

Domestic Violence Awareness Month

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# EDUCATION TOOLKIT



*For UC Davis Staff & Faculty*



**CARE**

center for advocacy,  
resources & education

# UC Davis Domestic Violence Awareness Month Educator Toolkit

Since the 1980s, Domestic Violence Awareness Month has been recognized every October to give communities across the nation an opportunity to empower and support survivors of domestic violence, mourn those who have lost their lives to domestic violence, and promote community action toward eliminating domestic violence.

This DVAM toolkit is meant to provide members of the UC Davis community with information and ideas on how each of us can play a role in participating in Domestic Violence Awareness Month. We hope that this toolkit will help you recognize all of your unique opportunities for prevention as well as tips and guidance on how to use these opportunities to contribute to DVAM. Each and every single one of us can be a part of this movement.

If you would like to seek additional information on addressing and preventing domestic violence, and other forms of sexual violence, please feel free to get connected to the UC Davis CARE program by visiting our website, contacting us via phone or email, or following us on social media.

## Connect to UCD CARE

Website <https://care.ucdavis.edu>

Phone (530) 752-3299 (Davis)  
(916) 734-3799 (UCDH)

Email [ucdcare@ucdavis.edu](mailto:ucdcare@ucdavis.edu)

 @ucdcare

 /ucdavisCVPP/

# Domestic Violence 101

When most people hear, “domestic violence,” they frequently envision physical abuse within a heterosexual relationship where the man is the abusive partner and the woman is the victim. However, DV can affect all people regardless of gender, sexual orientation, race, ethnicity, religion, citizenship status, class, or background. It may happen within in any type of romantic or intimate relationship, including short-term relationships, queer relationships, polyamorous relationships, and more. Additionally, there are many other forms of abuse other than physical abuse. Understanding that DV can look a variety of ways is essential to ending it— especially when there are many misconceptions about it. The lists below provide examples of different forms of abuse. Please note that these lists are not comprehensive, and that there are many forms of abuse that are unique to people belonging to marginalized communities, which create even more barriers for those communities to seek resources and support.

## Emotional Abuse

Name-calling and putdowns; yelling or screaming; using the children - to guilt the victim, to participate in the abuse, etc; blaming the victim for their own abuse; gaslighting or “crazy-making” to manipulate or confuse the victim; jealousy; threats of self-harm or suicide; threats to expose victim’s immigration status; threats to expose victim’s HIV status; threats to expose the victim’s sexual orientation; embarrassing or ridiculing the victim in public; preventing the victim from spending time with others; not allowing the victim to practice their religion

## Sexual Abuse

Unwanted sexual touching or kissing; forcing the victim to perform sexual acts; sabotaging birth control or condoms; unwanted violent sexual activity; intentionally attempting to impregnate someone; refusing to use birth control and condoms; using the existing intimate relationship to justify unwanted sexual activity; ignoring sexual boundaries

## Physical Abuse

Slapping; punching; scratching; pinching; biting; kicking; strangulation; grabbing; throwing objects; use of weapons; preventing the victim from leaving or forcing them to go somewhere

## Economic Abuse

Preventing the victim from obtaining or keeping a job; stealing the victim’s money; creating a situation where the victim is financially dependent; harassing the victim’s co-workers or supervisors to get them fired; spending the victim’s paycheck on personal items without permission; sabotaging the victim’s education or job

## Digital or Technological Abuse

Tracking the victim’s location with a GPS device; constantly checking-in; demanding the passwords to social media accounts; looking through text messages or pictures without permission; making derogatory posts about the victim on social media; sending unwanted texts or pictures; threatening to distribute private media

# Supporting Domestic Violence Survivors

*"This is not your fault."*

Survivors of domestic violence often feel alone, scared, ashamed, and powerless. Usually, the first person they tell their story to isn't a mental health provider or an investigator—it is usually someone close to them. Here is some guidance on how to navigate situations where someone close to you discloses they are a survivor of DV.

## **Thank them for sharing.**

It can be very hard for a survivor to talk about their experience. The fact that they are telling you specifically shows that they trust you. Make sure you acknowledge the difficulty of disclosing and thank them for trusting you.

## **Remind them it is not their fault and challenge statements of self-blame.**

Survivors may blame themselves for the abuse. Reinforce that they deserve to be treated with respect and that they are not responsible for the actions of the abuser.

## **Provide resources.**

DV victims have had a lot of their power, control, and agency taken away from them. One way you can restore that power is by giving them options and resources that they can choose to utilize. Do not force them to do anything, including seeking resources, but do inform them that professional help is available. A list of resources for the UCD community are available on pages 6 and 7.

## **Do not tell them what to do.**

Many people think that it is helpful to tell victims of domestic violence that they need to leave their partner. While it can be very frustrating to see someone you care about be treated this way, it is important to leave them in control of the situation. Do not tell them to leave their partner or make them feel bad if they choose to stay with them. In some cases, it might not be safe for them to leave their partner. These situations can be very complicated and frightening. CARE advocates would be more than happy to meet with folks who are concerned about their friend in an abusive relationship to help process what is going on and give guidance on how to move forward.

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## **Note: Responsible Employee UC Policy**

All UC employees, except those employed by the confidential resources, are responsible employees and may need to report disclosures of sexual violence. View "Responsible Employees: What You Need to Know" for more information.

# How can I raise awareness?

## *Make an announcement*

Spread the word by making an announcement at your staff meeting or send a mass email. If you are teaching a class, you can make an announcement to your students. Inform them of Wear Purple Day and remind them of campus resources.

## *Wear purple on October 25th*

October 25, 2018 is Wear Purple Day! Wear some purple to show you stand in solidarity with DV survivors. Contact UCD CARE if you'd like to request purple ribbons for you and your group.

## *Request a program*

UCD CARE can do presentations for staff and faculty about anything related to domestic violence—including victim dynamics, laws and policies, supporting a survivor, and more! Email [ucdcare@ucdavis.edu](mailto:ucdcare@ucdavis.edu) to request a training for your department.

## *Make a statement in your syllabus*

If you teach a class, consider including a statement about how everyone deserves to be safe and respected in a romantic relationship. You may also provide information about confidential resources.

## *Call your legislator*

Use this month as an opportunity to call your legislator and urge them to show support for nonprofit domestic violence agencies. To learn more about CA policies about domestic violence, visit <http://www.cpedv.org/>.

# Starting the conversation

There is an increasing amount of research showing that many adolescents are facing relationship abuse. If you have a child that you are close to, take this month as an opportunity to talk with them about healthy relationships. Here are some questions you can ask to help get the conversation started.

"How are things going?"

Start with a general question. Ease them into a conversation before jumping into a heavier topic.

"Have you ever seen abusive behaviors between partners?"

This question allows you to define abuse within a relationship and compare your definition to their definition.

"Where can you get help if you or a friend needs it?"

Let them know that you are always there for support and familiarize yourself with available resources. For assistance in finding your local resources, please see pages 6 and 7.

"What kinds of relationships do your friends have?"

What is their current perception of relationships? Do they have expectations of gender roles? This will help shape how you continue the conversation.

"What makes a relationship healthy?"

Partners in a healthy relationship respect each other's individual differences and personal boundaries. They do not hurt their partner(s) emotionally, sexually or physically.

"How are relationships portrayed in the media?"

Talk about how some portrayals of relationships may romanticize or minimize abusive behaviors.

To learn more about building healthy relationships, visit  
<https://care.ucdavis.edu/healthy-relationships>.

# Confidential Resources

*for staff &  
faculty*

## Center for Advocacy, Resources & Education (CARE)

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Confidential resource for any UCD student, staff, or faculty who has experienced sexual assault, intimate partner violence, stalking, and sexual harassment. CARE has offices at the Davis campus and UCD Health.

<https://care.ucdavis.edu>

## Academic & Staff Assistance Program (ASAP)

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Confidential, cost free assessment, intervention, consultation and referral services to all UC Davis and UC Davis Health faculty, staff and their immediate families.

<https://hr.ucdavis.edu/departments/asap>

## Office of Ombuds

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Confidential, independent, impartial, and informal problem-solving and conflict management resource for all members of the UC Davis and UC Davis Health campus communities.

<https://ombuds.ucdavis.edu>

## Empower Yolo

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24-hour crisis intervention, emergency shelter, confidential counseling, legal assistance, and other services for individuals and families affected by domestic violence, sexual assault, stalking, human trafficking, and child abuse.

<https://empoweryolo.org>

Every county in California has a rape crisis center that serves the residents of that county. Empower Yolo serves residents of Yolo County. To learn about the resources in the county you live in, visit <http://centers.rainn.org>.

# Confidential Resources

*for students*

## Center for Advocacy, Resources & Education (CARE)

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Confidential resource for any UCD student, staff, or faculty who has experienced sexual assault, intimate partner violence, stalking, and sexual harassment. CARE has offices both on the main Davis campus as well as UCD Health in Sacramento.

<https://care.ucdavis.edu>

## Counseling Services

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Free, short-term confidential counseling for all UC Davis students. Counseling Services help students to realize their academic and personal goals. Meeting with a counselor can help students clarify issues, explore options, and cope more effectively.

<https://shcs.ucdavis.edu/counseling-services>

## Women's Resources & Research Center (WRRRC)

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The Women's Resources and Research Center (WRRRC) provides a place for students to learn about resources and educational programs that focus on gender equity and social justice. The WRRRC is confidential per UC Davis policy.

<http://wrrc.ucdavis.edu/>

## LGBTQIA+ Resource Center

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The LGBTQIA+ Resource Center provides an open, safe, inclusive space and community committed to challenging sexism, cissexism/trans oppression/transmisogyny, heterosexism, monosexism, and allosexism. The LGBTQIA + RC is confidential per UC Davis policy.

<http://lgtbqia.ucdavis.edu>



# Give back to your community

Every county in California has a local nonprofit that is dedicated to providing sexual assault and domestic violence victim services to the residents of that county. These organizations do a tremendous amount of work with the support of donations, grants, and volunteers. Consider giving back to your community this month by providing a cash donation, purchasing items on their wish list, or volunteering your time!

## Local Centers

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### **Empower Yolo**

Yolo County

<http://empoweryolo.org>

### **WEAVE, Inc.**

Sacramento County

<http://weaveinc.org>

### **My Sister's House**

Sacramento County

<http://my-sisters-house.org>

### **A Community for Peace**

Sacramento County

<http://acomunityforpeace.org>

### **SafeQuest Solano**

Solano County

<https://safequest.org>

### **Stand Up Placer**

Placer County

<https://standupplacer.org>

### **The Center for Violence-Free Relationships**

El Dorado County

<http://thecenternow.org>

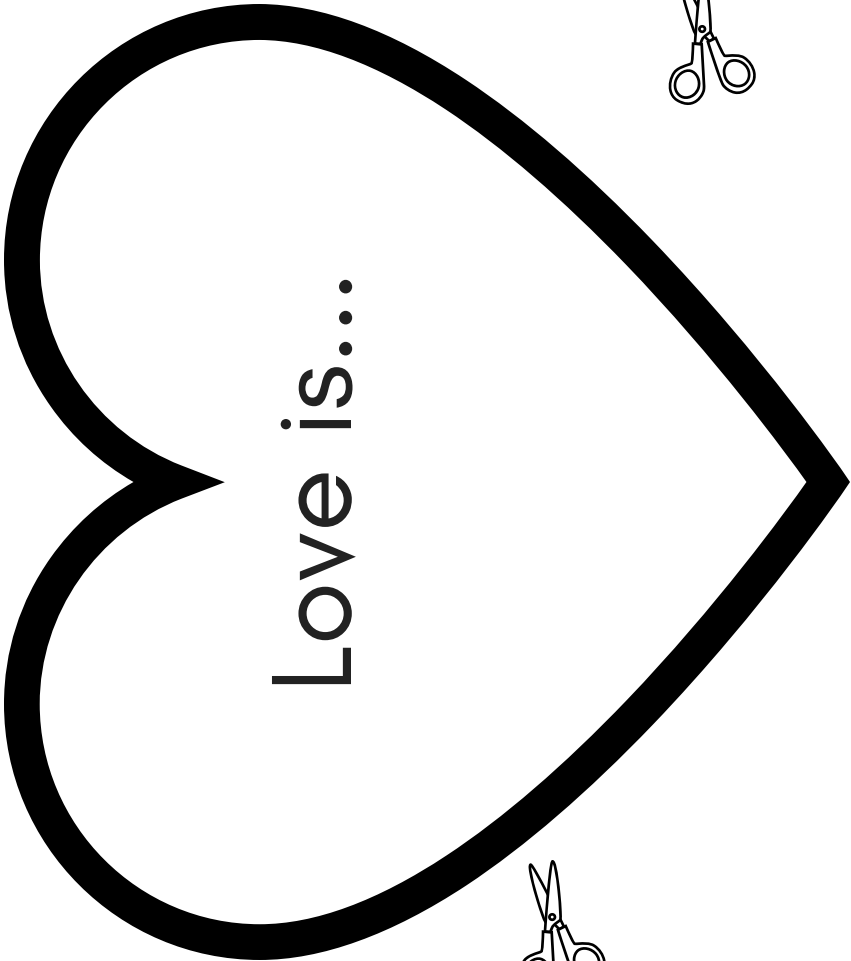
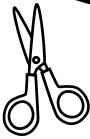
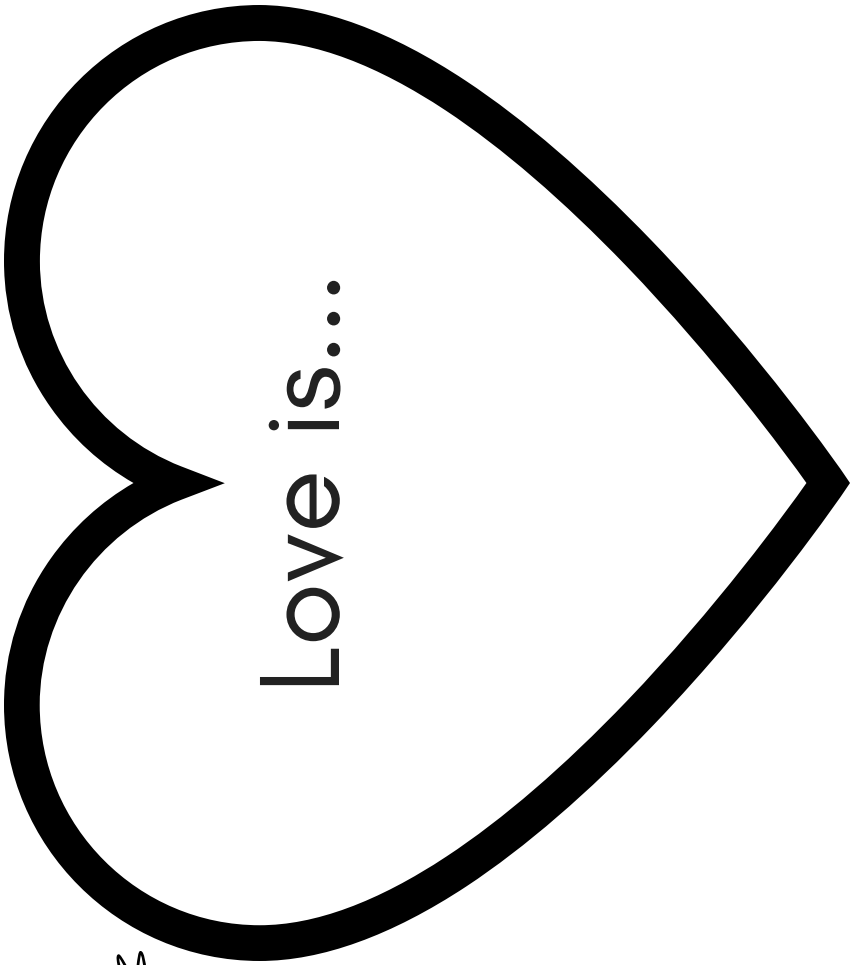
### **Live Violence Free**

El Dorado County

<https://liveviolencefree.org/>

To find the organization that serves the county you live in, visit  
<https://centers.rainn.org/>

*How does love look in a healthy relationship? Write in your responses and cut out the hearts. Take pictures with them and post them on social media or put them up in your office!*



# October 2018 // Domestic Violence Awareness Month

