

every breath you take, i'll be
watching you



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it never stops

I remember this one time, specific, you know, I was sitting in the car with her, sitting outside a frat party, I was supposed to be in, and she kept bringing this up, you know, cuz she just wanted to talk about it, and uh, I uh, her uh, I was like, you know I was like, uh acting all calm and stuff, and she brought it up again and I like ripped off everything on my dashboard, I had like a radar detector and uh, uh whatcha-ma-call-it, you know uh, um, you know some kind of note thing, punched my hand down, cracked it, you know, it was like, I was grabbing her and was like “if you don’t leave this alone we are through” and she was like “fine.”

I mean he never beat me or anything like that, he was just real bad about jerking me up by my arm, and we had one incident where we did get really physical, and um, he would always, I mean, if he did hit me, he would kind of like you know, pop me and act like he was playing. You know I didn't say anything about it, you know, I mean my family and everybody thought that, um first of all that I was afraid of him because you know because at first I was very, very afraid of him, you know, because I just wanted to avoid conflict, and um, and I reacted to him physically threatening me, and I was trying to protect myself from him, if I did hit him...

my credentials

- survivor of intimate partner violence (IPV)
- volunteered at two battered women's shelters
- served on the board of directors for HOPE (battered women's shelter)
- did my master's thesis and doctoral dissertation on intimate partner violence
- continue to do research in this area – now looking at motivations for IPV among same-sex couples

how do people end up in violent relationships?



romantic scripts (no one is prepared for prince charming to be a mean son-of-a-bitch that hits!)

statistics – how big is the issue?

- every nine seconds, a woman is assaulted in the U.S.
- every day, four women are murdered by a boyfriend or husband in the U.S.
- One in four women and one in seven men have been the victims of severe physical violence
- **almost 1/3 of female homicide victims are killed by an intimate partner**
 - **75% OF WOMEN THAT ARE KILLED BY THEIR PARTNERS ARE KILLED WHEN THEY ARE LEAVING, OR THEY'RE TRYING TO LEAVE**

(Cellers & Bromley, 1996; FBI, 2000; Johnson & Sigler, 1996; McFarlane, et al., 1999; NCADV, n.d.; NISVS, 2010)

- **women of all races** are equally vulnerable to violence by an intimate partner
- **78% of lesbians** report that they have defended themselves or fought back against an abusive partner
- **one out of fourteen men** has been physically assaulted by a current or former female partner
- **40% of gay and bisexual men** are abused by an intimate partner
- **men are less likely than women** to seek assistance for relationship violence
- children are negatively affected by IPV

(Bureau of Justice Statistics, n.d.; Center for Disease Control, 2003; Federal Bureau of Investigation, 2004; El-Sheikh & Erath, 2013)

types of violent *behaviors*

1. physical
2. emotional / mental
3. sexual
4. stalking
5. control tactics
6. destruction of property or pets
7. spiritual abuse

(de Benedictis, Jaffe, & Segal, 2004)

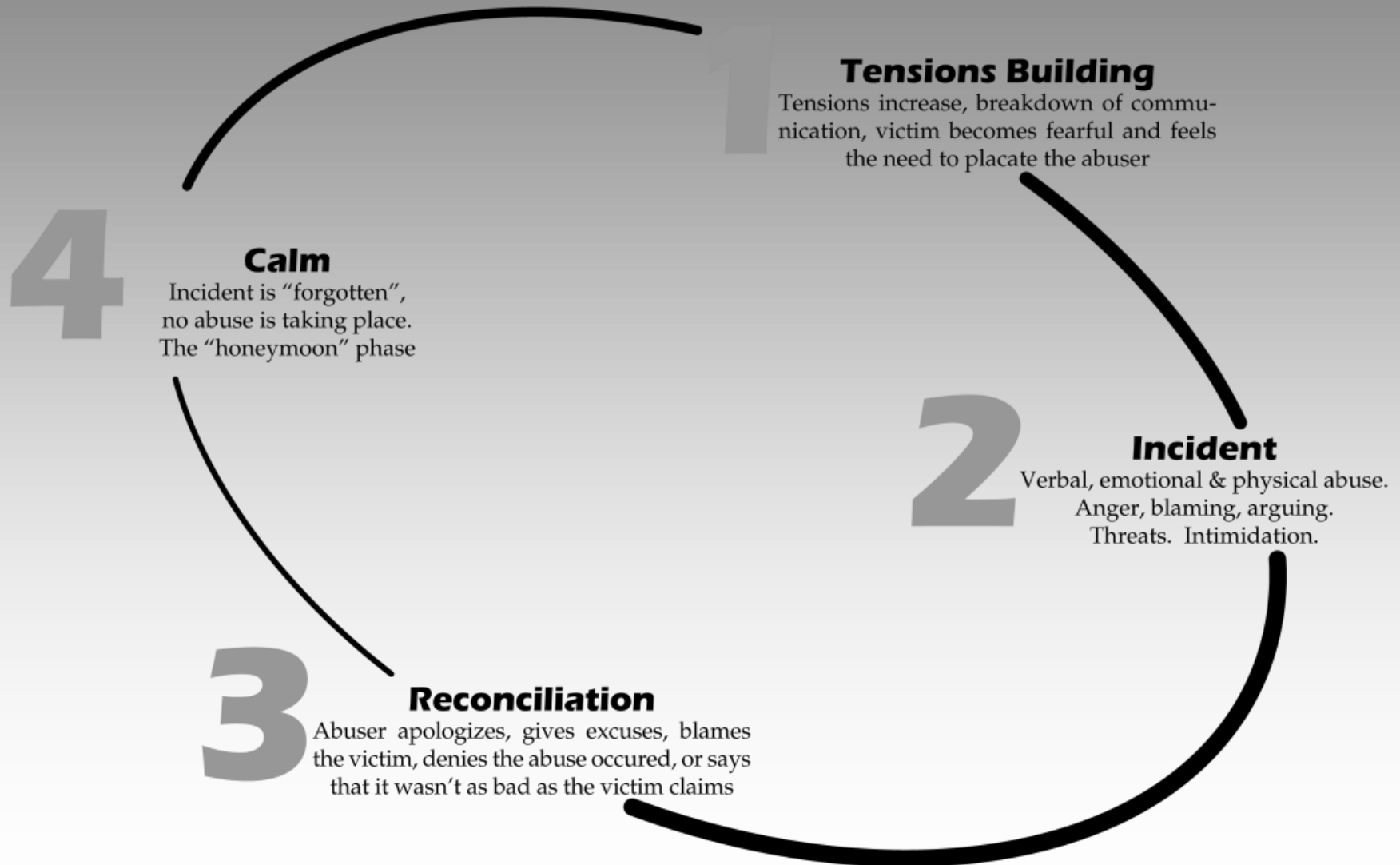


types of violent *relationships*

1. situational couple violence (*violence in fights*)
 - violence used in context of fight or argument only; no controlling behaviors
 - male and female perpetrators; unidirectional or bidirectional
2. intimate terrorism (*“sleeping with the enemy”*)
 - all about power and **CONTROL**
 - 95% of perpetrators are male; unidirectional
3. violent resistance (*self-defense*)
 - use of violence to protect self (and children, pets, or property) from intimate terrorist
 - 95% of perpetrators are female; bidirectional because "perpetrator" uses violence against a violent partner

(Johnson, 2005)

Cycle of Abuse



women as perpetrators?

- research has shown that...
 - women are just as aggressive as men in regards to the frequency of physical assaults and...
 - sometimes women are the only ones aggressive in their intimate relationship
 - lesbian couples engage in relationship aggression

BUT

(Archer, 2000; McKenry, Serovich, Mason, & Moscak, 2006; Taylor & Pittman, 2005)

gender differences in IPV

- research has also indicated that, compared to men, women...
 - **are more likely to be injured or killed!**
 - are affected more negatively than men when victimized
 - are affected more negatively when perpetrating
 - are less likely to be the sole aggressor
 - are more likely to use violence only AFTER their partner exhibits psychological, physical, or sexual aggression
 - less likely to use violence in conjunction with CONTROL

(Holtzworth-Munroe, 2005; Puzone, Saltzman, Kresnow, Thomspson, & Mercy, 2000; Taylor & Pittman, 2005)

but, it's confusing, right?



- *"I have slapped my boyfriend on the face before. I did it because I was frustrated with him. We were fighting and he wouldn't let me talk and everything I said he went back against me. I didn't mean to do it, it was kind of a reaction to being mad and frustrated." (situational couple violence)*
- *"...I was married to my high school sweetheart for three years. I was hit, belittled, yelled at, not trusted, and had to account for every minute of my day." (violent resister fighting back against and intimate terrorist)*

I just want to, uh, just use certain advantages that help you gain control of the situation. You know, just say it could be not like, whack (demonstrates punching someone), you know like that or anything, but you know, raising your voice or acting like you know you could be mad, you know, real just uneven tempered will definitely help you to make a person a little more intimidated to try and gain control of the situation. (using male privilege to intimidate)

I wasn't allowed to have a job – even in high school! He found a way to sabotage any job I tried to get...eventually I just gave up. (financial control)

He always told me that if I wanted to spend time with my friends, it was interfering with my time with him – and that if I did that I was obviously choosing them over us – and that they were trying to break us up. (isolation)

IPV among same-sex couples

- rates similar to opposite-sex couples
- elements of control that are different due to the fear of “outing”
- reluctance to report or seek help from social service agencies due to stigma associated with sexual minority status

(Eaton, Kaufman, Fuhrel, Cain, Cherry, Pope, & Kalichman, 2008)

leaving an intimate terrorist

- hard to leave ANY relationship!
- barriers to leaving intimate terrorists:
 1. **fear** (of more violence, losing custody of kids, being alone, death)
*75% of women KILLED by an intimate partner are killed when they have left or are in the process of leaving an abusive relationship – **it is a very dangerous time!**
 2. **resources** (money, home, car, benefits)
 3. **beliefs** (religious beliefs, romantic beliefs - *Love conquers all....*, I can fix him/her)
 4. **pressures** (friends, family, church, society)
 5. **blaming the victim**

(Rosen, 1995)

**when you ask a victim why they stay, or
what did they do**

you are asking the WRONG questions!

not the victim's fault!

violence is a **CHOICE**

- how do we **KNOW** it's a choice?
 1. abusers rarely abuse anyone besides their partner
 2. abusers can stop their behavior if the police or a neighbor shows up at their door
 3. abusers often cause injuries on parts of the body that can be easily covered by clothing

services/support for IPV victims/survivors

- crisis hotlines
- counseling
- support groups
- legal assistance
- court advocacy
- education
- life skills training
- shelter
- transitional housing



warning signs of an abusive relationship

- **does your partner ever...**

- Scare you intentionally?
- Yell at, insult, humiliate, or belittle you?
- Try to keep you from seeing your friends and/or family?
- Ever threaten to hurt or kill you?
- Slap, kick, punch, choke, or beat you up?
- Use objects or weapons to hurt or threaten you?
- Constantly check up on you?
- Destroy your belongings or hurt pets in an attempt to intimidate or scare you?
- Force you to engage in sexual behaviors against your will?
- Limit your access to money, the telephone, or the car?
- Ever threaten to kill him/her self if you leave him/her?
- Blame their abuse on alcohol, stress, or on YOU?

***Yes to even ONE
indicates abuse in the
relationship**

(de Benedictis, Jaffe, & Segal, 2004)

resources for victims and survivors of intimate partner violence

- National Domestic Violence Hotline – (800) 799-SAFE
- National Coalition Against Domestic Violence (www.ncadv.org)
- Rape, Abuse, Incest National Network (www.rainn.org)
- National Sexual Abuse Resource Center (www.nsvrc.org)