



Empowering Survivors of Domestic Violence: Recognize, Respond, Refer

Zonta International - NAIDM 2023



Agenda



- ▶ Housekeeping
- ▶ Take care of yourself – trigger warning
- ▶ Domestic Violence 101
- ▶ Empowering survivors of domestic and sexual violence
- ▶ Recognize, Respond, Refer
 - ▶ Recognizing “red flags” of domestic violence
 - ▶ Responding in a survivor-centered way
 - ▶ Referring to support
- ▶ Zontians in action!



Housekeeping

- ▶ 10:15 – 11:45
- ▶ Take care of yourself
- ▶ Interactive
- ▶ Safe space
- ▶ Gendered language

Trigger warning: This presentation includes discussions about domestic and sexual violence.




Domestic Violence 101

- ▶ What is domestic violence?
 - ▶ Types of violence
- ▶ Why does domestic violence happen?
 - ▶ Power & control
 - ▶ Because it can
- ▶ Why do victims




Empowering Survivors

- ▶ Why empower survivors of domestic or sexual violence?
 - ▶ What does it mean to empower a survivor of domestic or sexual violence?
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Recognize, Respond, Refer

- ▶ To be able to do this, we need to be able to recognize the signs of domestic violence, respond in a survivor-centered manner, and know to whom to refer
 - ▶ Two stories tell why
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RECOGNIZE

- ▶ What are some “red flags” of domestic violence?
 - ▶ Just because there is smoke doesn't mean. . . .
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Red Flags

- ▶ Repeated injuries, clumsy
- ▶ Bruises on arms or in hidden areas
- ▶ Reason doesn't match injury
- ▶ Red marks or bruises on neck
- ▶ Clothing
- ▶ Reproductive



Red Flags

- ▶ Withdrawal from families and friends (isolation)
 - ▶ Blames self
 - ▶ Self-doubt
 - ▶ Checks in with partner at all times – constant calls or texts
 - ▶ Asks permission before can agree to anything
 - ▶ Changes plans at the last minute
 - ▶ Changes in personality (extremely meek or apologetic, constant apprehension or seems fearful)
 - ▶ Refers to partner as jealous or possessive, accused of having affairs
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Red Flags

- ▶ Name calling
- ▶ Constant criticism/nit-picking
- ▶ Quick relationships
- ▶ Property damage
- ▶ Increased drinking or substance use (self-medicating or forced)
- ▶ Partner always knows where person is
- ▶ Social media is monitored
- ▶ Doesn't have money or know finances



RESPONDING

- ▶ Talk in a safe place
 - ▶ Offer support not judgment – follow the lead of the survivor
 - ▶ Assist with safety planning
 - ▶ Let them know that you are there for them
 - ▶ But what if they deny abuse?
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REFER

- ▶ Local domestic violence agency
- ▶ National domestic violence contact information
 - ▶ ShelterSafe.ca
 - ▶ TheHotline.org (800.799.SAFE)
 - ▶ rainn.org (800.656.HOPE)



Zontians in Action

- ▶ What can Clubs do to end domestic violence?
 - ▶ What does your Club do
 - ▶ What are other actions your Club could do?
 - ▶ What can individuals do?
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Thank You

Thank you for working to create safe homes.

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Services for survivors of domestic & sexual violence

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