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## Family Violence Mini Video Series Visuals + Scripts

- Visit this link to view the School-Based Prevention Education webpage, which includes links to the YouTube videos:
  - <https://www.wadvocates.org/our-services/violence-prevention-education/school-based-prevention-education/>

### Video #1: What is family violence?



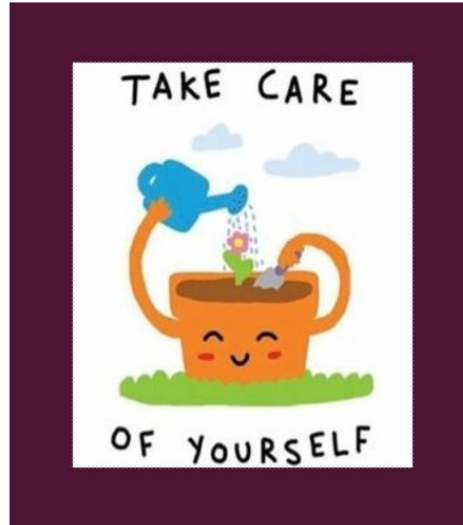
Voiceover: Hi everyone! My name is Brenisen Wheeler, my pronouns are she/her/hers and I am the Education and Outreach Coordinator at Women's Advocates, the first domestic violence shelter in the nation. Today we're going to be talking about family violence, it is also commonly referred to as domestic violence. What is it? Who causes and experiences it? And what are the different forms of it? Before watching this video- make sure you submitted the pre-assessment google form linked in the description box below.

## REMINDER-

This can be a difficult topic to learn about.

Consider if you need to:

- Wear headphones
- Go to a private, quiet room
- Doodle during the video
- Pause it at any time to take a breath
- Reach out to a friend or someone you trust




Voiceover: I want to remind everyone watching that the topic of family violence can be difficult to learn about and discuss. If you are not in a classroom watching this, maybe consider the following options on the screen. Do what you need to do to take care of yourself! Many people experience family violence so some of you may feel upset or recognize some of these behaviors in your own life or in the life of someone you know.


## DEFINITION OF FAMILY VIOLENCE



Family violence is when someone in a family or home hurts another family member or others in the home.



Someone who may hurt a family member often times does this to gain **power** and **control** over another person.



Power = the ability to do something or act in a particular way



Control = the power to influence or direct people's behavior or the course of events

Voiceover: So what is family violence? It is when someone in a family or home hurts another family member or others in the home. Someone who may hurt a family member often times does this to gain power and control over another person. Everyone should have a certain level of their own power and control but when someone tries to take that away from you, that can be a warning sign of abuse.

## WHO CAN CAUSE/EXPERIENCE FAMILY VIOLENCE?

- Anyone can experience or cause family violence, regardless of one's ethnicity, gender, sexual orientation, socioeconomic status, level of education, citizenship status, or religion. It is a public health crisis.
- Family violence can impact people whether they are:
  - Directly experiencing it
  - Exposed to/have knowledge of others experiencing it
  - Witnessing others in the home experiencing it
- Family violence can be caused by someone who lives in the home or is a family member whether that is by blood or not.
- This can include:
  - A parent (father, mother, step-father or step-mother, legal guardian)
  - A sibling (brother, sister, step-brother, step-sister, half-brother, half-sister)
  - An uncle/aunt
  - A grandparent

Voiceover: Anyone can experience or cause family violence, regardless of one's ethnicity, gender, sexual orientation, socioeconomic status, level of education, citizenship status, or religion. It is a public health crisis. There are different ways that family violence can impact someone whether they are directly experiencing it, exposed to or have knowledge of others (like a sibling) experiencing it, or witnessing others in the home experiencing it (like a parent). Family violence can be caused by someone who lives in the home or is a family member- whether that is by blood or not. This means harm can be caused by a parent (including step-parents and legal guardians), siblings, uncles or aunts, or grandparents. It can also include people who live in the home who are not "technically" blood related but are considered family. Also note that the word "child" will be used throughout this video series to describe the person experiencing the harm but the child referenced could be a teenager or young adult.

Learn more at:  
<https://www.thehotline.org/is-this-abuse/abuse-defined/>

## 9 DIFFERENT FORMS OF FAMILY VIOLENCE

  
Physical

  
Emotional

  
Verbal

  
Sexual

  
Digital

  
Reproductive

  
Financial

  
Spiritual/Cultural

  
Mental

### Some Key Points to Remember

1. **All forms** of family violence are serious. One form is not more "real" or "serious" than another.
2. All are harmful in different ways.
3. No one deserves to be treated in any of these ways.
4. Context (age, personality, culture) is important here. These things don't happen in isolation.
5. Abusive actions are rooted in power and control. Not love, equality, and respect.

Voiceover: Did you know that there are 9 different forms of family violence? Physical, emotional, verbal, sexual, digital, reproductive, financial, spiritual/cultural, and mental. We will discuss these further in the next video Part 2 but some key points to remember as we go through the examples are the following: number 1-

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**All forms** of family violence are serious. One form is not more "real" or "serious" than another. Number 2- All of these forms are harmful in different ways. Number 3- No one deserves to be treated in any of these ways. Number 4- you know yourself and situation best- Context (like your age, personality, culture) is really important here. These things don't happen in isolation. And number 5- Abusive actions are rooted in power and control. Not love, equality, and respect.


## Video #2: 9 Different Forms of Family Violence



Voiceover: This video will discuss the 9 different forms of family violence that were mentioned in Part 1 of this mini video series.


### PHYSICAL ABUSE





Pause the video & take a second to read through some of these examples at your own pace

- **Intimidation** – Bullying by standing over, looking down, or getting “in your face” and refusing to back off.
- **Isolation** – Limiting ability to escape from or abandoning in dangerous situations.
  - Keeping you in the home
- **Restraint** – Confines by blocking a doorway, locking doors with no key, or tying up.
  - Locking you out of the house
- **Aggression** – Hitting, kicking, punching, arm twisting, pushing, beating, shoving, biting, slapping, striking with an object, shaking, pinching, choking, hair pulling, dragging, burning, cutting, stabbing, strangling, and force feeding (including overdose or misuse of drugs).
  - Throwing things, threatening to hurt a pet
  - Breaking/smashing things
  - Punching walls, slamming doors
- **Endangerment** – Verbal threats of killing mixed with physical violence and use of weapons
  - Depriving you of food or basic needs like sleep (neglect)



Voiceover: One form of family violence that many of you may know about is physical. Physical isn't just hitting, it can also include using physical space or body language to intimidate you, throwing things at you, locking you out of the house, threatening to hurt a pet, punching walls, breaking things, or even depriving you of food or basic needs like sleep.

## MENTAL ABUSE



Pause the video & take a second to read through some of these examples at your own pace

- **Rage** – An intense, furious anger that comes out of nowhere, usually over nothing, startling and shocking the child into compliance or silence.
- **Gaslighting** – Lying about the past to intentionally making a child doubt their memory, perception, and sanity.
- **The Stare** – An intense stare with no feeling behind it.
- **Silent Treatment** – Punishment by ignoring for long periods of time.
- **Projection** – Parents dump their issues onto the child as the child did it.
- **Twisting** – When confronted, parents twist the truth to blame the child for their actions.
- **Manipulation** – Making a child fear the worst such as abandonment or rejection.
- **Victim Card** – When all else fails, parents play the victim card to control behavior.



Voiceover: Another form that you may have heard of is mental abuse. This includes things like using anger or rage to manipulate you, calling you crazy or stupid or making it seem like their actions are your fault, it could even be staring at you in a blank way that can cause fear, giving you the silent treatment.

## VERBAL ABUSE



Pause the video & take a second to read through some of these examples at your own pace

- **Extremes in Volume and Tone Voice** – One way is to increase the volume by yelling, screaming, and raging. The second is complete silence, ignoring, and refusing to respond.
- **Intimidating Words** – Swearing and threatening language come easily when a child refuses to do what the parent wants.
- **Intense Manner of Speech** – It is argumentative and demanding with frequent interruptions, talking over, withholding key information, and interrogating.
- **Personal Attacks** – Common examples include criticizing, name calling, mocking responses, defaming character, body shaming, berating feelings, and judging opinions.
- **No Apology** – Parents refuse to take responsibility, become hostile, invalidate or dismiss feelings of the child, lie, and conveniently forget promises or commitments.
- **Blame Game** – Anything that goes wrong is the child's fault. Accuses child of being too sensitive and is overly critical of reactions. Demands perfection.
- **Browbeating** – Typical sayings include: "If only you would...", then I won't have to be this way," "You don't know how to take a joke," "The problem with you is...", and "That (verbal abuse) didn't really happen."

Voiceover: Related to mental abuse, can be verbal abuse. Arguments or disagreements with a family member are normal. But it can be abuse if these different components are used in a way to instill fear such as threats, interrogating, name calling, insulting your character, body shaming. It could also include always blaming you for everything or accusing you of being too sensitive. Verbal abuse can be extremely painful and is often used as a tool to create an environment of fear.

## EMOTIONAL ABUSE



Pause the video & take a second to read through some of these examples at your own pace

- **Nitpicking** – Whatever is important to the child is minimized in comparison to the parent's agenda. The parent belittles accomplishments, aspirations, or personality in front of others. Teasing or sarcasm is commonly used to degrade and mock.
- **Embarrassment/Shame** – The parent shares private information without consent or exposes some shameful event. Constantly being reminding of shortcomings, often in a passive-aggressive way.
- **Increased Anxiety** – It is easy for a child to become anxious when questioned about every move, motive or aptitude.
- **Excessive Guilt** – Parents claim that they should be the most important person in the child's life.
- **Insecurity** – From being held to an unrealistic, unattainable or unsustainable standard. Then when the child fails, they are treated as inferior.
- **Confusion** – Being treated as an extension of the parent, not as a separate person.
- **Alienation** – Belittling friends and other family members to convince child those people are unimportant.
- **Anger/Fear** – Parents generate anger in a child using of intimidation, threats, frightening behavior, or destruction of treasured possessions.
- **Hostility/Rejection** – Parents refuse to acknowledge worth by withholding love to create a threat of rejection.

**Resource:** Call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto [thehotline.org](http://thehotline.org) or text LOVEIS to 22522.



Voiceover: Verbal abuse is often associated with emotional abuse as well. One example of this could be one parent choosing a significant other over them. Maybe the parent ignores their child if the parent's significant other is around, or always prioritizing or taking the significant other's side and not listening or paying attention to the child's needs or wants at all. Parents could also use children as leverage within parental conflicts (like during a divorce, separation, or argument). There's a lot on this screen so pause the video and take a minute to read through these examples.

## FINANCIAL ABUSE



Pause the video & take a second to read through some of these examples at your own pace

- **Forbidden Access** – To the child's money or possessions that were given as gifts.
- **Stealing** – Parent steals, defrauds or exploits the child financially. Selling items without telling the child.
- **Assets** – Demands that all financial gifts or inheritances be placed in the parent's name. Opens bank accounts in the child's name without knowledge.
- **Bills/Credit** – Puts bills or credit cards in the child's name without knowledge.
- **Budget** – Puts child on a strict allowance with impossible expectations thereby setting them up for failure.
- **Spending** – Punishes a child for spend their own money.
- **Career** – Forbids child from earning money or receiving an education.
- Making you ask for money from friends/people at school/other adults



Voiceover: One form that you may not have thought of is financial abuse. This can include stealing money from you, putting bills or credit cards in your name without your knowledge especially if you are under 18 years old, punishing you for spending your own money, or making you ask for money from friends or people at school.

## SEXUAL ABUSE



Pause the video & take a second to read through some of these examples at your own pace

- **Grooming** – Doing an unwanted or embarrassing sexual act designed to catch a child off-guard and create a feeling of fear that something bad will happen.
- **Molestation** – Unwanted touching of private areas either the child touching or the parent touching.
- **Sexual Exposure** – Forcing a child to look at the parent's private areas while the parent engages in a sexual act.
- **Threatens Abuse** – Dangles the possibility of abusing another person in order to bully the child into doing uncomfortable sexual acts.
- **Inciting Fear** – Child submits to unwanted sexual acts out of fear that the parent will hit, leave, humiliate, or punish.
- **Destroying Principles** – Escalation of sexual grooming to now include watching pornography with the child.

Resource: Call the National Child Abuse Hotline at 800.4.A.CHILD (422-4453), any time 24/7.



Voiceover: Sexual abuse can be especially difficult to talk about but many children do experience this so it's important for you to know that an adult touching private areas of a child or forcing them to look at the adult's private areas during a sexual act or any threats to do so are considered abuse and in many states can be illegal depending on the circumstances. If any of these things have happened to you or someone you know, please reach out to a teacher, guidance counselor, or call the National Child Abuse Hotline at 800.4.A.CHILD (422-4453), any time 24/7.



## REPRODUCTIVE ABUSE



- Restricting access to preferred method of birth control
- Forcing you to terminate a pregnancy
- Making you keep a pregnancy against your wishes
- Tampering with birth control methods like hiding birth control pills

Voiceover: On a similar note, there is another form of violence called reproductive abuse or coercion. This can include things like restricting access to someone's preferred method of birth control (e.g. not allowing someone to get birth control pills), forcing a pregnancy to be terminated or followed through with against that person's will, or tampering with birth control methods (e.g. hiding condoms or birth control pills). This is commonly caused by intimate or dating partners, but parents and other family members can cause this type of harm as well.

## CULTURAL/SPIRITUAL ABUSE



Pause the video & take a second to read through some of these examples at your own pace

- **Dichotomous Thinking** – Dividing people into two parts: those who agree with the parent and those who don't. The parent makes fun of, belittles, and shows prejudice towards other's beliefs.
- **Elitism** – The parent refuses to associate with people or groups they consider impure or unholy.
- **Submission** – Requires that the child completely adopts the parent's point of view. There is no room for differing opinions or questioning their authority. Name calling, chastising, and the silent treatment are common maneuvers into compliance.
- **Labeling** – The child is taught at people who don't comply with the parent's beliefs are seen as disobedient, rebellious, lacking faith, demons, or enemies of the faith.
- **Public Performance** – Demands perfection and happiness from the child at all times. Religious activities such as attending church have extreme demands, excessive expectations, and rigidity.
- **Legalistic** – Strict adherence to the parent's rules and regulations are commanded with absolute statements about insignificant issues such as hair color or clothing.
- **Segregation** – Estrangement from extended family members and friends outside of the religion. This includes shunning, alienation, or persecution.
- **Blind Obedience** – Is expected from the child to the point the child is expected to worship the parent.
- **Abuse of Authority** – Parents use their spiritual authority as justification for why the child should completely submit.
- **Fraud** – Parent engages in criminal misconduct or covers up the transgressions of others in the name of their religion. This includes covering up sexual abuse, physical abuse, financial felonies, and misdemeanors.



Voiceover: Only two more forms to go! The common theme in cultural or spiritual abuse includes creating an us versus them mentality and not allowing the child to think for themselves, isolating them and keeping them away from people who don't agree with them or share the same identities, or use spiritual authority to justify their actions or not allow the child to question anything they do.

## DIGITAL ABUSE



- Controlling access to computers/phones
- Excessive monitoring your every step (e.g. life360) threatening to hurt or isolate you if you don't share your location
- Constantly checking in while with friends or at school/work
- Needing passwords to every account, monitoring social media & using it to insult or control you
- Controlling who you can talk to on your phone/laptop

Voiceover: And last but not least is digital abuse. This can include excessive monitoring of your every step and using things like Life360 to create an environment of anxiety, maybe they constantly check in by calling or texting nonstop when you're not with them, they might monitor your social media accounts, control who you can talk to on your phone or laptop or set up spyware or parental controls on your devices.

### Video #3: Warning Signs of Family Violence



## Women's Advocates

Breaking the cycle of domestic violence

### FAMILY VIOLENCE: WARNING SIGNS

FAMILY VIOLENCE MINI VIDEO SERIES PART 3 BY WOMEN'S ADVOCATES

Voiceover: Hello! Welcome to Part 3 of the family violence mini video series. In the last video we discussed 9 different forms of family violence and it was A LOT of information. Many of the examples we shared are also warning signs of family violence and we want to bring out some of the main themes in this video.

### WARNING SIGNS OF FAMILY VIOLENCE



#### What the family member who is using violence does – common themes

- Isolation – doesn't allow you to see or spend time with anyone or to join any outside of school activities
- Blame / Gaslighting
- Control / Monitoring – always needing to know everything, tracking your cell phone
- Sabotage / Neglect - keeps you up at night by lecturing or making you miss the bus or not allowing you to study for a test
- Criticism - finds ways to insult you and put you down
- Anger - uses you as an emotional punching bag
- Adult privilege/roles - using their age to justify how they're treating you
- Ticking time bomb/silent treatment | Screaming/cursing at you making you feel afraid

#### What the person experiencing violence feels/does

- Obsessively tries to please the family member
- Feels scared, nervous, afraid, hypervigilant (very aware of their surroundings, always on their toes, looking behind their shoulder)
- Shut down, feel sad/depressed/frustrated
- Comply – do whatever they're told and never dare to question the family member
- Fight back – try to say what's happening is wrong
- Try to convince people everything is okay
- Do really well in school/really involved as a way to avoid what's going on at home
- Try to spend as much time with friends, engage in risky behavior to avoid what's going on at home
- Have difficulties concentrating on school work

Voiceover: Here are some of the main themes we discussed in the previous video. In addition to including warning signs that you can observe from someone who is causing harm, we also added some warning signs that you can observe for someone who is experiencing the harm. These are things you can identify in yourself or others that you know of or are close to. Some of these include obsessively trying to please the family member, being hyper aroused or avoidant. Someone may not "seem" like they're being harmed because they're doing well in school, but there is not one 'correct' way to respond to abuse, people cope in different ways. Some students explain to us that they may "take the abuse" because their parent says it is a sign of

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disrespect if they don't, or that the parent is the "boss of the house" so they have a right to scream and yell at their child- which definitely speaks to the warning signs we discussed earlier.

<https://www.pa-fsa.org/Parents-Caregivers/Preventing-Child-Abuse-Neglect/Discipline-Parenting-Styles-and-Abuse>



## DIFFERENCE BETWEEN DISCIPLINE AND HARM

### Discipline

- Rooted in love, care, respect, equality.
- Looks like: praising good behavior or correcting bad behavior.
- Goal: guide the child in the right direction.
- May cause: feelings of sadness, disappointment

### Harm/Abuse

- Rooted in power and control.
- Looks like: varies but can include the adult being driven by expressing their anger or their need for control rather than the intention to teach/guide a child
- Goal: take anger out on the child, make the child feel bad or scared, adult is always 'right'
- May cause: feelings of fear, extreme anxiety, debilitation (cause someone to freeze up/not be able to move or do things), distant/disconnected

You should feel safe, loved, and cared for in your home. Even if there are arguments or mistakes are made, you should **not** feel scared of anyone in your family.

Voiceover: When it comes to family members, especially parents, the line between discipline and abuse can become blurry especially if the abuse has always been labeled as discipline by an adult. Some of the differences are listed on the screen. One thing to also try to be mindful of when determining if what you're experiencing is abuse or discipline is how you feel emotionally but also in your physical body. Pay attention to if you clench your jaw or fists, or if your shoulders are glued to your ears, or you get a headache or stomachache when a family member causes you harm. It is normal to feel sad or ashamed if you disappointed a family member, but if you are having extreme physical responses, this might be a sign that the stress is triggering a fight, flight or freeze response in your body. You'll see that both discipline and abuse have goals, but the goal of discipline is to be connected, guide them in the right direction, and still feel love, kindness, respect, and safety.



## WHAT ABOUT CULTURE?

- Culture is not just ethnic or racial background. It also includes gender, socioeconomic status, race or ethnicity, age, religion, education or occupation and geographic region.
- Parenting is very culturally influenced. Ways to discipline, expectations of children, roles of parents and extended family, and community responsibility for children are just some of the aspects of parenting that are often based on the parents' culture.
- **Remember:** While there are many ways of parenting around the world, this does NOT mean that anything goes, as long as it's "cultural." Parents must adapt their parenting practices to what is acceptable in the dominant culture around them, and some things are considered abusive in every culture.
- Cultures are not homogeneous (all the same) and the person who is defining "culture" may be benefiting from the behavior. Sometimes people who abuse children blame their behavior on a cultural background as a way of justifying the abuse.

Voiceover: Some students ask us about culture and how sometimes their family members may say the way they are behaving is how everyone behaves in their culture. While there are many ways of parenting around the world, this does NOT mean that anything goes, as long as it's "cultural." Cultures are not homogeneous (all the same) and the person who is defining "culture" may be benefiting from the behavior. Sometimes people who abuse children blame their behavior on a cultural background as a way of justifying the abuse.

## CONSIDER THIS SCENARIO

Let's say you have a bad day at school. First, you accidentally missed the bus, so you showed up late. Then, when you arrived at school, you forgot you had a test in your first period class. You only had 20 minutes to finish it because you were already late AND you didn't know any of the answers because you forgot to study. After that, you realized that you forgot to complete the homework assignment that was due today for your fifth period class!

You are upset and so when you come home you decide that you just need a moment to rest. You immediately go to your room and lay down. Maybe you even take a nap. Then, your parent comes home from work, swings open your door and starts yelling at you because the dishes are not done. Your parent says, "You know the dishes are supposed to be done before I get home from work! Why are they not done?" You calmly try to explain you had a bad day and didn't do them because you are tired and upset; however, your parent does not listen. Instead they yell again and say, "I don't care! You are so lazy! Do them NOW or else you are grounded!"

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Voiceover: Consider this scenario. Maybe this is a scenario that has happened to you or someone you know. What do you think? Is this discipline or harm? Some of you may be surprised to find out this is NOT discipline and it is definitely harm. In this scenario, your parent did not take a moment to consider how you felt, they did not listen to you and instead they scream and maybe even curse at you, which makes you feel afraid. This is not a way a parent should behave, but unfortunately that is the reality sometimes. At the end of this video we will provide resources for you or someone you know needs help.

## QUESTIONS TO CONSIDER



- Do you feel unsafe in your home or around a specific family member(s)?
- Do you feel like you're always walking on eggshells, not sure when the next time someone in your home will blow up at you?
- Do you feel like a parent/someone in the home is always mad at you and you can't do anything right?
- Do you feel like a family member's love is conditional depending on the day or how you behave?
- Do you feel like everything you do is monitored and controlled by someone in your household?
- Do you feel alone and that no one would understand your situation?
- Are you scared to disagree with a family member in fear that they would hurt you for doing so?
- Are you yelled at, insulted by, called names, or manipulated by a family member on a regular basis?
  
- If you answered 'yes' to any these questions, you might want to consider reaching out to someone you trust for help.

Voiceover: Pause the video here and read over these questions. These are some things to consider if you're still trying to figure out if what you're experiencing is abuse.

Email [outreach@wadvocates.org](mailto:outreach@wadvocates.org) with any questions



# RESOURCES

[WWW.WADVOCATES.ORG](http://WWW.WADVOCATES.ORG)

|| Pause the video & take  
a second to read  
through these resources!

- **Day One Services** (all ages) [www.dayoneservices.org](http://www.dayoneservices.org) Call 1-866-223-1111 anytime to get free and confidential help and resources regarding domestic violence, sexual assault/violence, human trafficking, or questioning aspects of your relationship.
- **Love is Respect** (all ages) Chat at [www.loveisrespect.org](http://www.loveisrespect.org) Text LOVEIS to 22522\* | Call 1-866-331-9474 Highly trained advocates offer support, info, and advocacy to young people who have questions or concerns about their dating relationships. Free and confidential phone, live chat, and texting services are available 24/7.
- **Youth Services Network MN** (Ages 13-26) Learn more at: [www.ysnmn.org](http://www.ysnmn.org) Call 612-377-8800 Online platform and app to help youth and young adults find shelter and services. Includes shelter, outreach workers, drop in centers/basic needs, food, medical, crisis line/counseling, parenting, education and employment.
- **Face to Face Clinic, Drop-In Center** (Ages 11-24) [www.face2face.org/support/youth/](http://www.face2face.org/support/youth/) 651-772-5555 Confidential, low-cost counseling and help with friends, family, relationships, sexuality, work, school, abuse, violence, drugs, grief. Provides confidential health care and a drop-in center with food, clothing, and housing. LGBTQ+ friendly.
- **Twin Cities Men's Center** (all ages) [www.tcmc.org](http://www.tcmc.org) 612-822-5892 (leave a voicemail, hear back in 1-2 days) Offers a variety of resources, support groups, workshops, retreats, conferences, and programming for men. Standpoint (all ages) [www.standpointmn.org](http://www.standpointmn.org) 612-343-9842 Provides legal advice, support, training, and over the phone advocacy free of charge, regardless of income, to domestic and sexual violence survivors, advocates, attorneys and other professionals working within the justice system in Minnesota.

Voiceover: We want to make sure you have resources if you answered yes to any of the questions in the previous slide. Pause the video here and visit some of these sites for support. The next video will also be more in depth on next steps and how to support someone or yourself when experiencing family violence.

#### Video #4: Lasting Impact of Family Violence

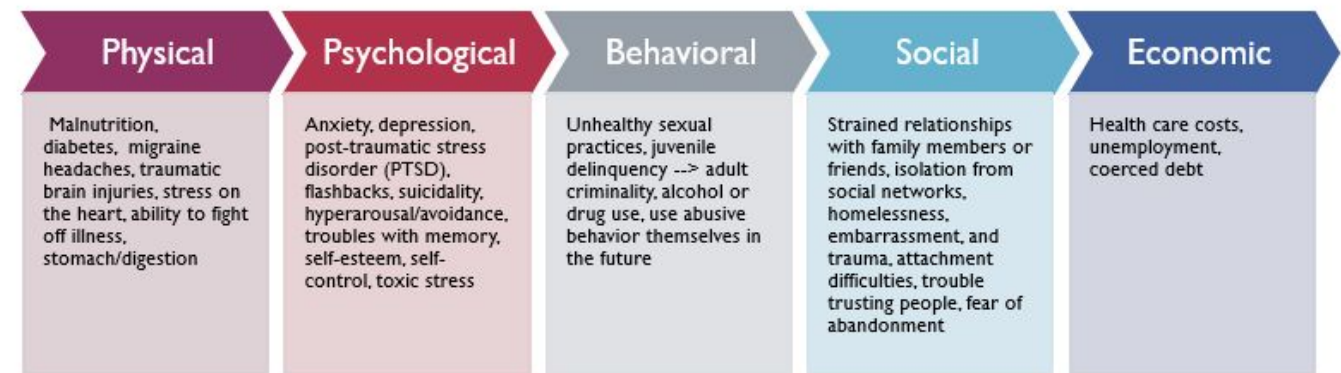


## FAMILY VIOLENCE: LASTING IMPACT

FAMILY VIOLENCE MINI VIDEO SERIES PART 4 BY WOMEN'S ADVOCATES

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Voiceover: Hi everyone! This video discusses the lasting impact that family violence can have on a person. It is the fourth video in our 5 part series!



## LASTING IMPACTS OF FAMILY VIOLENCE



Voiceover: There are about 5 different categories for the lasting impacts of family violence. Unfortunately, experiencing violence when you're younger, can also have a way of impacting you even as you grow older. Some people are physically impacted by family violence during the violence or even after it has stopped, including migraine headaches or stomach and digestion problems. Some psychological impacts include anxiety- feeling an extreme amount of worry, depression – extreme sadness over extended periods of time, flashbacks, ideas of suicide, being on high alert or avoiding people in general, and low self-esteem. Some behavioral impacts can include unhealthy sexual practices like unprotected sex which can result in sexually transmitted infections, trouble with the law, excessive use of alcohol or drugs. People who have experienced violence sometimes also learn that that's how you treat others and choose to use abusive behaviors in their own relationships- which is not an excuse and they are able to learn alternative, healthier ways of interacting with others. Some social impacts include strained relationships with family members or friends, maybe isolation from social networks, homelessness or not living in stable housing conditions, maybe being embarrassed for having experienced violence, as well as having trouble trusting people or fearing that people will abandon them. And lastly, economic impacts- if someone experiences financial abuse, they may struggle with debt that they did not cause themselves or have trouble finding and keeping a job or health care costs if they were hospitalized or received medical treatment for any physical injuries. All of this can sound and often times is devastating; however, we want to emphasize that help is available and if you experienced family violence are by no means doomed.

## MANY PEOPLE RECOVER AND HEAL FROM FAMILY VIOLENCE.

Studies have found the following to be "protective" and help people who have experienced family violence, lead happy, healthy, and safe lives.



Voiceover: On that note- many people do recover and find ways of progressively healing from family violence and go on to have their own healthy happy families. Studies have found the different components on the screen to be protective and help people who have experienced family violence. Some of these include having a sense of purpose, feeling in control of their own life, being able to manage their emotions, having healthy communication and relationship skills—all of these things can be learned on your own, with others, or with the help of a professional. We also know that breaking isolation and making sure people have a strong social network and community is important and being surrounded by people who love them, care about them, support them, and promote their safety and wellness. Stay tuned for the fifth and final part of this series on how to help and support someone who has experienced violence!

### Video #5: How to Help



### FAMILY VIOLENCE: WHAT TO DO NEXT?

FAMILY VIOLENCE MINI VIDEO SERIES PART 5 BY WOMEN'S ADVOCATES

EMAIL [OUTREACH@WADVOCATES.ORG](mailto:OUTREACH@WADVOCATES.ORG) WITH ANY QUESTIONS OR CONCERNS



Email [outreach@wadvocates.org](mailto:outreach@wadvocates.org) with any questions

Voiceover: Hello and welcome to the last video in the family violence mini video series by Women's Advocates. In this video, we will be discussing the different ways that you can help, safety tips and safety planning, as well as various resources in the community to lean on. So let's get into it.

Saying the following can make a **difference**:

- I believe you.
- This is not your fault.
- No one deserves to be treated like that.
- Talking about this must be really difficult. But I am here to listen.
- What do you need to feel safe or what do you need for support? Would a safety plan tool help?
- I care about you and this is important to me.

Creating a safety plan can help you prepare for what you will do in the case of an emergency. In a state of crisis, it can be difficult to think or remember what to do. A safety plan will remind you in those moments.

- A teacher, counselor, or coach?
- A parent, sibling, family member?
- A friend, co-worker, classmate, teammate?



LISTEN AND  
VALIDATE



OFFER SUPPORT



PROVIDE  
RESOURCES



RESPECT THEIR  
CHOICES



HELP SAFETY  
PLAN



CONNECT THEM  
TO SOMEONE  
WHO CAN HELP

## HOW CAN I SUPPORT SOMEONE WHO IS EXPERIENCING FAMILY VIOLENCE?



Voiceover: The number one way to support someone who is experiencing family violence is to listen and validate them. Believing what someone is going through is very meaningful especially because that person may have been told that no one ever would. Look at the top of the screen for some other suggestions for how to validate someone's experience. Truly listen, let them talk, express emotion, cry, explain, do whatever they need to to share what they feel comfortable with sharing. Second- offer support. Ask them what you can do to best support them. Maybe ask if they want you to check in with them every week. Ask them what the best way is to do this. Remember that they are the experts of their experience and you are there to collaborate with them. Third- provide resources! In the description box of this video and on [www.wadvocates.org](http://www.wadvocates.org) there are so many resources. And these exist for you to provide them as options, when you show these resources to people or mention them, make sure they know they are just choices, and different options that are available for them to use. And third- if they don't make a phone call right away- respect their choices and let them go on their own timeline when they feel ready and able. Forcing them to do this immediately is not helpful. Next, you can help them safety plan. Ask them if they think it would be useful and show them the interactive guide on [loveisrespect.org](http://loveisrespect.org) or walk them through the suggestions on the next slide. And lastly, connect them with other people beside yourself who can help them. Maybe this is a teacher, counselor, coach, classmate, or friend. Making sure they know they are cared for and they are not alone is important.



## SAFETY TIPS/PLANNING

- **Everyday Safety Tips:**
  - Always carry your cell phone and important phone numbers with you (write phone numbers in a planner or notebook in case you lose your phone).
  - Stay connected with someone you trust about where you are and/or what you're doing.
  - Try to stay out of isolated places and try to not walk alone in the dark.
  - Call 911 if you feel your safety is at risk.
  - Remember that abuse is not your fault and you deserve a safe and healthy relationship with your family
- **Think about where you can go for safety, is it:**
  - Your home, a friend/family's home?
  - Somewhere in your school?
  - Somewhere recreational or in the community?
  - A public, safe place that is unknown or not frequented by the abuser?
- **Think about things that make you feel supported and lift your spirits if you're in crisis. Ideas include:**
  - Playing a sport, musical instrument, game
  - Reading books, drawing, making art
  - Volunteering, connecting with others

Voiceover: As mentioned in the previous slide, safety planning can be a good idea. Here are some everyday safety tips including considering where someone's safe place is and where they can go when they feel unsafe. There are also suggestions about how to practice self-care and little ways to remind someone of the things that might make them happy or feel good.

## RESOURCES

[WWW.WADVOCATES.ORG](http://WWW.WADVOCATES.ORG)

EMAIL [OUTREACH@WADVOCATES.ORG](mailto:OUTREACH@WADVOCATES.ORG) WITH ANY QUESTIONS/CONCERNS

### Safety Resources

#### COVID-19 resources:

If you are in need of resources and safety tips during the COVID-19 virus outbreak, start [here](#).

#### Resources on Women's Advocates services:

- Women's Advocates Flyer (advertises our crisis line, great for bulletin boards): [click here to view/print](#)
- Women's Advocates Tri-Fold (advertises our crisis line, includes signs of abuse, safety planning info etc.): [click here to view/print](#)
- Women's Advocates Crisis Cards (smaller cards including our crisis line number and website): [click here to view/print](#)

#### Condensed Local Resources with a domestic violence focus:

- Minnesota-Specific Local Resource ONE PAGE Tri-Fold: Includes resources for housing, lease, legal, budgeting, and more: [click here to view/print](#)
- Youth/Young Adult Minnesota-Specific Resource ONE PAGE Tri-Fold: Includes resources, safety tips, safety planning, and more: [click here to view/print](#)
- Minnesota-Specific 60 page resource guide: includes more in-depth resources for housing, lease, legal, budgeting, and more: [click here to view/print](#)

#### Comprehensive 90 page National/Minnesota Resource Hub: [click here to view](#)

- This document is organized by topic including: Sexual Assault/Stalking Victim Resources, Sex Trafficking/Prostitution Resources, DV Groups, Legal Services, Mental Health Services, Emergency Shelters, Supportive/Transitional/Affordable Housing, Emergency Assistance Services, Child Services, Youth Services, Senior Citizens, Disability Services, Health, LGBTQ+ Services, Services for Men, Transportation, Families, Childcare Resources, Clothing Resources, Community Advocacy, Family Support Services, Employment Services, Debt Management Resources, and more!



- **Day One Services** (all ages) [www.dayoneservices.org](http://www.dayoneservices.org) Call 1-866-223-1111 anytime to get free and confidential help and resources regarding domestic violence, sexual assault/violence, human trafficking, or questioning aspects of your relationship.
- **Love is Respect** (all ages) Chat at [www.loveisrespect.org](http://www.loveisrespect.org) Text LOVEIS to 22522\* | Call 1-866-331-9474 Highly trained advocates offer support, info, and advocacy to young people who have questions or concerns about their dating relationships. Free and confidential phone, live chat, and texting services are available 24/7.
- **Youth Services Network MN** (Ages 13-26) Learn more at: [www.ysnmn.org](http://www.ysnmn.org) Call 612-377-8800 Online platform and app to help youth and young adults find shelter and services. Includes shelter, outreach workers, drop-in centers/basic needs, food, medical, crisis line/counseling, parenting, education and employment.
- **Face to Face Clinic, Drop-In Center** (Ages 11-24) [www.face2face.org/support/youth/](http://www.face2face.org/support/youth/) 651-772-5555 Confidential, low-cost counseling and help with friends, family, relationships, sexuality, work, school, abuse, violence, drugs, grief. Provides confidential health care and a drop-in center with food, clothing, and housing. LGBTQ+ friendly.
- **Twin Cities Men's Center** (all ages) [www.tcmc.org](http://www.tcmc.org) 612-822-5892 (leave a voicemail, hear back in 1-2 days) Offers a variety of resources, support groups, workshops, retreats, conferences, and programming for men. Standpoint (all ages) [www.standpointmn.org](http://www.standpointmn.org) 612-343-9842 Provides legal advice, support, training, and over the phone advocacy free of charge, regardless of income, to domestic and sexual violence survivors, advocates, attorneys and other professionals working within the justice system in Minnesota.

Email [outreach@wadvocates.org](mailto:outreach@wadvocates.org) with any questions

Voiceover: And lastly, here are some more resources. Be sure to check out the links in the description box of this video for more resources including the How to Help a Friend or Family Member Guide. Thehotline.org is National so even if you're not in Minnesota, that is an excellent resource for you and they have a 24/7 confidential text and call line. There is also a post-assessment in the description box below so please make sure you submit that online Google Form so we can see what you learned and if this video series was beneficial for you.