

# THERE IS *hope*

24/7 HOTLINE  
**559.233.HELP** (4357)

WALK-IN  
1600 M Street | Fresno, CA 93721



559.237.4706  
1600 M Street  
Fresno, CA 93721  
[mmcenter.org](http://mmcenter.org)

What everyone needs to know about

# DOMESTIC VIOLENCE

## What is Domestic Violence?

Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Many different forms of abuse or domestic violence can be going on at any one time within the same intimate relationship (see Types of Abuse). These can include any behaviors that intimidate, coerce, threaten, harm, harass, blame, or intentionally restrict the freedom of one of the partners.

## Why does talking about domestic violence matter?

**12 MILLION  
PEOPLE**

are affected by  
intimate partner  
violence  
each year nationwide.

Fresno County's rate  
of calls reporting  
domestic violence is

**63%  
HIGHER**  
than the state average.

On average,  
**7,000**  
domestic violence  
cases are reported  
locally each year.  
*However, many still  
go unreported.*

## Our Mission:

Marjaree Mason Center supports and empowers adults and their children affected by domestic violence, while striving to prevent and end the cycle of abuse through education and advocacy.

## Our Vision:

A community free of domestic violence.

*At MMC, we understand domestic violence does not discriminate. We assist anyone affected by domestic violence regardless of race, age, sexual orientation, religion, or gender.*

# RED FLAGS

A red flag is a warning sign that a relationship may be unhealthy. These red flags may be apparent to the offender, victim, a family member, friend, or bystander. These signs can appear at any time in a relationship.

## SOME EXAMPLES OF RED FLAGS IN:

### offender's behaviors

- Checks in with partner often
- Criticizes or puts down partner using phrases like: "you're crazy, stupid, fat, unattractive, and / or unlovable"
- Demeans, degrades, and / or harasses partner
- Has a history of violence
- Isolates partner from family or friends
- Moves too quickly in relationship
- Shows signs of jealousy
- Takes no responsibility for their behavior and blames others

### victim's behaviors

- Becomes emotionally distant from their friends
- Checks in with partner often
- Wears clothing designed to hide bruises or scars
- Frequently misses work, school, or social occasions without explanation
- Frequently goes along with what their partner says and does
- Has signs of abuse on their body: bruises, scratches, etc.
- Has limited access to resources: phone, money, car, etc.
- Has very low self-esteem
- Is depressed, anxious, or suicidal
- Rarely goes out in public without their partner
- Secretive about details of the relationship
- Seems afraid or anxious to please their partner
- Seems worried about how to keep their partner happy
- Shows major personality changes
- Talks about their partner's temper, jealousy, or possessiveness
- Becomes anxious about responding immediately to text and phone messages

If you notice red flags in your current relationship, or you see the signs in a friend's or loved one's relationship, it is not your responsibility to change the offender or victim's mind about their relationship. We suggest you provide resources and talk about safety.

# THE VICTIM'S CHOICE

Victims alone know their situation the best. The complexities of each situation of domestic violence make it impossible to give just one option for getting help. The victim should decide how and when to move forward, keeping these three choices in mind:

## I WANT TO STAY

- Do not feel ashamed and remember the abuse is not your fault
- You are not to blame for wanting to stay
- Know the risks involved with your situation
- Let a friend, family member, or co-worker know what is going on
- Develop a safety plan

## I WANT TO MAKE A PLAN TO LEAVE IN THE FUTURE

- Do not feel ashamed and remember the abuse is not your fault
- Know the risks involved with your situation
- Develop a safety plan

## I WANT TO LEAVE RIGHT NOW

- Know the risks involved with your situation
- Have a plan for how to leave safely
- Let someone know you are leaving



# TYPES OF ABUSE

## Physical

### **Inflicting or attempting to inflict physical injury**

Some examples include: Arm-twisting, biting, grabbing, hitting, hitting with blunt objects, kicking, pinching, punching, shooting, shoving, slapping, stabbing, strangulation.

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### **Withholding access to resources necessary to maintain health**

Examples include: Forcing alcohol or other drug use, preventing medical care, withholding food or fluids, medication or sleep.

## Emotional

### **Instilling fear**

Examples include: Blackmail, harassment, intimidation, mind games, threatening physical self-harm, threatening to harm or kidnap victim or children.

### **Isolating victim from friends and/or family**

Examples include: Constant accompaniment or checking up, forced imprisonment, harassing friends or family, undermining victim's personal relationships, withholding access to phone or transportation.

### **Undermining a victim's sense of self-worth**

Examples include: Belittling victim's abilities and competency, constant criticism, insults, manipulating victim's feelings and emotions to induce guilt, name-calling, put-downs, repeatedly making and breaking promises, silent treatment, subverting a partner's relationship with the children.

### **Using property, religion, or other valued things against a victim**

Examples include: Smashing walls or doors, breaking furniture or dishes, harming or killing pets, destroying valued keepsakes and documents, attacking spiritual or religious beliefs, using scripture to justify abuse.

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## Sexual

### **Attempting to undermine the victim's sexuality**

Examples include: Accusations of infidelity, criticizing sexual performance and desirability, treating him/her in a sexually derogatory manner, withholding sex, in same sex couples: threatening to "out" them.

### **Sexual contact without consent**

Examples include: Fondling, forced prostitution, rape, forced sex with others, withholding birth control to force pregnancy.

## Economic

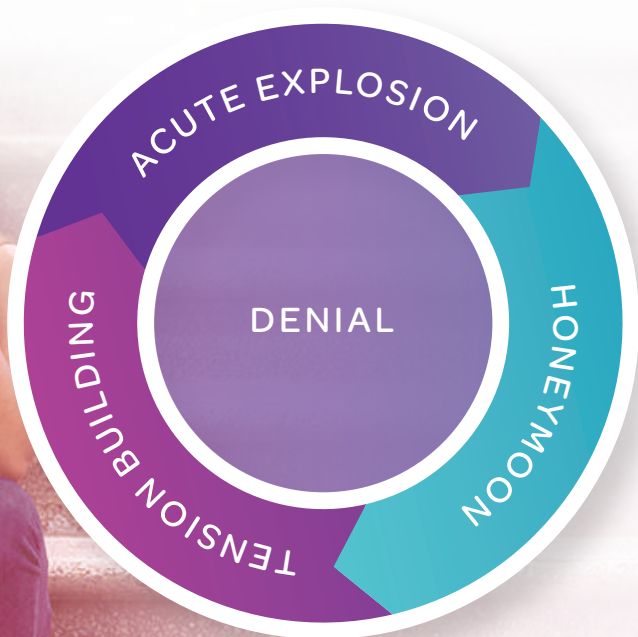
### **Making the victim financially dependent**

Examples include: Accumulating debt on victim's behalf, forbidding attendance at school, forbidding employment, forcing welfare or tax fraud, requiring accountability and justification for all money spent, withholding money or access to money.



# CYCLE OF VIOLENCE

The cycle of violence occurs in every domestic violence situation, no matter how different your experience as a victim is.



## ACUTE EXPLOSION STAGE

### Offender

The offender initiates aggressive verbal or physical abuse in an attempt to control and oppress the victim.

### Victim

The victim may feel the need to protect themselves, escape, or call for help.

### Some Behaviors Include:

#### Offender

- Destroying property
- Hitting
- Humiliating
- Imprisoning
- Raping
- Strangling
- Using weapons
- Verbally abusing

#### Victim

- Leaving
- Police called by victim or witness
- Protecting self
- Trying to calm offender
- Trying to reason

## HONEYMOON STAGE

### Offender

The offender feels guilty for inflicting abusive behavior, primarily out of a concern of being found guilty of abuse, shamed by others, or left by the victim, rather than feelings of sympathy for the victim.

### Victim

The victim feels relieved, cared about, and questions their responsibility for the abuse. They are happy to be in a place of peace and a victim believes there is hope for the future of the relationship.

#### Some Behaviors Include:

### Offender

- Begging for forgiveness
- Crying
- Declaring love
- Enlisting family support
- Initiating romantic gestures
- Promising to get help
- Self-mutilation
- Wanting to get counseling

### Victim

- Agreeing to stay
- Attempting to stop legal proceedings
- Feeling happy and hopeful of change
- Returning or taking back offender
- Setting up counseling

## TENSION BUILDING STAGE

### Offender

The offender becomes increasingly agitated and aggressive.

### Victim

The victim senses the offender's agitation and has the feeling of walking on eggshells. The victim will do anything to avoid the impending explosion.

#### Some Behaviors Include:

### Offender

- Crazy-making
- Criticizing
- Displaying moody behavior
- Substance abuse
- Nitpicking
- Putting-down
- Threatening
- Withdrawing affection
- Yelling

### Victim

- Agreeable / rarely disagrees
- Attempting to calm / soothe partner
- Intense focus on keeping children quiet
- Excessive nurturing
- Staying away from family and friends
- Trying to please offender
- Trying to reason with offender

# Domestic Violence & CHILDREN

Parents play a large role in a child's physical, educational, and social-emotional development. An influential factor in all aspects of a child's development is the quality and frequency of parent-child interactions. Children's development depends heavily on positive emotional support and a stable routine with a primary caregiver.

Children exposed to domestic violence face increased risk of abuse and neglect. Exposure to traumatic events in the home often have negative, life-changing effects.

When the primary caregiver of a child is a victim of domestic violence, kids are more likely to form insecure attachments (i.e. love bonds) to parents, which are important given they provide children with a model for intimate relationships between peers and romantic partnerships in adulthood.



## Dynamics in households with DV:

☒ Control of family by one dominant member

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☒ Protecting the "family secret"

☒ Isolation

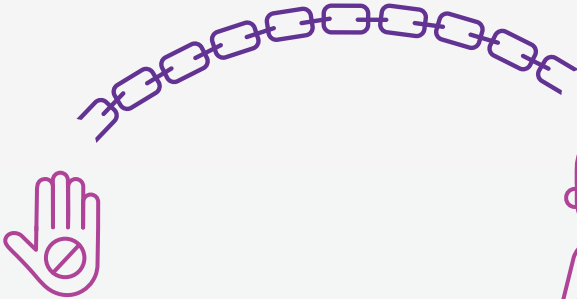
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☒ Watching the abuse of a parent



# How to end a generational CYCLE OF VIOLENCE

Unfortunately, the cycle of domestic violence often continues for generations. Exposure to violence produces prolonged stress that can permanently alter brain development and can have dramatic effects on physical, social-emotional, and educational development.<sup>1</sup>



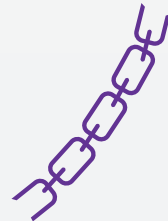
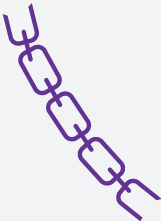
## **DON'T ACCEPT VIOLENCE**

Create loving and positive relationships with children that promote healthy development.



## **RECOGNIZE THAT DOMESTIC VIOLENCE HURTS CHILDREN**

Counseling helps children cope with their fears and feelings.



## **DOMESTIC VIOLENCE IS EVERYONE'S BUSINESS**

Call authorities for help, reach out to a friend, family member, neighbor or co-worker, or seek help from the Marjaree Mason Center.

<sup>1</sup> National Scientific Council on the Developing child (2005/2014). Excessive Stress Disrupts the Architecture of the developing Brain. Working paper 3. Updated Edition. Retrieved from [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu)

# Violence during PREGNANCY

## Climate of domestic violence

Violence in relationships tends to start or increase during pregnancy.

## Effects of trauma

- Miscarriage, stillbirth, or premature birth
- Increased first and second trimester bleeding
- Underweight baby at birth
- Child has trouble nursing or taking a bottle <sup>2</sup>

# Violence in the EARLY LIFE OF A CHILD

## Infant development

During the first 4 years of life, 90% of a child's brain develops through their experiences. <sup>3</sup>

If a child experiences or witnesses domestic violence, even if not being struck themselves, the brain learns patterns of poor emotional regulation, distrust, and becomes hyper-sensitive to stress.

## Effects of trauma

The world begins to feel like a scary place. Brain development is affected because the environment is unstable and stressful. <sup>4</sup>

## Behaviors & health issues

- Changes in sleeping / eating patterns
- Clinginess / difficulty separating from adults
- Easily startled
- Fearful of new things
- Inconsolable crying
- Lack of curiosity
- Somber mood

<sup>2</sup> [http://www.ucsfhealth.org/education/domestic\\_violence\\_and\\_pregnancy/](http://www.ucsfhealth.org/education/domestic_violence_and_pregnancy/)

<sup>3</sup> Molyneux, Stefan. "The Bomb in the Brain." Lecture.

<sup>4</sup> Cohen, E.; Walthall, B. Silent Realities. The National Child Welfare Resource Center for Family-Centered Practice Washington, DC

<sup>5</sup> Cohen, E.; Walthall, B. Silent Realities, The National Child Welfare Resource Center for Family-Centered Practice Washington, DC

# Violence during CHILDHOOD & ADOLESCENCE

## Development

Parents are disengaged with children. Victims are concerned with self-survival and offenders focus on maintaining control and power. Children develop low self-esteem, engaging in sibling violence, and anti-social behavior. <sup>5</sup>

## Behaviors & health issues

- Abuse drugs / alcohol
- Aggression / anger / hostility
- Belief in rigid stereotypes and gender privilege
- Depression
- Difficulty paying attention in school
- Eating problems
- Delinquent behavior
- Feeling responsible for the family
- Fear and anxiety
- Low self-esteem
- Poor conflict resolution skills
- Poor peer, sibling, and social relationships
- Poor school performance
- Running away from home
- Sleeping problems (bed-wetting & nightmares)
- Temper tantrums
- Withdrawal / loneliness

CHILDREN WHO WITNESS  
DOMESTIC VIOLENCE ARE

**6x more likely**

to be an offender or victim

IN RELATIONSHIPS AS ADULTS



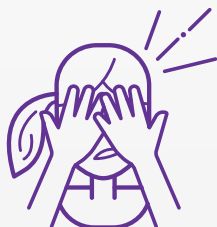
# ADULTS

## who witnessed domestic violence

## Development

Adults who have witnessed domestic violence while growing up find difficulty identifying normal, healthy behavior in relationships and asserting personal boundaries. Education about domestic violence is the first step to ending the cycle.

# OBSTACLES TO LEAVING



## FEAR

Victims may fear more serious injury or even death if they try to leave. Offenders may threaten harm to children and loved ones.



## ISOLATION

Offenders may have physically, emotionally, and financially isolated their victims from family, friends, and outside resources to the point where victims have nowhere to go.





### LOW SELF-ESTEEM

Victims may believe they are failures as partners and offenders reinforce this as a means of control.



### PROMISES OF CHANGE

Many victims love their offenders and believe their promises to change, often giving them another chance.



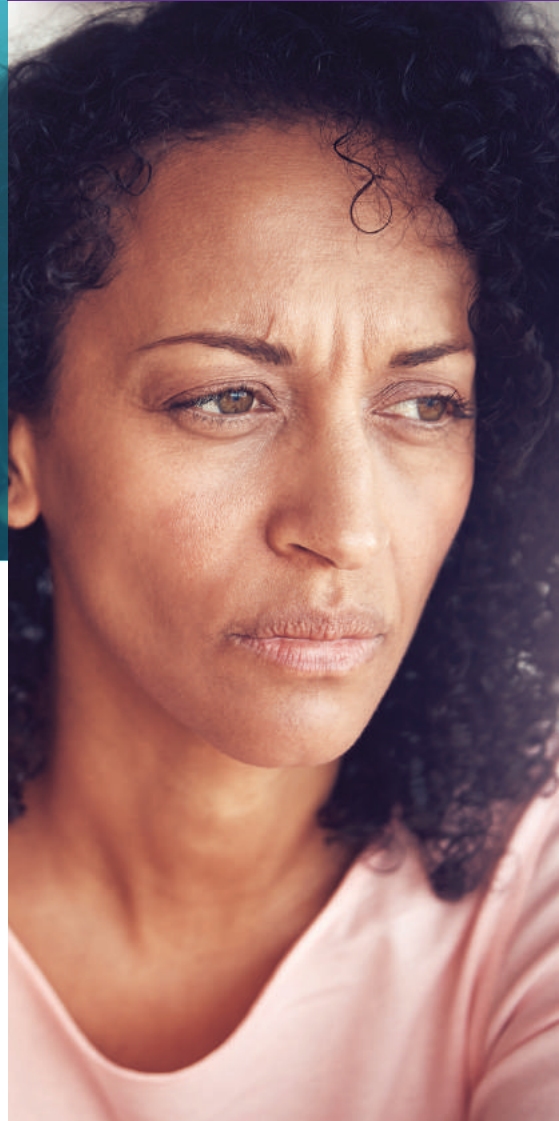
### TRADITIONAL VALUE SYSTEMS

Victims may have strong religious, cultural, or family pressures to maintain the relationship and feel that separation is not an option.



### SELF-BLAME

Victims may blame themselves for the abuse and feel like they deserve it. Offenders may reinforce this idea.





# SAFETY PLANNING

When preparing a safety plan, it is important to recognize that the victim knows their situation the best. Leaving an abusive partner may be risky for the victim and their family.

## IN AN EMERGENCY

- Call 911 right away for help
- Avoid the kitchen and any other place an offender may find weapons
- Avoid bathrooms, closets or small spaces and places with only one entrance / exit
- Get to a room with a door or window to escape
- Get to a room where you can call for help

## WHEN PLANNING TO LEAVE

- Collect important items and put them in a get-away bag
- Create signals to use with family, friends, and neighbors that inform them with what is going on
- Create code words to use with children to go to a safe place
- Hide cash
- Reduce time of isolation with the offender and try to keep another person around at all times
- Protect children from hearing or overhearing things they might inadvertently share with the offender

## AFTER AN INSTANCE OF PHYSICAL ABUSE

- Get medical help if you are hurt
- Take pictures of bruises or injuries immediately
- File a restraining order or seek assistance from the Marjaree Mason Center to help protect yourself from the offender

## ITEMS TO CONSIDER PACKING

- Identification – birth certificates, driver's license, state identification card, green card, work permit, social security card, passport
- Health records – school and medical records, vaccination records
- Money – checkbooks, ATM card, cash, credit cards
- Keys – car, house and work
- Cellphone
- Medications
- Documents – divorce papers, separation agreement, restraining order paperwork, lease or rental agreement, house deed, mortgage payment book, insurance papers, welfare identification
- Clothing
- Comforting items for children – favorite toys, blankets, books
- Sentimental items – pictures, jewelry, bible

# COMMUNITY RESOURCES

## Marjaree Mason Center Resources

- 24/7 Crisis Hotline  
**559.233.HELP (4357)**
- Administration Office  
**559.237.4706**
- Life Transition Program Office  
**559.226.1831**

## Legal Resources

- Central California Legal Services  
**559.570.1200**
- Crime Victim's Assistance Center  
**559.600.2822**
- Fresno County District  
Attorney's office  
**559.600.3141**
- Fresno County Superior Court  
Self-Help Center / Family Law  
Court Clerk  
**559.457.2100**
- Lawyer Referral Services  
**559.264.0137**
- San Joaquin College of Law, New  
American Legal Clinic (immigration)  
**559.326.1553**

## Law Enforcement

- Fresno Police Department  
**559.621.7000**
- Clovis Police Department  
**559.324.2800**
- Fresno County Sheriff's Office  
**559.600.8400**
- VINE (register to be notified for  
inmate release)  
**1.877.411.5588**

## Children Services Resources

- Child Protective Services Hotline  
**559.255.8320**
- EPU Children's Center  
**559.229.2000**
- Fresno Council on Child  
Abuse Prevention  
**559.268.1118**
- Fresno County Behavioral Health  
**559.600.9180**
- Lighthouse for Children  
**559.558.4900**
- The Mom and Kids Hotline  
**1.800.640.0333**

## Medical Resources

- Clinica Sierra Vista  
**559.457.5800**
- EOC Health Services Clinic  
**559.499.1690**
- Holy Cross Clinic  
**559.442.4108**
- Planned Parenthood Mar Monte  
**559.488.4900**

## Other Resources

- Fresno County Victim Witness Center  
**559.600.2822**
- Rape Counseling Services of Fresno  
**559.222.7273**
- Human Trafficking Hotline  
**1.888.373.7888**
- Mexican Consulate  
**559.233.3065**

## Marjaree Mason Center

# SERVICES

All services are completely confidential and provided at little to no cost.



### SAFE HOUSING

#### Emergency Safe Housing

By assessment. 559.233.HELP (4357)

#### Short & Long Term Safe Housing

By application. 559.233.HELP (4357)



### 24/7 CRISIS SUPPORT

#### Crisis Drop-in

MMC Administration Building

#### Crisis Hotline

559.233.HELP (4357)

Safety planning, resources and referrals



### LEGAL ASSISTANCE

#### Legal Options Class\*

MMC Administration Building  
Thursdays, 10:00am

#### Legal Assistance

559.233.HELP (4357)

Restraining orders, court  
accompaniment, and education  
on the legal system



### COUNSELING

#### Individual Counseling\*

By appointment. 559.233.HELP (4357)

#### Kid's Group

MMC Administration Building

- **Children 5-7**

Tuesdays, 4:00-5:00pm

- **Children 8-11**

Thursdays, 4:00-5:00pm

#### S.A.F.E. Group\*

*(Survivors of Abuse: Free and Empowered)*

12-week course covering domestic violence.

This course meets court requirements to  
consider modifying a restraining order.

- **MMC Admin**

*(\$5 charge)*

- **MMC Clovis**

*(\$5 charge)*

- **MMC Reedley**

*(Free & open to the public)*

#### DV Support Group\*

This group provides general information and  
is open to the public. No fee and no  
appointment necessary.

*Class dates, times and locations may change.*

*Please check the MMC website or call the hotline  
for verification prior to arrival.*

## Administration

1600 M Street  
Fresno, CA 93721

## MMC Clovis

Call for Information  
559.298.7891

## MMC Reedley

1015 G Street  
Reedley, CA 93654

\*No children allowed. Please arrive early.