.

Victims of abuse may experience punched walls, control of finances, lying, using children to manipulate a parent's emotions, intimidation, isolation from family and friends, fear, shame, criticism, cuts, crying and afraid children, broken bones, confusion, forced sexual contact, manipulation, sexist comments, yelling, rages, craziness, harassment, neglect, shoving, screaming, jealousy and possessiveness, loss of self esteem, coercion, slammed doors, abandonment, silent treatment, rape, destruction of personal property, unwanted touching, name calling, strangling, ripping, slapping, biting, kicking, bruises, punching, stalking, scrapes, Deprivation of physical and economic resources, public humiliation, broken promises, prevention of seeking medical and dental care, ridicule, restraining, self-medication, forced tickling, threats to harm family and friends, threats to take away the children, threats to harm animals, threats of being kicked out, threats of weapons, and or threats of being killed.

Who is Battered

In all cultures, batterers are most commonly male. Rural and urban women of all religious, ethnic, socio-economic and educational backgrounds and of varying ages, physical abilities and lifestyles can be affected by domestic violence. There is not a typical woman who will be battered - the risk factor is being born female.

Heterosexual males may also be victims of domestic violence as perpetrated by their female partners. They experience the same dynamics of interpersonal violence as female victims including experiences of disbelief, ridicule and shame that only enhance their silence. However, there are specific cultural groups whose peculiar vulnerabilities may put the members of that population at risk of experiencing violence in their relationships.

Battered immigrant and refugee women in the United States have further complications by issues of gender, race socioeconomic status, immigration status and language in addition to those complications of intimate partner violence. A battered woman who is not a legal resident or whose immigrant status depends on her partner is isolated by cultural dynamics that may prevent her from leaving her husband, seeking support from local agencies that may not understand her culture or requesting assistance from an unfamiliar American legal system. Some obstacles may include a distrustful attitude toward the legal system, language and cultural barriers (that may at the least be unknown and at the worst hostile), and fear of deportation.

Children witnessing domestic violence and living in an environment where violence occurs may experience some of the same trauma as abused children. Not all children are affected by domestic violence in the same way. Children may become fearful, inhibited, aggressive, antisocial, withdrawn, anxious, depressed, and angry, confused; suffer from disturbed sleep, problems with eating, difficulties at school and challenges in making friends. Children often feel caught in the middle between their parents and find it difficult to talk to either of them.

Adolescents may act out or exhibit risk-taking behaviors such as drug and alcohol use, running away, sexual promiscuity and criminal behavior. Young men may try to protect their mothers, or they may become abusive to their mothers themselves. Children may be injured if they try to intervene in the violence in their homes.

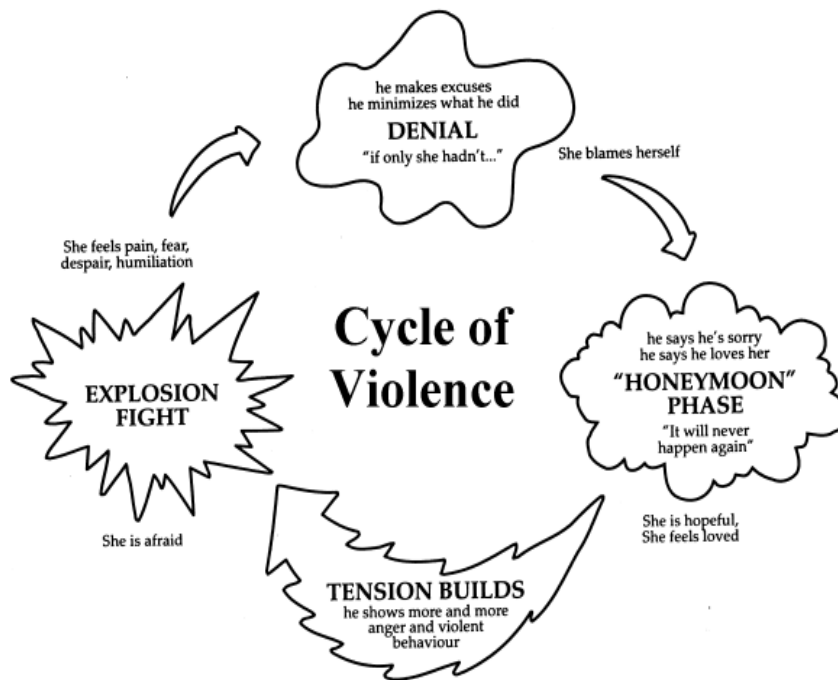
Individuals with physical, psychiatric and cognitive disabilities may not only experience sexual and domestic violence at a higher rate from intimate partners or spouses than the mainstream population, but unlike the mainstream population, they may also experience mistreatment, abuse, neglect and exploitation from their caretakers, including personal assistants, paid staff, family members and parents. Examples can be the denial of medications and personal care, the use of psychotropic medication as a restraint, daily and intimate care mistreatment and neglect, inaccessible organizations and facilities, unavailable or disabling assistive technology devices essential for communication and movement, improper use of restraints and the denial of life-sustaining medical treatment and therapies. Yet, this population gets little attention from the community, the media or policy makers allowing the abuse to continue without restraint in isolation and apathy.

Older battered women are a nearly invisible, yet tragically sizable population and uniquely vulnerable to domestic violence. Older women are more likely to be bound by traditional and cultural ideology that prevents them from leaving an abusive spouse or from seeing themselves as a victim. Older women are very often financially dependent on their abusive spouse and do not have access to the financial resources they need to leave an abusive relationship. Many older women find themselves isolated from their family, friends and community, due to their spouses' neglect and abuse. This is especially true because older women suffer greater rates of chronic illness, which makes them dependent upon their spouses or caregivers and thus, reluctant or unable to report abuse.

Rural battered women face lack of resources, isolation, small town politics, few if any support agencies, and poor or little transportation and communication systems in addition to the other complications of intimate partner violence that is intensified by the rural lifestyle. Sexist, racist, misogynist, anti-semitic and homophobic language and actions are often more acceptable in rural communities, and attitudes seem slower to change. The patriarchal "good old boys" network, fundamentalist religious teachings, deep-rooted cultural traditions and commonly accepted sexual stereotyping can form a chorus of accusations that the battered rural woman is unfaithful in her role as a woman, wife and mother. The act of leaving the home place, land and animals that could depend on her may be emotionally wrenching leaving the battered rural woman surrounded by walls of guilt and self-abasement.

Same sex battering is one person's use of physical, sexual or emotional violence or the threat of violence or the fear of outing to gain and maintain control over another and sweeps the entire population regardless of culture, race, occupation, income level and degree of physical or cognitive ability. Although battering is occasionally an isolated act, once it begins, it often continues and escalates in frequency and severity. In addition, the fear of homophobic and hostile law enforcement, judiciary, court personnel, medical and social service providers and domestic violence programs may keep lesbian, gay, bisexual, transgender and Intersex victims of same sex violence from leaving their abusive relationship and seeking help.

Teen dating violence may be one of the major sources of violence in teen life. Even in the best of circumstances, the passage from childhood to adulthood is often one of awkwardness and unease. When that passage is marked with danger and violence that explodes in relationships, then the journey into adulthood becomes even more overwhelmingly complex. Given that social, cultural, religious and family messages about intimacy and relationships between teens can be confusing, misleading, nonexistent or even unhealthy, many teens find themselves unsure of what to expect and how to behave in dating or intimate relationships. Fear, misconceptions, lack of services, low self-esteem, control by the abuser, peer pressure and concern about family response all combine to keep battered teens trapped in silence and secrecy.



* The cycle can cover a long or short period of time
 * The violence usually gets worse
 * The "honeymoon" phase, then the denial phase, will eventually disappear

August is National DVA Emphasis Month

Educational materials for your members

Many chapters and states raise funds and donate to organizations and shelters dedicated to promoting awareness and supporting victims of abuse. But a very important step in preventing and ending abuse that we must do for ourselves is **Educate** our members to recognizing the signs of abusive relationships.

An easy way to participate in DVA is to **take a little time out of your meeting to review the information below**. Be sure to send me a transmittal form or a note, letting me know what your chapter is doing to promote or support **Domestic Violence Awareness**. I look forward to hearing from all of you.

Domestic violence should not happen to anybody but it does - and when it does, there is help. Maybe you have lived with abuse, maybe it happened just once; maybe you work or live next to someone who is being abused right now.

Domestic violence and emotional abuse are behaviors used by one person in a relationship to control the other. Partners may be married or not married; heterosexual, gay, or lesbian; living together, separated or dating. The abuse may be physical, sexual, emotional, or psychological.

ANYONE CAN BE A VICTIM! Victims can be of any age, sex, race, culture, religion, education, employment or marital status. Although both men and women can be abused, most victims are women

Abusers are not easy to spot. There is no 'typical' abuser. In public, they may appear friendly and loving to their partner and family. They often only abuse behind closed doors. They also try to hide the abuse by causing injuries that can be hidden and do not need a doctor.

Abuse is not an accident. It does not happen because someone was stressed-out, drinking, or using drugs. Abuse is an intentional act that one person uses in a relationship to control the other. Abusers have learned to abuse so that they can get what they want.

SIGNS OF AN ABUSIVE RELATIONSHIP

Your Inner Thoughts and Feelings

Do you:

- feel afraid of your partner much of the time?
- avoid certain topics out of fear of angering your partner?
- feel that you can't do anything right for your partner?
- believe that you deserve to be hurt or mistreated?
- wonder if you're the one who is crazy?
- feel emotionally numb or helpless?

Your Partner's Belittling Behavior

Does your partner:

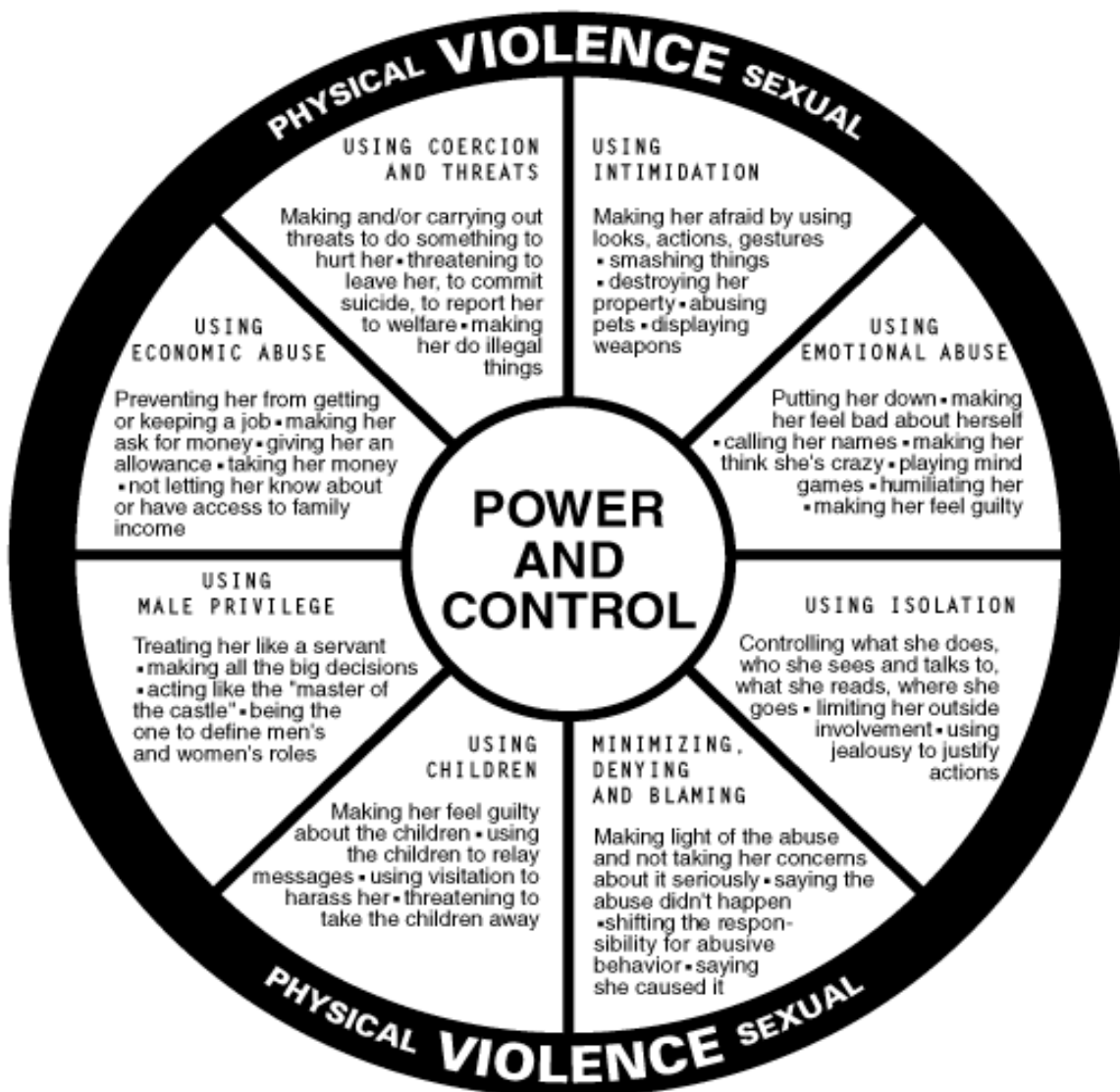
- humiliate, criticize, or yell at you?
- treat you so badly that you're embarrassed for your friends or family to see?
- ignore or put down your opinions or accomplishments?
- blame you for his abusive behavior?
- see you as property or a sex object, rather than as a person?

Your Partner's Violent Behavior or Threats
Does your partner:

- have a bad and unpredictable temper?
- hurt you, or threaten to hurt or kill you?
- threaten to take your children away or harm them?
- threaten to commit suicide if you leave?
- force you to have sex?
- destroy your belongings?

Your Partner's Controlling Behavior
Does your partner:

- act excessively jealous and possessive?
- control where you go or what you do?
- keep you from seeing your friends or family?
- limit your access to money, the phone, or the car?
- constantly check up on you?



The behaviors of a batterer

Education efforts can insure that our children learn the difference between right and wrong behavior. By educating our youth, this will help to break the cycle of violence.

Be familiar with the behaviors of a batterer: Below is a list of behaviors that are seen in people who are abusive. The last five signs (*) listed are almost always seen if the person is a batterer. The more signs the person has, and the more likely the person is a batterer. In some cases, a batterer may have only a couple of behaviors that the woman can recognize, but they are very much exaggerated (an example: extreme jealousy over ridiculous things). Initially, the batterer will try to explain his/her behavior as signs of love and concern, and a woman may be flattered at first. As time goes on, the behaviors become more severe and serve to dominate.

- Unemployed or Underemployment
- Emotional Dependency
- High Investment in Marriage
- Boundaries
- Quick Involvement
- Controlling Behavior
- Jealousy
- Abusive Family of Origin
- Low Self - Esteem
- Alcohol / Drug Abuse
- Difficulty Expressing Emotions
- Blames Others for His Feelings or Problems
- Hypersensitivity
- Dr Jekyll and Mr Hyde
- Unrealistic Expectations
- Rigid Gender Roles
- Rigid Religious Beliefs
- Disrespect for Women in General
- Emotional Abuse
- Isolation
- Reliance on Pornography
- Sexual Abuse
- Cruelty to Animals, Children or Others
- Past Violence*
- Fascination with Weapons*
- Threats of Violence*
- Breaking or Striking Objects*
- Any Force During an Argument*

Commonly Known Facts...

... Domestic Violence affects women:

- Domestic violence is the single most common source of injury to women – it is more common than auto accidents, muggings, and rapes by a stranger *combined*.
- 97% of the women killed by another family member were killed by their husband.
- More than 4,000 women each year are killed by their partners.
- By age 20, 1 in 3 young women will experience dating violence.

... Domestic Violence affects children:

- 63% of boys, ages 11 to 20, arrested for homicide, have killed their mother's abuser.
- 70% of men in court ordered treatment for domestic violence witnessed it as a child.
- 80% of runaways come from homes where domestic violence occurs.

... Domestic Violence affects men:

- 5-10% of domestic violence victims are men, although this is a highly underreported number due to society's stigmas.

... Domestic Violence affects society as a whole:

- Medical expenses from domestic violence are about \$3-5 billion annually and businesses forfeit at least another \$100 million in lost wages, sick leave, non-productivity and absenteeism.
- A woman is abused every 9-15 seconds.
- Three fourths of domestic violence victims surveyed had one or more children under the age of 18 years of age.
- 26% of murdered women are killed by their husbands or boyfriends.
- 30% of women in emergency rooms are there because of injuries from abuse.
- Children are present during 80% of the assaults against their mother.
- 25% of domestic violence victims are pregnant at the time of the abuse.

Tips on how YOU can help:

Each individual's experience is unique; there is no one-size-fits-all remedy for victimized loved ones. Finding ways to be helpful and maintaining a healthy relationship can be challenging. Here are some tips to help a loved one that has been victimized.

Listen ▪ Talking about the experience, when the survivor is ready, helps acknowledge and validate what has happened and can reduce stress and feelings of isolation. Let them take the lead, and try not to jump in with too many comments or questions right away.

Research ▪ If the victim wants more information, would like to report a crime, or has other questions; you can help find answers and resources.

Reassure ▪ As strange as it may sound; survivors often question whether an incident was their fault or what they could have done to prevent the crime against them. They may need to hear that it was not their fault and be assured that they are not alone.

Empower ▪ Following trauma; victims can feel as though much of their lives are beyond their control. Aiding them in maintaining routines can be helpful, as can offering survivors options or possible solutions.

Be patient ▪ Every journey through the healing process is unique. Try to understand that it will take time, and do what you can to be supportive. The healing process has no pre-determined timeline.

Ask ▪ Your loved one may need help with any number of things or have questions on many different topics. Even a favor as mundane as running a few errands or taking the dog for a walk can be a big help, so consider lending a hand.

Remember ▪ *victims of domestic violence are often fearful of reaching out for help. If you offer to make that first step with them by dialing the phone and asking to speak with a counselor, they may be more likely to connect with the person at the other end of the phone.*

Warning Signs

The following is a list of signs common to abusive and battering personalities. Though this list may not predict with absolute certainty, it is a good place to start.

JEALOUSY

- Is suspicious about everybody you talk to
- Wants to be with you constantly
- Doesn't want you to spend time with your friends

CONTROLLING BEHAVIORS

- Tries to decide what you do and with whom you spend time
- Gives orders and expects you to follow them
- Always decides where you go, what you do, and tells you what to wear
- Hides controlling behavior behind pretending to be concerned about your safety

QUICK INVOLVEMENT

- Pressures you to go together right away
- Intense physical and emotional involvement right away
- Claims love at first sight

UNFAIR EXPECTATIONS

- Expects you to put up with quickly changing moods
- Expects you to be available all of the time
- Expects you to forgive and forget immediately

ISOLATION

- Discourages you from spending time with your friends
- Puts down everyone you know, including your family and friends
- Tries to turn you against your parents

BLAMES OTHERS FOR PROBLEMS AND FEELINGS

- If there are problems at school or at work, it is always someone else's fault
- Blames you for everything that goes wrong in the relationship

OVERLY SENSITIVE

- Is easily insulted
- Sees everything as personal attacks
- Blows things out of proportion

Effects on Children

There are several general reactions children from violent homes are likely to show. The same emotional reaction can be acted out differently according to the child's age.

1. Feeling Responsible for the Abuse

A child might think, "If I had been a good girl/boy, Daddy wouldn't have hit Mommy."

2. Constant Anxiety

Even when things are calm, one never knows when the next fight will start.

3. Guilt for not Stopping the Abuse

Children also experience guilt because they cannot stop the abuse, even though the abuse is beyond the child's control.

4. Grief

Children who are separated from the abuser are in the process of grieving over the loss. Children may also grieve over losing the life style and positive image of the abuser they had before the violence began.

5. Ambivalence

The idea of not knowing how one feels or having two different emotions at the same time is very difficult for children. A child who says, "I don't know how I feel about it," may not be hedging, but rather is confused about feelings.

6. Fear of Abandonment

Children removed from one parent as a result of violent acts may have strong fears that the other parent could also leave them or die. Thus, a child may refuse to leave their mother, even for short time periods.

7. Need for Excessive Adult Attention

This need can be especially difficult for mothers who are trying to deal with their own pain and decisions.

8. Fear of Physical Harm to Themselves

A significant percentage of children witnessing violence are also abused. They may worry that the abuser will find them and abduct or harm them. Another worry is that the abuser will be angry and retaliate if they return home. These are often very realistic fears.

9. Embarrassment

Especially for older children, sensitivity to the stigma of spouse abuse may result in shame.

10. Worry about the Future

The uncertainty within their daily lives may make children feel that life will continue to be unpredictable.

11. Guilt about Abuser

A child may feel guilty or confused about the positive feelings s/he has for the abuser.

Questionnaire

Does my partner ...

- Ever hit, slap, shove, kick or restrain me?

- Ever threaten to hurt me?

- Call me names or insult me?

- Become jealous if I talk to or go places with other people?

- Make me tell where I am all the time?

- Blame alcohol or drugs as the reason for becoming angry and losing control?

- Ever touch me without my permission or force me to have sex against my will?

- Threaten to commit suicide if I try to leave the relationship?

- Become angry and accuse me of cheating when I spend time with other people?

- Am I afraid to disagree with my partner?

- Do I avoid seeing friends or doing things because I'm afraid my partner will get angry?

If you checked yes to ANY of these questions, you are involved with a potential batterer.

Community Involvement

Violence Against Women and Domestic Violence are not personal problems. They are societies. Together, we can eliminate this scourge. If you suspect someone is being abused, jump into action.

- Call the police if you suspect abuse.
- Take action and defend the victim, no matter who they are, be it your colleagues, friends, family or even neighbors.
- Don't be surprised if the victim defends her abuser. Be supportive instead and offer to lend her a friendly shoulder and ear.
- Encourage your neighborhood watch, block association or your residents' association to keep an eye out for domestic abuse, just as they do for robberies and other crimes.
- Speak out publicly against Domestic Violence. Let them know that you're against it.
- Be informed and spread the word. Let everyone know what domestic abuse is and how to fight it.

Getting Everyone Involved

Encourage your community to get involved by providing the following support to abuse victims:

Crisis Intervention:

- Crisis intervention services
- Crisis hot lines
- Shelters or other emergency residential facilities
- Medical services
- Transportation networks

Emotional Support:

- Self-help support groups
- Assertiveness training
- Self-esteem and confidence-building sessions
- Parenting skills courses

Advocacy and Legal Assistance:

- access to and custody of children
- property matters
- financial support
- restraining orders
- public assistance benefits
- help with immigration status

Other Supportive Services:

- housing and safe accommodations
- child care
- access to community services

HOW TO CONDUCT A DOMESTIC VIOLENCE AWARENESS PROGRAM

1. Appoint a project chairperson and committee.
2. Choose an organization or shelter in your community where DV abused victims seek help.
3. Decide on what type of program, speaker, service, fundraiser or wish list you want to provide for your chosen program. If you are unsure, contact your local agency to determine what items they suggest or what type of help they may be in need of.
4. How will you acquire the necessary items? Some suggestions
 - a. Seek donations from local merchants and manufacturers
 - b. Hold a special fundraiser with money raised designated to purchase items or funds given directly to local program.
 - c. Have chapter members donate the items
 - d. Use funds from chapter treasury to purchase items (set a budget) or given directly to local program.
 - e. Do small change collections when you're out in the public doing a WT event.
5. Finalize plans for purchasing/picking up items and dropping them off at shelter.
6. Report updates to chapter by newsletter and/or chapter meeting.
7. Complete "Domestic Violence Awareness Transmittal Form" and mail to appropriate program managers and the **US WT Domestic Violence Awareness Program Manager**.
The form is available in this manual or by contacting the USWT Domestic Violence Program Manager.
8. Send thank you notes to any person/business who donated funds, items and time for your event.

Shelter Ideas:

Ideas:

Shelters Wish List
Backpacks for Kids starting back to School
Halloween Treat Bags
Christmas Gifts
Birthday Cakes
Snack Baskets
Personal Care Items
Clothing
Diapers
Food
Paper goods

Cleaning supplies
Gift Cards – Gas- Drug Store- Phone
Used Cell phones
Stationery items including postage stamps
Children's toys and books
Books and Educational items

Donation of time:

Finding someone to do work (carpentry- plumbing- electrical etc.) for free for the shelter.
Cooking meals
Cleaning yards
Doing painting
Adopt a room and redecorate (supplying all that is needed)
Reading to Children
Rides to Doctor / Job interviews

Educational:

Speakers on Domestic Violence (can be for members only or arrange a public open forum)
Handing out Pamphlets about Domestic Violence (available by contacting your local agencies)
Work with local Shelters on Tours and educational ideas for community

**Please contact your local agencies to see what they may need!
Or what they would like to have.**

“Spare the Violence” Bowl-a-thon Project Instructions

Contact a bowling alley in your area that will give you a good deal on your bowling fees and will help you promote the event. Ask the alley to hang up posters and run the information on the TV monitors during league bowling. You might ask the alley to donate free games or give coupons for the Winning Team.

The reason we feel this fundraiser can be so successful is because it is low cost to the participants yet with their determination to get sponsors, great amounts of money can be raised. The bowling fee is literally the only cost to the participant. Of course you can add some 50/50 raffles to help raise a little extra cash that day. Another idea is to hold raffles for state lottery scratch tickets.

Ask for a pre-registration fee, which should cover the bowling fee and some of your additional costs. A team normally consists of 5 bowlers. Pre-registration should include a list of bowlers and a team name. This gives you the names in advance to assign lanes. The pre-registration gives you an idea how many teams you are going to have and they are less likely to back out of the event. (You may still get one on the day of the event.)

You and the rest of your chapter members should contact family, friends, and bowlers you know. You may want to send out letters to the local businesses to try and come up with teams. Some businesses will sponsor their team and match what their employees raise in sponsors. If the business pays the registration fee there is no cost to the participant.

It is important to get your Sponsor Sheets out to the teams as soon as they are signed up. This should include a Registration form and sponsor sheets/participants letter for each bowler. Emphasis months for DVA are August, October and February however you may hold your event at anytime during the year.

The day of the event, you want to be there early to check in your bowlers and any late registrations. Have enough people to help with registration; it seems they all come at the last minute and it can get overwhelming.

Since you have collected the bowling fees in advance, you do not have to worry about collecting bowling fees that day except from late registrations. You will need to have enough workers to count up the pledges and balance with the amount collected.

You can add 50/50 raffles or door prizes to add to the fun.

SAFE HAVEN

6th Annual

"Spare the Violence"

Example



Bowl-a-thon

Attention Participants:

We would like to thank you for participating in this fun-filled event. Our 6th Annual "Spare the Violence" Bowl-a-thon for Safe Haven will be held on **March 13, 2009 from 6:30 - 10:00pm** at the **Mountain Bay Lanes** at 604 S. Main Street, Shawano. Registration will be from 6:30-7:00pm with bowling to begin at 7:00pm.

Early Registration

Please have a team representative send your team registration form which includes your team name, a list of bowler's names and your bowling fees of \$35.00 by Friday, February 13, 2009. Please make checks payable to Safe Haven. Registration forms are available at Mountain Bay Lanes and Safe Haven.

What is expected of the Participant?

As a participant you need to obtain sponsors for your bowling. We prefer to work with a flat rate pledge. (Example, \$5.00, \$10.00 etc.). Pledges will be collected the day of the event. Please present your sponsor sheet with your collected pledges. Your sponsor sheet is attached.

The day of the event:

Sign in at the registration table. Your sponsor sheet and money will be collected before we begin bowling. Plan to have a fun filled afternoon raising money for Safe Haven. We will have many door prizes. We also will have a prize for the team with the highest score and a prize for the team raising the most money. Good Luck!!

If you have any questions, please feel free to email me at _____.

Attach this letter to the sponsor sheet for each participant.



6th Annual

"Spare the Violence"

Example



Bowl-a-thon

Safe Haven will be holding our 6th Annual "Spare the Violence" Bowl-a-thon on Friday, **March 13, 2009**. Our Bowl-a-thon will be held at **Mountain Bay Lanes at 604 S. Main Street, Shawano**. We would like to invite you and 4 of your friends to enter a team in our Fundraiser.

It is easy to do and is a fun-filled evening while raising money for a very worthy cause. As a team you would have to pay a registration fee of \$35.00, which includes 3 games of bowling and shoes for each of your 5 bowlers. We then ask that your team members solicit sponsors. We prefer to work with flat rate pledges (example \$5.00, \$10.00, etc.). The day of the event you would then turn in your collected pledges and join the other teams for a fun relaxing evening of bowling.

Registration will be from **6:30 - 7:00pm** with bowling to begin at **7:00pm**. We have lots of neat **door prizes, prizes for the team raising the most in pledges and a traveling plaque to the team that bowls the highest series. Individuals raising over \$100.00 in sponsors will be entered into a drawing for a special prize!**

For more information or to receive a Registration Form and Sponsor sheets please call **Safe Haven** at _____.

SAFE HAVEN

6th Annual

"Spare the Violence"

Example



Bowl-a-thon Registration Form

Team Name: _____

Contact Name: _____ Phone: _____

Please list the names of your 5 bowlers:

1. _____ 4. _____

2. _____ 5. _____

3. _____

Please send your registration form along with your team-bowling fee of \$35.00 to Safe Haven by Friday, February 20, 2009. Your individual sponsor sheets and money will be collected the day of the event. Please mail your registration form to: Safe Haven, P.O. Box _____, Shawano, WI 54166. For more information call _____.

POEMS

TO DAVE FROM YOUR WIFE

by Kitty Squaw

I married you on a cold November day, How was I to know you would take my dignity away?

I should have known for that day I said, "I do" I knew not to marry you but had no one to turn to.

So off we went of a marital bliss, after our vows and shared a kiss.

Why did I say I do when two weeks before our baby was born blue?

Blue eyes, black eyes and choke marks to match, Holes in the walls you never would patch.

Friends and family I was denied, "I will never hit you again," you lied.

The very best thing that you ever did give, Thank God that he was strong enough to live.

He's five years old now and the spitting image of you, you probably don't know this but his favorite color is blue.

As you read this, you sit in your prison cell, Nothing I'm sure compared to my hell.

Nightmares, meds and a scared little boy. He asks, "Mommy, why did daddy hit you with my toy?"

"I am sorry that you had to see daddy on top of me," Hitting, pinching, raping...I wish he didn't see.

It is forever etched in his precious mind; I do hope he grows up to be kind.

I have escaped from your wrath and have started a life; I hope someday to become someone else's wife.

Someone that's loving and caring and true, someone that is nothing like you.

Websites for poems:

<http://thelaststraw.wordpress.com>

<http://www.wandererthoughts.com/domestic-violence-poem>

<http://www.wadv.org/poetry.htm>

<http://www.hopeforhealing.org/Page3.html>

No One Knows

by Melissa Mercer

*No one knows,
how I feel inside.
That I was raped, and abused.
That I almost died.
I relive those things,
every night in my dreams.
I'm running so fast
to get away from him.
But I get caught now,
just like I did then.
How can I escape,
these feelings inside?
When there's nowhere to go,
and no place to hide.
Everyone thinks,
my life is so grand.
But when no one knows.
I can't expect them to understand.*

-NO MORE-

by Ashley P.

A life that has for so long been controlled by manipulation and fear,

So many times left broken and in tears.

Broken bones and bruises followed by promises allowed to heal,

Names and accusations, confusion at the appeal.

Was it really appeal, or just a distorted view?

A victim of the lies, a victim of "I don't know what to do".

Attempts to do what's right, attempts to inspire change,

Feelings of defeat when things remained the same.

A will to be happy, a will to stand fear in the face,

Determination to finally escape this dreadful place.

Emergence out of darkness, finally able to see the light,

Finally the courage to stand up and fight the fight.

No more being afraid, no more running away,

No more looking back and living like yesterday.

No! No more being afraid, not one more excuse,

No longer a victim, but a survivor of abuse.

Author Unknown

She was such a pretty child, as pretty as could be.
The blondest hair and bluest eyes, this little girl of three.
She lived next door and I would often see her play outside.
Putting all her dollies in a wagon for a ride.
I often thought how beautiful she would be when she's grown.
She was just the cutest thing as she played there alone.
I only knew her parents from a passing wave or "hi."
They did not want to socialize each time that I would try.

I sometimes heard them arguing when I was in my yard.
I know the problems people have can sometimes make life hard.
I thought they were just loners because they kept to them self.
They might think I am nosy if I try to offer help.
They never bother anyone, the other neighbors say.
And the little girl can only go out back to play.

You only see them come and go, they never stay outside.
You wonder when they act like that, have they something to hide?

One day I heard them arguing, much louder than before.
As I looked out, the little girl was standing by her door.
Her little face was bruised and tears were running down her cheek.
I wanted to go over there, but I was scared and meek.
Finally when the screaming stopped, and everything was calm
I saw the little girl was being held close to her mom.
Her mother rocked her back and forth, and she was crying too.
Just standing in the back yard, there was nothing I could do.

Nothing I could ever do, would be of any use.
This mother and this little girl were suffering abuse.
She had better call someone and get this thing resolved.
But, it is not my business and I cannot get involved.
As I spoke with neighbors, about what went on next door
They all agreed, that it was sad, it's something we abhor.
It's something we must overlook, we cannot interfere.
But, now we sing a different tune, as we are gathered here.

The neighborhood feels guilty,
for we looked the other way.
Are we all responsible for being here today?
We feel the anger and the shame, because we all stood by
Knowing now we could have helped, but didn't even try.
And now this little three year old, so beautiful to me
Surrounded by her dollies, just the way she loved to be
Is in a little casket, with her body limp and frail.
Her mom is in intensive care, her dad is now in jail.

The funeral home is quiet, because we all realize
The reason you must get involved is right before our eyes.
Abuse in any form is something we must all resent.
And fight with every tool we have to save our innocent.



United States Women of Today

Domestic Violence Awareness Transmittal Form

Each educational, fundraising or service project for Domestic Violence Awareness should be submitted on this form. Make (3) copies of this form. Maintain one copy for your chapter files, send one copy to your State Program Manager or Project Chair and submit one copy to the United States Women of Today Domestic Violence Awareness Program Manager as form is completed during the year. Final submissions to be **Postmarked no later than May 1st**.

Chapter: _____ State: _____

Name of Program Manager or Project Chair: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Name of Project: _____

Type of project: Educational Fundraising Service project (check all that apply)

Recipient of Donation- Name: _____

Speaker Shelter DV agency Other

Describe: _____

Amount raised \$ _____ Estimated total items donated \$ _____

Total Service hours for this project: _____ Project / Donation Date: _____

Brief description of this project:

Illinois Coalition Against Domestic Violence

801 South 11th Street
Springfield, IL 62703
(217) 789-2830 Fax: (217) 789-1939
(217) 242-0376 TTY
Website: www.ilcadv.org
Email: ilcadv@ilcadv.org

Iowa Coalition Against Domestic Violence

515 - 28th Street, Suite 104
Des Moines, IA 50312
(515) 244-8028 Fax: (515) 244-7417
(800) 942-0333 In State Hotline
Website: www.icadv.org
Email: admin@icadv.org

Jane Doe, Inc./Massachusetts Coalition Against Sexual Assault and Domestic Violence

14 Beacon Street, Suite 507
Boston, MA 02108
(617) 248-0922 Fax: (617) 248-0902
(617) 263-2200 TTY/TDD
Website: www.janedoe.org
Email: info@janedoe.org

Michigan Coalition Against Domestic and Sexual Violence

3893 Okemos Road, Suite B-2
Okemos, MI 48864
(517) 347-7000 Phone/TTY Fax: (517) 248-0902
Website: www.mcadsv.org
Email: general@mcadsv.org

Minnesota Coalition For Battered Women

590 Park Street, Suite 410
St. Paul, MN 55103
(651) 646-6177 Fax: (651) 646-1527
(651) 646-0994 Crisis Line
(800) 289-6177 Nationwide
Website: www.mcbw.org
Email: mcbw@mcbw.org

Missouri Coalition Against Domestic and Sexual Violence

718 East Capitol Avenue
Jefferson City, MO 65101
(573) 634-4161 Fax: (573) 636-3728
Website: www.mocadsv.org
Email: mocadsv@mocadsv.org

Nebraska Domestic Violence Sexual Assault Coalition

1000 "O" Street, Suite 102
Lincoln, NE 68508
(402) 476-6256 Fax: (402) 476-6806
(800) 876-6238 In State Hotline
(877) 215-0167 Spanish Hotline
Website: www.ndvsac.org
Email: help@ndvsac.org

New Jersey Coalition for Battered Women

1670 Whitehorse Hamilton Square
Trenton, NJ 08690
(609) 584-8107 Fax: (609) 584-9750
(800) 572-7233 In State
Website: www.njcbw.org
Email: info@njcbw.org

North Dakota Council on Abused Women's Services

418 East Rosser Avenue, Suite 320
Bismark, ND 58501
(701) 255-6240 Fax: (701) 255-1904
(888) 255-6240 Nationwide
Website: www.ndcaws.org
Email: ndcaws@ndcaws.org

Pennsylvania Coalition Against Domestic Violence

6400 Flank Drive, Suite 1300
Harrisburg, PA 17112
(717) 545-6400 Fax: (717) 545-9456
(800) 932-4632 Nationwide
Website: www.pcadv.org

South Dakota Coalition Against Domestic Violence & Sexual Assault

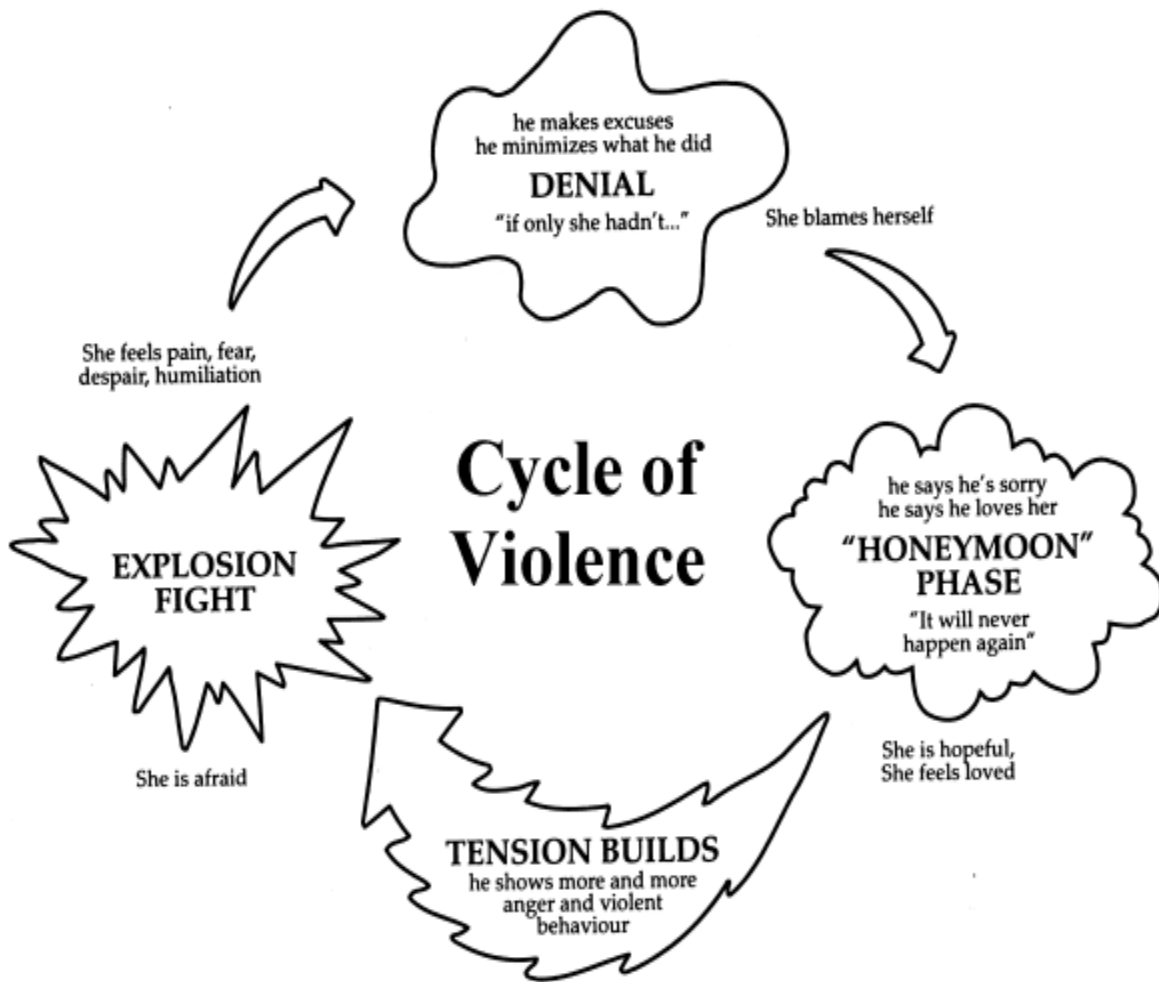
P.O. Box 141
Pierre, SD 57501
(605) 945-0869 Fax: (605) 945-0870
(800) 572-9196 Nationwide
Website: www.southdakotacoalition.org
Email: pierre@sdcadvsa.org

Wisconsin Coalition Against Domestic Violence

307 South Paterson Street, Suite 1
Madison, WI 53703
(608) 255-0539 Fax: (608) 255-3560
Website: www.wcadv.org
Email: wcadv@wcadv.org

National Headquarters

National Coalition Against DV
1120 Lincoln St Suite 1603
Denver, CO 80203
Phone: 3038391852
Website: www.ncadv.org



* The cycle can cover a long or short period of time

* The violence usually gets worse

* The "honeymoon" phase, then the denial phase, will eventually disappear