

The background of the slide features a warm, orange-toned sunset or sunrise sky. Overlaid on this are the dark silhouettes of a man, a woman, and a child. The man is on the left, facing right. The woman is in the center, also facing right, with her arms raised as if holding or playing with the child. The child is positioned above the woman, facing left. The overall mood is somber and contemplative.

Practically Speaking: Domestic Violence

Impact of COVID-19

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Nice to Meet You



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Types of Abuse

#BEINGSAFE **CAN**T WAIT

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

EMOTIONAL

- going through your things behind your back
- acting extremely jealous
- not letting you see friends and family
- blaming you for everything
- accusing you of cheating

TECH

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

NYC 24/7 domestic violence hotline:

1-800-621-HOPE

Domestic Violence Risk Factors

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- Isolation
 - Limited Support
 - Substance Use
 - Unemployment
 - Firearm Possession
 - Disability
 - Poverty, Racism, Systemic Oppression
 - Polyvictimization

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](https://www.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