Practically Speaking: Domestic Violence Impact of COVID-19 July 21, 2020



Nice to Meet You

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Types of Abuse

#BEINGSAFECANTWAIT

Types of abuse: source: Day One - dayoneny.org

PHYSICAL

- shaking/grabbing, slapping, punching, kicking, etc.
- using objects to hurt you
- choking, strangling
- sexual abuse
- touching/kissing when
- you don't want to
- pressuring/forcing you to do sexual acts
- preventing you from using birth control

VERBAL

- name calling, putting down
- telling someone what to do
- constantly calling, texting, etc.
- demanding to know who you're with/where you are
- threatening to hurt you

FINANCIAL

- forbidding you to work/ sabotaging opportunities
- refusing to work or contribute
- controlling all money
- not allowing access to bank accounts
- running up large amount of debt on joint accounts
- withholding funds/hiding assets
- stealing your identity, property or inheritance

NYC 24/7 domestic violence hotline: 1-800-621-HOPE

TECH

- wanting to control your social media, demanding passwords
- sending negative/threatening messages, tweets, DMs, etc.

EMOTIONAL

going through your things

acting extremely jealous

not letting you see friends

blaming you for everything

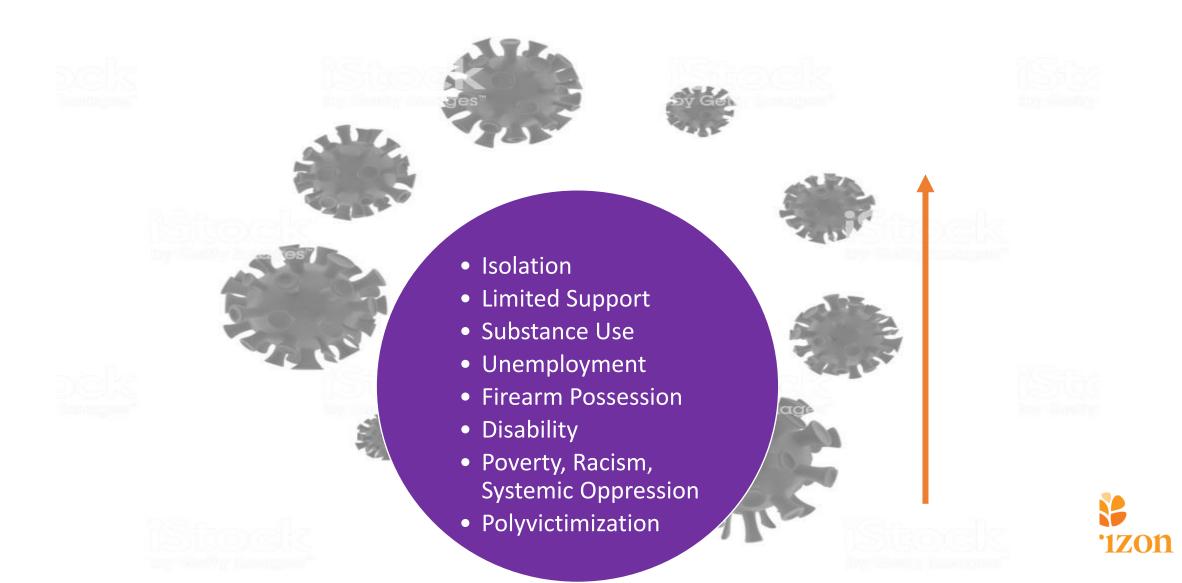
accusing you of cheating

behind your back

and family

- keeping tabs on you via social
- sending unwanted, explicit pictures/videos or pressuring you to send them
- constantly texting, making you fear punishment if not responsive
- looking through your phone/ checking on your pics, texts calls
- tagging you unkindly in pictures
- using any kind of tech to monitor you

Domestic Violence Risk Factors



Safety Assessment Considerations

- During the pandemic, how might...
 - existing safety plans/resources/engagement be impacted
 - isolation be used as an abuse tactic
 - the virus be used as an abuse tactic
 - financial abuse intensify
 - children be harmed or used to control/manipulate
 - support animals/pets be harmed
 - access to information/news be restricted
 - access to phone, internet be limited or unsafe
 - access to groceries, medications, supplies be restricted
 - trauma history impact current emotional safety



Practice Recommendations

- 1. Provide compassion, non-judgment, anti-oppressive approach to engagement
- 2. Offer safe remote and in-person options, letting survivors know what to expect in these settings
- 3. Proactively identify current information for referrals, hotlines, shelters, courts, etc.
- 4. Ask about safety, privacy in the moment during calls/remote interactions
- 5. Listen for verbal and non-verbal cues; use organic, open-ended questions to ask about what you notice or what they are afraid might happen
- 6. Authentic, Realistic, Time-Oriented safety planning options
- 7. Attend to other basic, immediate social, financial, emotional, biological safety needs expressed

COMPASSION, NON-JUDGMENT OF SURVIVOR CHOICES

Safe Horizon is Here for Survivors!

- All Domestic Violence Shelters are operating. Please call our Hotline
 Hotline: 1-800-621-HOPE (4673)
- Chat with an advocate: visit Safehorizon.org/SafeChat
- Counseling Center are providing services remotely. Call 347-328-8110 for more info.
- Visit https://www.safehorizon.org/emergency for more courts and other program information

