



Women Healing the Wounds

**National Council of Catholic Women
Responds to Domestic
Violence Against Women**



WOMEN HEALING THE WOUNDS

The National Council of Catholic Women acts through its members to support, empower, and educate all Catholic women in spirituality, leadership, and service. NCCW programs respond with Gospel values to the needs of the Church and society in the modern world.

NCCW Mission Statement

Note: If you are in immediate need of assistance, call 911
The National Domestic Violence Hotline number is
1-800-799-SAFE (7233)

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WOMEN HEALING THE WOUNDS

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WOMEN HEALING THE WOUNDS

Introduction

Over many years, NCCW developed **The Healing the Wounds Domestic Violence Awareness** program to assist National Council of Catholic individual councils and members in developing and maintaining a Domestic Awareness program. This revision combines updated information and three separate resources into one inclusive booklet.

The **First Section** is dedicated to **defining Domestic Violence** and why it is important to be aware of Domestic Abuse. It gives us specific action items to prevent the spread of Domestic Violence and what we can do to help the victims. It includes tools to further understand domestic abuse such as the Power and Equality Wheels and the NCCW developed Safety Flyer which are available in the Appendices at the end of the document. It also includes NCCW's and the Catholic Church's response to domestic violence.

The **Second Section** brings the issue of **Teen Dating Violence** to the forefront. Included in this section are where to begin and warning signs to make you aware of Teen Dating Violence. This resource also offers helpful suggestions for parents and guardians as well as ways to be involved. The Dater's Bill of Rights as well as resources for preventing Dating Violence are presented.

The **Third Section** is a stand-alone resource, **Healing the Brokenness with Real Love, "Implementing an Effective Domestic Violence Awareness Program"**. This program is a comprehensive guide to setting up and maintaining a program to engage your community, ideas to raise awareness and putting together a comprehensive Domestic Violence Month Program.

The **Fourth Section** contains **Appendices** of material presented that can be individually printed and distributed to your community.

Listen with Love -- BELIEVE

- **Refer** to the **National Domestic Violence Hotline** (1-800-799-SAFE 7233) which can connect the caller to the nearest domestic violence response agency.
- **Encourage** the victim to have a **safety plan in place** before trying to leave unless there is immediate danger.
- **Educate** others by distributing the **NCCW's Women Healing the Wounds, Teen Dating Violence** and **Healing the Brokenness with Real Love, "Implementing an Effective Domestic Violence Awareness Program"**. Share the information in this document especially pages 6, 7, and 8.

Section 1 - Domestic Violence Awareness



WHY WE RESPOND AS CATHOLIC WOMEN?

We are Women of Faith -- Women who Nurture.

We are Mothers, Grandmothers, Daughters, Sisters, Aunts, and Friends.

We are the Living Examples for Future Generations.

We are the Educators of Our Families.

We Must Educate others in Our Families, in Our Churches, and in Our Communities.

We are Not Called to 'FIX' the Situation.

We are Called to Know the Resources Available to Help the Situation.

WOMEN HEALING THE WOUNDS

DOMESTIC VIOLENCE IS NOT JUST A WOMAN'S ISSUE

DOMESTIC VIOLENCE IS:

- An issue which affects our families, our friends, and our children,
- A health care issue,
- An issue owned/controlled by the batterer,
- An issue which affects the workplace,
- An issue which affects our first responders, and,
- A Right to Life Issue; hundreds of unborn babies are lost due to the abuse of their mother while pregnant or coerced abortions.

WHY SHOULD WE BE AWARE OF DOMESTIC ABUSE?

- It can happen in any family, within any parish or community.
- It crosses all ethnic and economic barriers.
- Knowledge of the signs will help you identify if it is happening within your own family.
- Knowing the signs of potential, early or advanced stages of Domestic Violence can save lives.
- Abusers are not always what they seem. They can be “charming and nice” in public.
- If you realize a family member or friend is involved, the information in this resource will give you the tools to know how to safely react and/or respond.
- How will awareness of this issue help others?

Educate yourself and spread the word.

Be a catalyst to encourage your council, parish, and diocese to be fully educated on the issue--not to resolve the issues, but to be aware of how to connect to those trained in Domestic Violence Prevention. Become familiar with the material included in this resource and other NCCW materials.

WHAT IS THE DIFFERENCE BETWEEN NORMAL CONFLICT AND DOMESTIC ABUSE?

Domestic Abuse:

- Is more than a disagreement. It is not just a case of the abuser having a bad day or drinking too much.
- Has three key elements: power, control, and threats. It can take various forms.
- Has no place in a relationship.

Be aware of the issue.

Become educated as individuals or organizations.

Be involved--donate, advocate, and support as individuals or organizations.

Domestic Violence apologies and promises are forms of manipulation and control!

EXAMPLES OF ABUSE OR VIOLENCE

Physical – Violent actions such as hitting, beating, pushing, and kicking. In many cases, physical abuse becomes more frequent and severe over time.

Psychological – Includes a wide range of behaviors such as intimidation, isolating the victim from friends and family, controlling where the victim goes, making the victim feel guilty or crazy, and making unreasonable demands.

Emotional – Undermining an individual's self-esteem, constant criticism, insults, put-downs, and name-calling.

Economic – Examples include limiting the victim's access to family income, preventing the victim from working or forcing the victim to work, destroying the victim's property, and making all the financial decisions.

Sexual – Includes any sexual acts that are forced on one partner by the other.

Centers for Disease Control and Prevention- www.cdc.gov

ARE THERE WARNING SIGNS IN A RELATIONSHIP?

A relationship is not healthy when:

- Your value and your accomplishments are belittled.
- Your opinions count for nothing.
- You are called names that are embarrassing, hurtful and degrading.
- Your likes and dislikes are disregarded.
- You are intentionally kept away from family and friends.
- There is extreme possessiveness or jealousy.
- You are threatened.
- You, your family, your work, your church, and your friends are disrespected.
- You are pushed, kicked, or hurt.
- Your faith is ridiculed.
- Your every move is monitored.
- You are denied access to food, money, or other family resources.
- You are blamed for all the problems.

Adapted from **Refuge from Abuse**

WOMEN HEALING THE WOUNDS

WHAT YOU CAN DO TO HELP PREVENT DOMESTIC VIOLENCE

A. EDUCATE

- **Initiate educational** sessions at the parish, or other level, meetings.
- **Utilize these documents** to educate yourself and others.
- **Compile a speaker's list** of local experts and materials that can be accessed by members and used for council meetings, and conventions.
- **Work with all parish/diocesan ministries** for other avenues of distribution such as Marriage Prep., Baptism Prep., Teen groups and others.
- **Work with other denominations and organizations** in women's groups and parish ministries.

The USCCB also provides education material. The **USCCB's *When I Call for Help***, especially the section on "***What We Can Do to Help.***" This is in the Publication #547-X, available at USCCB Office of Publishing and Promotion Services, Washington, DC 1-800-235-8722.

B. DISTRIBUTE INFORMATION AND BROCHURES

- **Order** the free for members, ***Women Healing the Wounds*** brochure, from NCCW's office.
 - Ask permission to leave the brochures in the back of your church.
- **Print the NCCW Safety Flyer**—Available in Appendix 3.
 - Ask for permission to leave a ***Safety Flyer*** in each of the restroom stalls at church, work, restaurants, and theaters, etc.
 - The privacy of the individual stalls allows victims and friends safe/non-threatening access to the information.
 - Tear off one of the bottom tabs to show they are not the first or the only one needing help.
- Print ***Mending the Brokenness with Real Love*** program in **Section 3. *Mending the Brokenness*** is an easy-to implement Violence Awareness Program resource and guide for Parishes, Councils, and other organizations to create or strengthen their Domestic Violence Awareness Programs. It is designed specifically for October, ***Domestic Awareness Month***, but can be adapted for year-round use.

C. HOST OR SPONSOR:

- **Sponsor a prayer meeting** for example a breakfast, with an expert panel of resource persons such as law enforcement personnel, clergy, psychologist, shelter worker, or adult and/child survivors.
- **Set up a workshop** at your convention – with speakers, a panel, or a video.
- **Sponsor a day-long seminar** with workshops for your group or the whole community – it could be a collaborative effort with a local shelter, domestic violence organization and/or the diocesan offices of Respect Life, Family Life, Social Justice, or Catholic Charities.

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D. DONATE:

- Essential and special items:
 - Toiletries or special items for both adults and children. Gift cards are always helpful.
- Provide or help to fund transportation:
 - Funds for appointments (doctor, lawyer, counseling, court dates and job interviews)
 - Funds to assist for travel to a safe place, if necessary, such as to family or friends out of the area. (i.e., bus, train, airfare)
- Donate to financially support transitional housing, especially for those who do not easily adapt to shelters, e.g., elderly, immigrants, those with addiction issues, and in rural settings.

DI. ADVOCATE:

- Ask if your state has a gender bias committee/commission which addresses if/how the law is biased against women/children.
- Insist on laws that hold the batterers accountable. Does your state **mandate** or **just suggest** that judges impose batterers' treatment programs?
- Does your area have a "*Family Violence Court*?" What is its relationship with local shelters?
- Be a voice for public policy, legislation, and services that address domestic violence (state and federal levels).
- Encourage awareness training for **all** parish personnel for individual parishes, in combination with other parishes or diocesan wide training sessions.

DII. SUPPORT:

- Sponsor a luncheon or event for the employees and volunteers of abuse shelters; this will help counteract the high level of stress and burn-out of their positions.
- Sponsor a Day of Faith for women in the shelter.
- Keep informed of any efforts by groups in your area for example, the American Medical Association. If they are active and support Domestic Violence Prevention and Education let them know you appreciate their support. If you find them lacking, encourage them to reconsider their Domestic Violence programs.
- Encourage efforts to provide "emotionally safe" communities:
 - Stop using violent and 'bullying' words in our everyday language (kill is not an acceptable word to suggest success),
 - Hold batterers accountable,
 - Eliminate sexism.

WHAT TO SAY AND WHAT NOT TO SAY

What you can say:

- It is not your fault.
- You are not alone. I shall keep you in my prayers.
- You cannot change (the abusers) behavior.

What **NOT** to say:

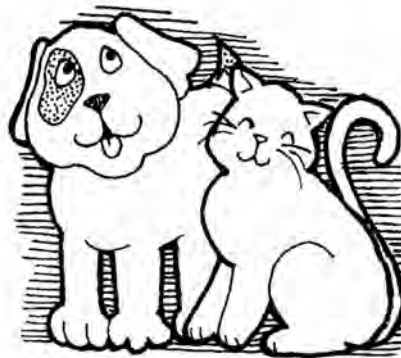
- Don't re-victimize the person by saying, "Why don't you just leave?" There are many extenuating circumstances involved with Domestic Abuse.
- Don't misuse the Bible to justify Domestic Violence.
- "If you just pray and try a little harder, it will all work".
- "He is the man of the house."

DOMESTIC VIOLENCE VICTIMS WITH PETS

Abused persons that have family pets, may be worried about leaving their living situation for fear that the abuser will hurt or kill their pets. Some shelters cannot house animals and therefore the persons may stay in an unsafe situation.

Here are a few suggestions on how you can assist the shelters that do provide for animals:

- Raise funds for local shelters to provide for family pets.
 - Advertise for donations of pet food/supplies for shelters with pets.
 - Seek donations for shots and care of pets.
 - Encourage local veterinarians to be involved.
 - Volunteer to help with the upkeep of animal housing facility.
 - If allowed, encourage teens to be involved.
-
- The **Animal Welfare** Institute maintains a Safe Havens Mapping Project for Pets of Domestic Violence Survivors
<https://awionline.org/content/safe-havens-mapping-project-pets-domestic-violence-victims>
 - **Sheltering Animals & Families Together (SAF-T)**® is a global initiative helping domestic violence shelters to create on-site pet housing for families fleeing violence.
<https://saftprogram.org/>
 - The **RedRover** Relief Safe Escape grant program helps families with pets safely escape domestic violence together. Funding is mainly provided to help with the cost of temporary pet boarding while a client is in a domestic violence shelter, though other costs associated with boarding (like vaccinations) can be considered. Assistance does not typically cover pet boarding once the client has moved from the safe house into transitional housing.
<https://redrover.org/relief-dv/dv-safe-escape-grants/>



Our pets are important members of our families

WOMEN HEALING THE WOUNDS

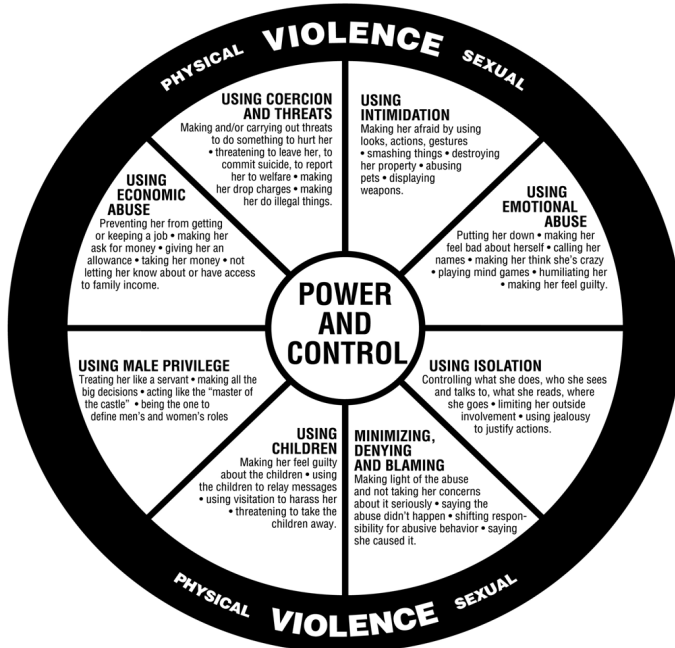
THE POWER WHEEL AND THE EQUALITY WHEEL

The **Power and Control Wheel** along with the **Equality Wheel** are two very beneficial tools to help you better understanding domestic abuse. They are designed to educate and clarify the issue of behaviors that are abusive behaviors and the reality of behaviors in safe relationships.

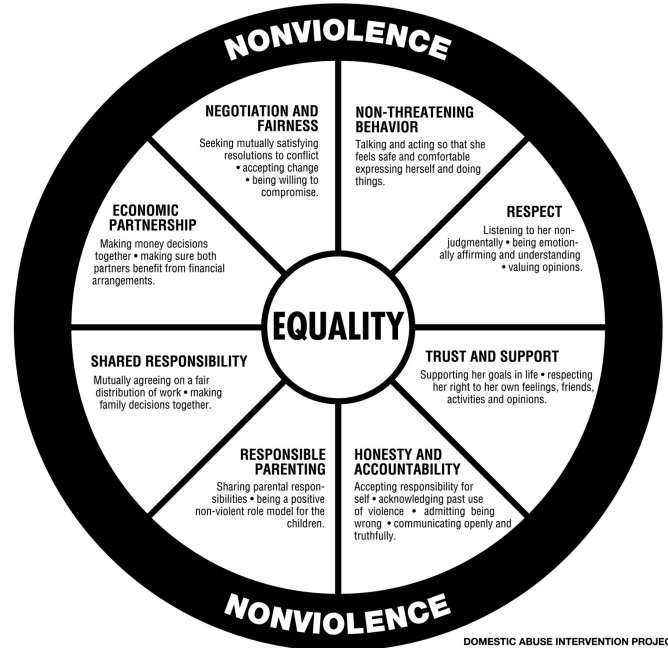
These are useful tools to share with adults and teens in many ways to help them understand and recognize behaviors that are harmful. These **Wheels** are useful as handouts, included in your newsletters, and printed as posters.

Full size printer friendly versions are available in the Appendix 1 and 2.

The Power Wheel
Appendix 1



The Equality Wheel
Appendix 2



DOMESTIC ABUSE INTERVENTION PROJECT
202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

WOMEN HEALING THE WOUNDS

The NCCW Safety Flyer

NCCW Safety Flyer is a tool to help domestic violence victims. It also raises awareness that the Catholic Church and NCCW cares. The Safety Flyers may be downloaded from www.NCCW.org and customized with contact information for local shelters, the national helpline --800-799-SAFE (7233), your CCW, or help agencies. The customized flyer can be printed from your home computers and distributed to your members and displayed where the victims may safely see them without the abuser present. Good places to post the flyers are the lady's restrooms on the church grounds, lady's restrooms in restaurants, bars, etc. They should be placed in each stall and not in the open areas. The tear-off tabs are small enough that the information can easily be hidden, for example in their shoe because abusers usually check their purses and wallets. Tear off one tab so the women realize they are not the first and not alone.

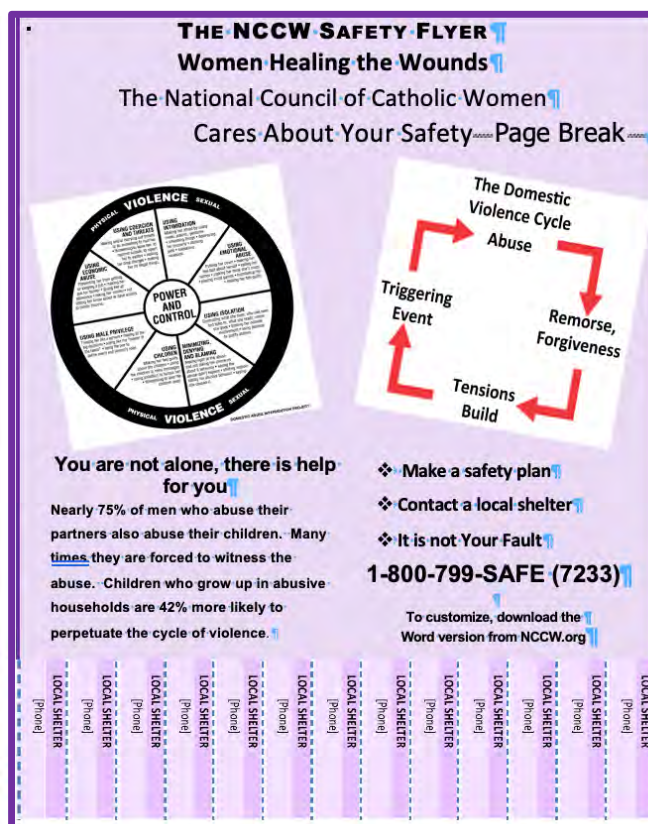
Some pastors may be hesitant to allow them to be posted and he may have them removed. Explain to him that these are a way to SAVE LIVES!

The flyer is in Appendix 3 and is available for download at www.nccw.org

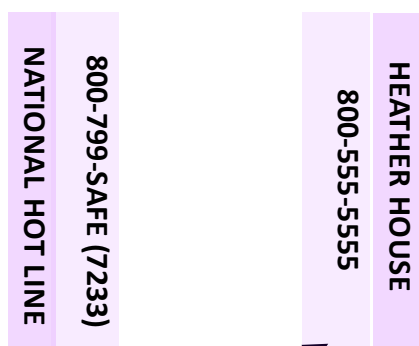
HOW TO CUSTOMIZE AND USE THE NCCW SAFETY FLYER

To customize the flyer with the name and phone number of your local shelter:

1. Download the WORD version at www.NCCW.org on the Service Commission tab at NCCW.org – “Explore” the “Service Commission” at NCCW.org.
2. Click on a tab on the bottom of the NCCW Flyer. This is a tear off section, and you can type in the name and number of your local shelter.
3. If you print the flyers in black and white indicate in your print options. -- black or grayscale.

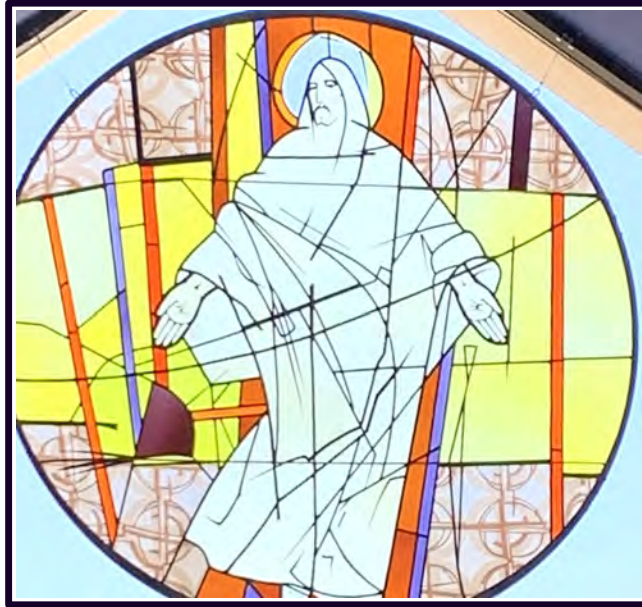


For
example:



You can type in the National Hot Line Information or that of a Local Shelter

The Church's Response to Domestic Abuse?



St. Pope John Paul II's Letter to Women

The Church for her part to contribute to upholding the dignity, role, and rights of women . . . thank the Lord for his mysterious plan regarding the vocations and mission of women in the world is at the same time a concrete and direct word of thanks to women, to every woman, for all that they represent in the life of humanity...

United States Conference of Catholic Bishop

Domestic abuse is any kind of behavior that a person uses to control an intimate partner through fear and intimidation. It includes physical, sexual, psychological, verbal, and economic abuse. Some examples of domestic abuse include battering, name-calling and insults, threats to kill or harm one's partner or children, destruction of property, marital rape, and forced sterilization or abortion.



A correct reading of Scripture leads to an understanding of the equal dignity of men and women and to relationships based on mutuality and love.

- **Husbands should love** their wives as they love their own body, as Christ loves the Church.
- **Forgiveness does not mean forgetting** the abuse or pretending it did not happen. Forgiveness is not permission to repeat the abuse.
- **An abused women's suffering is not punishment from God.** This image of a harsh, cruel God runs contrary to the biblical image of a kind, merciful, loving God.
- **No person is expected to stay in an abusive marriage.** We encourage abused persons who have divorced to investigate the possibility of seeking an annulment
<http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/when-i-call-for-help.cfm>

We as women know the power of prayer:

- † **Pray** for all touched by domestic abuse and violence: victims, survivors, children who have witnessed and/or experienced abuse and violence, extended family, church family, greater community, and the abuser.
- † **Pray** they may know God is with them and they can ask the Holy Spirit for guidance.
- † **Pray** each person may experience God's message of love and hope through our interaction with them.
- † **Pray** for those already lost to domestic violence and their families.
- † **Pray** for those who will be called upon to help: law enforcement, clergy, doctors, nurses, counselors, judges, and staff of the abuse shelters.

A PASTORAL RESPONSE TO DOMESTIC VIOLENCE AGAINST WOMEN

The **Church** teaches that **domestic abuse is wrong** and if married, the person seeking to end the abuse is **not** violating their marriage covenant.

The Catholic Bishops of the United States affirmed their stance against domestic violence and their support for victims of domestic violence in their 2002 statement: ***"When I Call for Help, A Pastoral Response to Domestic Violence against Women"***.

<http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/index.cfm>

The pastors of the Catholic Church in the United States stated clearly and strongly that violence against women, inside or outside the home, is never justified. Violence in any form: physical, sexual, psychological, or verbal is sinful; often, it is a crime as well.

The Catholic Church teaches that violence against another person in any form fails to treat that person as someone worthy of love. Instead, it treats the person as an object to be used. When violence occurs within a sacramental marriage, the abused spouse may question, "How do these violent acts relate to my promise to take my spouse for better or for worse?" The person being assaulted needs to know that acting to end the abuse does not violate the marriage promises.

Many dioceses, parishes, and organizations have answered the call and made domestic violence a priority issue. We commend and encourage these efforts.

USCCB RESOURCES

The **United States Conference of Catholic Bishops (USCCB)** provides many resources on their Web Site: <http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/>

Also, resources for Priests, Deacons, and Pastoral Staff are on the USCCB Web Site:

- Suggestions for preaching about family violence
- Addressing domestic violence perpetrators in the sacrament of reconciliation

Section 2 Teen Violence Awareness

WHAT DO WE NEED TO KNOW ABOUT TEEN DATING ABUSE AND VIOLENCE?



Young people are the future of our church and country. Let us help them find a better way and enter their adulthood without the burden of violence but full of peace, self-confidence and living their faith.

- Teen dating violence has escalated in the last few years and the victims are younger and younger
- National Dating Abuse Helpline: 1-866-331-9474
- February is Teen Dating Violence Awareness Month

Where to Begin to Help



Make yourself aware of this issue and encourage your CCW to become involved.

- It could be your child, grandchild, family member, neighbor, or church community member.
- Plan an event for February, Teen Dating Violence Awareness month.
- Encourage your church youth group to utilize the resources available.
- Sponsor speakers: for your youth group or parish at large.
- Create or sponsor programs that are positive, uplifting and promote self-esteem.
- Educate parents about the lyrics of popular music and the message it sends to teens.
- Most of all PRAY for the youth of today...they are the future.

Teen Domestic Violence Awareness Month National Crime Prevention Council

On February 14th, of course, we celebrate Valentine's Day, a day set aside to celebrate and acknowledge those we love. Congress designated each February as Teen Domestic Violence Month.

Teens who are in abusive relationships almost never tell anyone; and according to the research, victims of teen dating violence are more likely to abuse drugs, tobacco, or alcohol, have eating disorders, or even commit suicide.

Adapted from National Crime Prevention Council

WOMEN HEALING THE WOUNDS

UNDERSTANDING THE REALITY OF TEEN DATING ABUSE

Dating violence is a vicious cycle that not only affects adults but also affects teens. **One in five teens today say that they have been a victim or know a friend who has been a victim of dating violence.** Dating violence consists of verbal, emotional, physical, or sexual abuse. This pattern of abusive behavior is used to exert power and control over a dating partner. Typically, by the time physical abuse is present, a pattern of verbal and emotional abuse has already been established.

Dating violence must be taken seriously. If not confronted, it can ultimately affect the rest of a young person's life by introducing a cycle of unhealthy relationships with violent or abusive partners. Teens that stay in a violent relationship often become confused about what makes a healthy relationship and can begin to mistake abuse for love. As parents, talk to your child about dating violence and discuss the warning signs. Abusive behaviors are usually learned behaviors; therefore, it is important to be a good role model by setting positive examples through your own relationships.

WHAT ARE THE WARNING SIGNS?

A partner:

- Makes excuses and apologizes for his or her partner's behaviors
- Often has unexplained injuries, such as bruises or body pain
- Isolates him or herself from family and friends and only deals with his or her partner
- Has a dating partner who constantly texts or calls and demands to know where and with whom he or she has been
- Changes his or her behavior in order not to anger or upset his or her partner
- Changes the way he or she dresses to please his or her partner
- Has a dating partner who puts him or her down and calls him or her names in front of others
- Has a partner who acts extremely jealous when others pay attention to him or her
- Is frequently upset or depressed and seems withdrawn but won't explain why

AS A PARENT WHAT CAN I DO?

- Set an example. Displaying positive and healthy relationships will model appropriate relationships for your child.
- Talk to your child. Explain to your children what constitutes a healthy and respectful relationship.
- Assure your child that if he or she ever finds him or herself in a violent relationship that he or she is not to blame.
- Assure them that they can talk to you and that you are there to help them establish and navigate healthy relationships.

WOMEN HEALING THE WOUNDS

TEN TIPS TO HELP YOUR TEEN

1. **Educate yourself** on teen dating violence and access resources that will help you begin the discussion with your teen. **Articles and brochures can help you approach your teen in an effective manner.**
2. **Talk to your teen** about dating violence early. If your teen seems already to be in a dangerous relationship, assure him or her that he or she is not to blame for his or her partner's behavior and that you are there to help.
3. **Listen to your teen** when he or she approaches you about dating abuse. Explain you are going to help him or her get out of the situation.
4. **Emphasize that when he or she wants help**, it is available. Let your child know domestic violence tends to get worse, becomes more frequent with time, and rarely goes away on its own.
5. **Work with your teen** to identify resources that will help him or her take care of his or herself, provide emotional support, and build self-esteem.
6. **Look for opportunities** to increase your child's self-esteem. Children who believe in themselves and their own worth are better able to choose good partners.
7. **Be realistic** when talking to your teen. Teenagers often have a false picture of romantic relationships. Explain abuse is not love, respect is real love. Explain how you feel he or she should be treated in return.
8. **Create an open environment.** Be open to all questions your child asks. Don't criticize, judge, or jump to conclusions when he or she asks about relationships.
9. **Try not to criticize** or "put down" the abusive partner when talking to your teen. Maintaining a neutral position may help your teen talk about his or her situation, rather than feeling that you're bashing his or her partner.

Adapted from National Crime Prevention Council

WAYS TO GET INVOLVED

- **Contact your child's school** and ask about introducing programs that teach children about dating violence and relationships.
- **Work with the art teacher** or students to create a visual statement against dating abuse. Consider a poster contest or other projects that can be displayed at the school.
- **Encourage the school** to obtain free materials and resources that discuss dating violence. The material should display a local hotline number for anyone in need of help.

DATER'S BILL OF RIGHTS



Teens, remember that you are in control of your own behavior, and that you have the right and responsibility to keep yourself safe.

Daters' Bill of Rights

- I have the right to refuse a date without feeling guilty.
- I can ask for a date without feeling rejected or inadequate if the answer is no.
- I do not have to act macho.
- I choose to not act seductively.
- If I don't want physical closeness, I have the right to say so.
- I have the right to start a relationship slowly, to say, "I want to know you better before I become involved."
- I have the right to be myself without changing to suit others.
- I have the right to change a relationship when my feelings change. I can say, "We used to be close, but I want something else now."
- If I am told a relationship is changing, I have the right not to blame or change myself to keep it going.
- I have the right to an equal relationship with my partner.
- I have the right not to dominate or be dominated.
- I have the right to act one way with one person and a different way with someone else.
- I have the right to change my goals whenever I want to.

Adapted from National Crime Prevention Council

WOMEN HEALING THE WOUNDS

There are many early warning signs of dating violence. "Teens Ask yourself":

- Is your partner jealous or possessive?
- Does your partner dislike your parents or friends?
- Does your partner have traditional ideas of male and female roles?
- Does your partner insist to know your password for your electronic devices (phone, computer)?
- Do they post messages on your phone that appear to come from you?
- Do you get a lot of negative teasing from your partner, even in front of friends?
- Does your partner have a quick temper?
- Does your partner "playfully" slap you and shove you?
- Does your partner's behavior change because he or she drinks or uses drugs?
- Do you feel it is your responsibility to make the relationship work?
- Are you expected to change your behavior to suit your partner?
- Are you afraid of what your partner might do when angry, whether with you or someone else?
- Are you afraid to express feelings of your own or make decisions about what to wear, where to go, or whom to like?
- Does your partner demand to know where you are all the time?
- Does your partner make you afraid to say no to sex?
- Are you afraid to end the relationship?

What can you do if you are a victim of dating violence? Here are some measures you can take to protect yourself.

- Speak with a parent, teacher, counselor, law enforcement officer, or adult you trust and get help immediately. Although abusers may sometimes be loving people, dating violence consists of hostile and abusive acts.
- Create a "safety plan" to prevent a violent attack. Take precautions; let parents and friends know where you are and with whom.
- Obtain a court order against the abuser.
- Keep a written record of the abusive incidents.
- File a police report.

DATING MATTERS®

A comprehensive approach to prevent teen dating Violence

Dating Matters®: Strategies to Promote Healthy Teen Relationships is the Centers for Disease Control and Prevention's teen dating violence prevention initiative. CDC developed Dating Matters®, a comprehensive teen dating violence prevention initiative based on the current evidence about what works in prevention

The CDC based Dating Matters®: Strategy to Promote Healthy Teen Relationships is based on two important facts:

1. **Dating violence has important negative effects** on the mental and physical health of youth, as well as on their school performance.
2. **Violence in an adolescent relationship sets the stage** for problems in future relationships, including intimate partner violence and sexual violence perpetration and/or victimization throughout life. Therefore, early intervention is needed to stop violence in youth relationships before it begins and keep it from continuing into adult relationships.

RESOURCES FOR PREVENTING DATING VIOLENCE

- **Break the Cycle** <http://www.breakthecycle.org/> is the leading national voice in the education and prevention of dating violence among young people. Empowering Youth to end domestic violence.
- **National Crime Prevention Council's** web site has many resources for both parents and teens on preventing dating violence and abusive relationships.
 - **Dating Violence** Dating Violence may be something you think only happens to other people. One in four teens are victims. If you are not sure if you are in an abusive relationship—You are!
 - **A study guide to Recognize and Prevent Dating Violence**
 - **Abusive Behaviors in Teen Dating Relationships**
 - If you believe you or your friend is being physically or sexually abused, tell an adult you trust or call **800-FYI-CALL** for help.
 - Reproducible brochure for teens about abusive relationships
- **Love is Respect website** lists exercises the teens can do regarding Healthy Relationships, Am I a good boyfriend/girlfriend? Do abusers change? How would you help? And much more including information on what is dating violence.
- **Information on many of the issues including technology in relationships.**
- **8 Tips to Stay Safe as you Head to Campus this Fall** <https://rainn.org/news-room/back-to-school-safety-tips-2013>
- Information Links regarding **Sexual Assault** from the Rape Abuse & Incest National Network: <https://rainn.org/get-information>

Section 3 – Healing The Brokenness

Healing the Brokenness. . . . with Real Love

Implementing an *Effective*

Domestic Violence Awareness Program



Healing the Brokenness. . . with Real Love

Easy and Effective Domestic Violence Awareness Program

A stand-alone section from the *NCCW Women Healing the Wounds* Domestic Violence Awareness Program

Introduction

The National Council of Catholic Women developed *Healing the Brokenness with Real Love* to help you and your organization plan an effective and productive Domestic Violence Awareness program for your council and parish. In 1989 Congress designated October as **Domestic Violence Awareness Month**. This is a special time to mourn those who have died because of domestic violence, celebrate survivors, and work to end the violence.

This guide is an inclusive program that is **easy to implement**. The guide first presents a checklist to help you organize your program. Next, it offers ideas that you can use within your council or parish. Suggestions are given to help you effectively use the weekly Bulletin and social media in conjunction with the *NCCW Women Healing the Wounds* educational brochure and the first two sections of this *Women Healing the Wounds* domestic violence resource.

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AN EFFECTIVE PLANNING GUIDE TO EDUCATE AND ENGAGE YOUR COMMUNITY
MONTHS IN ADVANCE

- ☐ Check with the parish calendar for openings/potential of conflicting events.
- ☐ Approach those in charge and seek approval of your ideas to involve the parish.
- ☐ Have a list of all the dates, times, and places of your plan i.e., Mass, bulletin, who would be involved. etc.
- ☐ Once that has been approved meet with the person(s) responsible:
 - ☐ **The bulletin coordinator:** provide the pre-written items, and the dates for each item to be placed in the bulletin during each weekend of the month. (attached)
 - ☐ **The website coordinator:** provide short awareness information, articles, pictures, etc. to be placed on the parish website and the CCW Website during the entire month. (attached)
 - ☐ **The media coordinator:** contact your Catholic paper, community paper, Catholic radio, and TV station about doing a segment on domestic violence during October. See Page 29.
 - ☐ **The liturgy coordinator:** give them the list of *Prayers of the Faithful* and ask if there is appropriate music to be included when bringing up the gifts. (attached)
 - ☐ **The coordinator of the ushers:** suggest the ushers wearing the purple lapel ribbons each weekend in October.
 - ☐ **The coordinator of Ministers of the Eucharist:** suggest wearing the purple lapel ribbons each weekend in October.
 - ☐ **The coordinator of lectors/readers:** suggest wearing the purple ribbons each weekend in October.
 - ☐ **The Religious Ed coordinator:** suggest integrating this guide in the October curriculum planning.
 - ☐ **Involve the youth of the parish.** See Page 28.

Make a list of each department with the coordinators' name, phone number, home, or cell, if they receive text messages; email address; time of day that is best to reach them if necessary. This will be useful during the entire planning.

WOMEN HEALING THE WOUNDS

THREE WEEKS BEFORE OCTOBER 1

- ✓ Double check with each of the above departments.
- ✓ Make sure everything is still on target and they have all materials. This will allow time to correct any possible mix-ups.
- ✓ See section on Parish Involvement. Gather/purchase items needed for use in this section:
 - ¼ to ½" narrow dark purple ribbon for pins,
 - 2" to 3" wide purple ribbon to tie around the trees,
 - small safety pins,
 - medium colored purple construction paper and light purple construction paper,
 - small craft size clothes pins,
 - light weight string to make a clothesline for cutouts of the children,
 - large cardboard, and
 - black paint.
- ✓ Cut the ¼" to ½" wide dark purple ribbon 4 to 5 inches long.
- ✓ Cut sheets of the purple construction paper into 1" wide strips that can be used to make a chain(s).
- ✓ See Section on Using Visuals to Create Attention to the Reality of Domestic Violence.
 - Using very large cardboard, cut out a full-size silhouette of a woman, paint it black. Several are good.
 - Cut out silhouette of small children or tiny t-shirts shapes from colored construction paper.
- ✓ Order the **Women Healing the Wounds** educational brochures from nccw.org.

ONE WEEK BEFORE OCTOBER 1

- ✓ Check and see if there are any other questions or clarifications.

IDEAS TO RAISE AWARENESS OF DOMESTIC VIOLENCE DURING THE MONTH OF OCTOBER

- Check with your parish **NOW** to see if all or any of these ideas can be implemented.
- The CCW Committee should consist of: One over-all chair and a person in charge of each area: parish, bulletins/social media, involving the youth, using visuals.

UTILIZING THE COMMISSION/COMMITTEE SYSTEM

The NCCW Commission System offers a good example of how to set up your committee structure and may be helpful in putting together your program:

- **The Chairman** - A person willing to take charge of the overall program. She does not have to be a commission chair/officer but will work with each commission/committee and the President.
- **The Service Commission** - Domestic Violence Awareness comes under this commission/committee

WOMEN HEALING THE WOUNDS

- **The Spirituality Commission** - The spiritual side of this issue and the involvement of the Church fall under this commission/committee
- **The Leadership Commission** - The publicity for this project falls under this commission/committee
- **The Legislative Advocacy Committee** - Can work to bring awareness to current laws that help or hinder victims

PARISH INVOLVEMENT

- Use the cut **purple ribbon** and attach a pin to each piece to make loop. See photo for design.
 - Distribute these ribbons to members of the community to wear, explaining to them that purple is the color of awareness for the victims of domestic violence. ***Wearing the ribbon gives witness to their opposition to domestic violence and provides them an opportunity to explain their position when people ask about the ribbons they are wearing.***
 - If this is not possible, try to have all Council members wear them at whatever Mass they attend.
- **Encourage Ministers of the Eucharist and Lectors** to wear the ribbons as a sign reaffirming the stand of the U.S Catholic Bishops (USCCB) that the church is against domestic violence.
- **Ask your pastoral staff to preach on domestic violence abuse** one weekend in October. See NCCW *Women Healing the Wounds* resource containing statements of the bishops and much more.
- **Ask to include at least one Prayer of the Faithful** for each Sunday in October to invoke God's love and comfort for those who suffer violence in their own homes and for the conversion of perpetrators. *See Section Ideas to be Used Weekly*
- **Include a symbol of non-violence and peace** to be included with bringing up the gifts in the Offertory Procession at Mass.
- **Host a table near or in the gathering spaces** featuring the NCCW *Women Healing the Wounds* educational brochures with the sticker attached on the back showing the name and number of the local Domestic Violence Shelters. They can be ordered from NCCW at no cost or postage, www.nccw.org 1-800-506-9407. (Thank you to our generous donors.)
- **At Sunday services** place strips of purple paper in the pews (or pass them out as they enter church) and ask members to write prayer intentions for victims on the paper, gather the papers and link them in a chain to be hung in the vestibule or another significant place. This symbolizes that with education and prayer together, we can be stronger against domestic violence.
- **Have large purple ribbons** either encircling the tree trunks or hanging from trees on parish grounds.



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CREATIVE IDEAS TO INVOLVE THE YOUTH OF THE PARISH

(These activities need plenty of advance notice)

- Take posters/music that portray negative messages about women, teens, violence, etc., and create new posters that reframe those messages into positive statements.
- Invite your schools and teen groups to have students create their own media campaign on how to recognize domestic violence and what the community can do.
- Work with the school and teen group organizer: Ask parish junior high students to create healthy teen dating/ non-violence posters for display in the school lobby and parish gathering spaces.

USING BULLETINS AND SOCIAL MEDIA

- Place the **planned activities on the parish calendar** well in advance.
- Place a **short educational paragraph** in the bulletin each week. The NCCW ***Women Healing the Wounds*** educational brochure has many ideas you could choose from to inform the parish community. See suggestions in the “Ideas to be Used Weekly” section.
- Each week put the nationwide, state, or local shelters **hotline number** in the bulletin
- One week include the **National Teen Dating Abuse Helpline** number. Teen dating abuse is on the rise. <http://www.loveisrespect.org/>
- **Update information** on your Council and/or parish website. Sometimes more information, than can fit in the bulletin, can be placed here.
- Create your own list of 31 statements, facts, etc., to post daily on your Facebook page or your website. *See Page 29 “Suggestions to be used weekly.”*
- **Encourage others to create “posts”** on their social networks about healthy relationships.
- At least 2 months ahead ask the Media Coordinator to place article in your local Catholic newspaper. Provide them with background information: supply them with the NCCW ***Women Healing the Wounds*** educational brochure and the ***Women Healing the Wounds*** resource, or a portion from the resource that would be helpful to include in the article.
- At least 2-3 months ask the Media Coordinator to approach the Catholic **radio or TV station** about doing a segment on domestic violence during October.

USING VISUALS TO CREATE ATTENTION TO THE REALITY OF DOMESTIC VIOLENCE

- Draw and cut out life-size silhouettes of women on cardboard. Paint them black. On each cut out image, write a **“Victim’s Plea to Stop Domestic Violence”** across the front. Carry these images in a procession to a significant place and/or at Mass and display in the sanctuary during Mass or in the church vestibule.

Legislative Advocacy: Take these with you when going to a legislator’s local office (when not in session) or when they are in session to the Capitol. Be prepared with pertinent information why they should push for protection. Make them aware of why and where protection is needed, provide factual information and real-life stories. Work with the Legislative Advocacy Committee. A local shelter could provide current detailed information.

WOMEN HEALING THE WOUNDS

- Utilize the small children or t-shirt cut outs on colored paper. (Details in the “Three Weeks in Advance” Section.) On the cut outs write a **“Child’s Plea for Peace in their Home”**. Hang the cut-out shapes on a clothesline with small clothespins. Display in the parish office or vestibule of the worship space. One of the worst places for a child to live is in a house of domestic abuse or violence. The results can affect their lives and future behavior.



CREATING A POSITIVE MESSAGE AND THANK YOU

- Select several agencies or individuals to receive achievement awards for helping victims of DV or for their efforts in taking a stand against domestic violence.
 - Examples of agencies/individuals: law enforcement, legislators, community agencies, county attorney, volunteers, hospitals, nurses, a school, local shelters, councils, pastors, etc.
 - Awards can be as simple as a certificate made on the computer; it is the thought that counts.
 - If possible, present the awards in front of the group, their peers, take pictures, and notify the press ahead of time.
 - In November, host an Achievement Recognition event. Ask every group that participated in the October awareness efforts to submit their details by email by a certain date (a free email address can be created for this effort.) After the deadline, recognize the best efforts of the group or groups that went *“Above and Beyond”*.
 - This can be sponsored by a parish, deanery, vicariate, diocesan council, province, or nationwide.

SUGGESTIONS TO BE USED IN THE WEEKLY BULLETIN, ON THE WEBSITE, OR DAILY ON FACEBOOK

- Believe victims. Doubting or minimizing the abuse only heightens the victim’s feelings of guilt, fear, and helplessness.
- Support victims. Give them encouragement, information, and referrals to agencies/services but never in front of the abuser. Do not just tell them to leave.
- Speak out. Make the problem of abuse heard. Awareness precedes choice and choice precedes change.
- Strongly suggest individual counseling for victims. Experts report that counseling the couple together may be intimidating and dangerous for the victim.
- Always approach the victim in private.
- Use non-judgmental language and an empathetic approach such as: “I am afraid for your safety.” “I am afraid for the safety of your children.” “You deserve better than this.”

SUGGESTIONS FOR THE PRAYERS OF THE FAITHFUL

Use one or more at each Mass during October: Domestic Violence Awareness Month

- Help us to be instruments of your peace and to assist the victims of domestic abuse and their families with finding safety and hope for a better future, we pray to the Lord.
- For transformation of our society that often finds it easier to judge the victims of violence than to solve the problems of injustice, we pray to the Lord.
- For perpetrators of abuse in our homes, may they know God's love and seek help for conversion and healing, we pray to the Lord.
- For our youth, may they experience healthy relationships, free from abuse and controlling behaviors, we pray to the Lord.
- For those who witness domestic violence, especially children, that they may understand that violence is never an expression of love, is never acceptable and must never be imitated, we pray to the Lord.
- For victims of domestic violence that they may know their suffering is not a cross to bear or a punishment from God, we pray to the Lord.
- For our families, may they know God's love, and may they share this love with kindness and consideration for one another, free from abuse and controlling behaviors, we pray to the Lord.

Permission granted from Fr. Chuck Dahm and the Domestic Violence Outreach program of the Archdiocese of Chicago to use these Prayers of the Faithful and other assorted pieces of information.

DID YOU KNOW?

- The Bishops of the United States in their document, ***"When I Call for Help: A Pastoral Response to Domestic Violence Against Women"***, declared domestic violence in the relationship is not acceptable.
- October is Domestic Violence Awareness Month **BUT** abuse happens all year long.
- Abuse takes many forms: emotional torment, verbal, sexual assault, threats, and physical force or injury.
- Domestic Violence is a learned behavior that increases in frequency and severity.
- Domestic Violence behavior is not inherited, it is a learned behavior. You may learn it from what happens in your home, in the community, or media. It can be changed but it takes work.
- Domestic Violence is behavior that happens because the abuser desires to have complete **power and control** over their partner.
- Pregnancies have been terminated due to physical abuse.
- Battery is the single greatest cause of injury to women of all ages, more common than auto accidents, muggings, and rapes. Most assaults are never reported.
- A woman is beaten every 15 seconds. One-third of all female homicide victims are killed by their husband or partner.
- One out of four women will be abused during their lives.
- Teenage dating abuse is on the rise in middle school age students.
- Domestic Violence occurs in 33%-66% of all adult cohabitating relationships regardless of age, race, sex, religious affiliation, marital status, education, income, or social standing. Similar statistics apply to teenage date abuse.

NCCW Women Healing the Wounds educational brochure: Kathy Bonner, Author

WOMEN HEALING THE WOUNDS

DANGEROUS MYTHS

I shouldn't get involved. It is none of my business.

- Not getting involved won't make the violence disappear; it only ensures that more will suffer.

Why doesn't she just leave him?

- Many factors make it difficult for the victim to escape financial problems, breakup of the family, impact on the children, pressure from family members, fear of future violence, concern for what will happen to the abuser, and feeling responsible for the abuse.

She doesn't look like a battered woman.

- Domestic violence may involve verbal, mental emotional, or sexual abuse, social isolation, or financial dependence. 95% of domestic violence survivors are women. 5% of the victims are men. Clothing covers some bruises; others are felt in the heart.

At least the children weren't abused.

- Nearly 75% of men who abuse their partners also abuse their children. What children witness in the home of domestic violence is abuse. Children who grow up in abusive households are 42% more likely to perpetuate the cycle of violence as adults, either as abusers or victims.

It's the victim's fault.

- No one has the right to inflict bodily injury upon another. Blaming a victim won't save his or her life; it only justifies the abuser's behavior.

He hits her because he drinks

- Substance abuse does not cause domestic violence, but it may be a contributing factor. Batterers will abuse their partners whether they are drunk or sober. Treating the alcoholism without treating the violence will only result in a sober abuser.

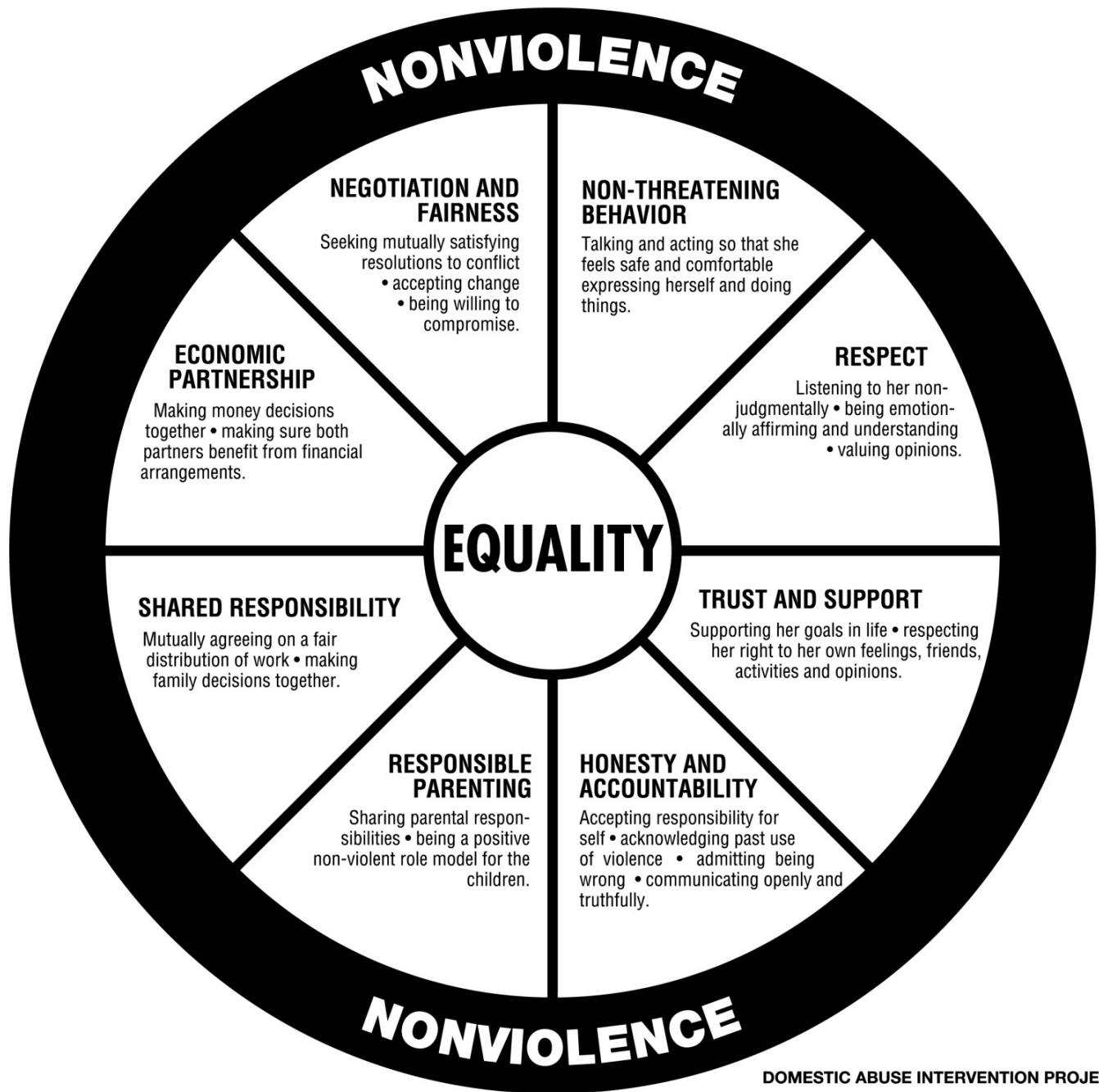
Appendix 1 The Power Wheel



DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

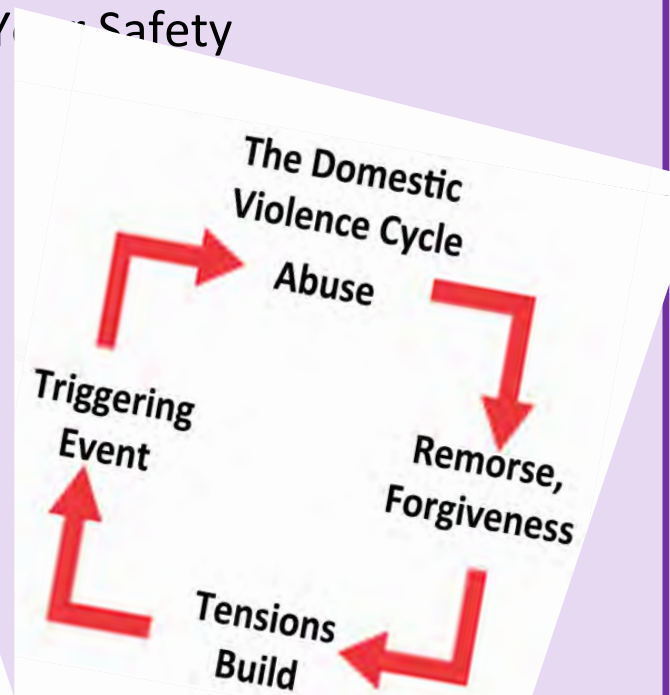
Appendix 2 The Equality Wheel



DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

The National Council of Catholic Women Cares About Your Safety



Nearly 75% of men who abuse their partners also abuse their children. Many times, they are forced to witness the abuse. Children who grow up in abusive households are 42% more likely to perpetuate the cycle of violence.

- ❖ **Make a safety plan**
- ❖ **Contact a local shelter**
- ❖ **It is not Your Fault**

1-800-799-SAFE (7233)

To customize, download the Word version from NCCW.org

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NCCW Domestic Violence Awareness

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