

**LIFE AFTER DEATH:**

**OVERCOMING CHILDHOOD TRAUMA**

**PRESENTED BY:**

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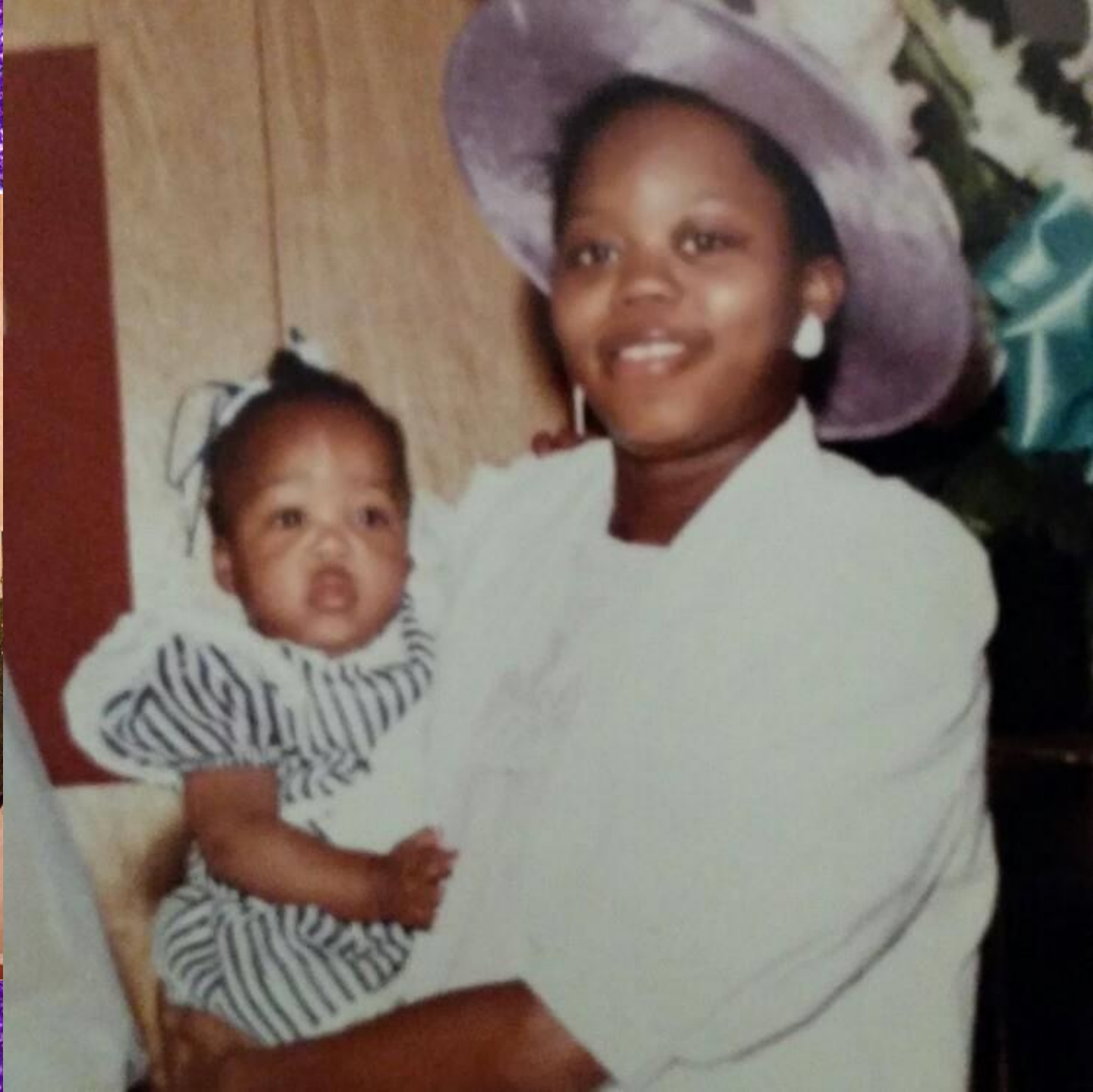
What are?  
your Goals

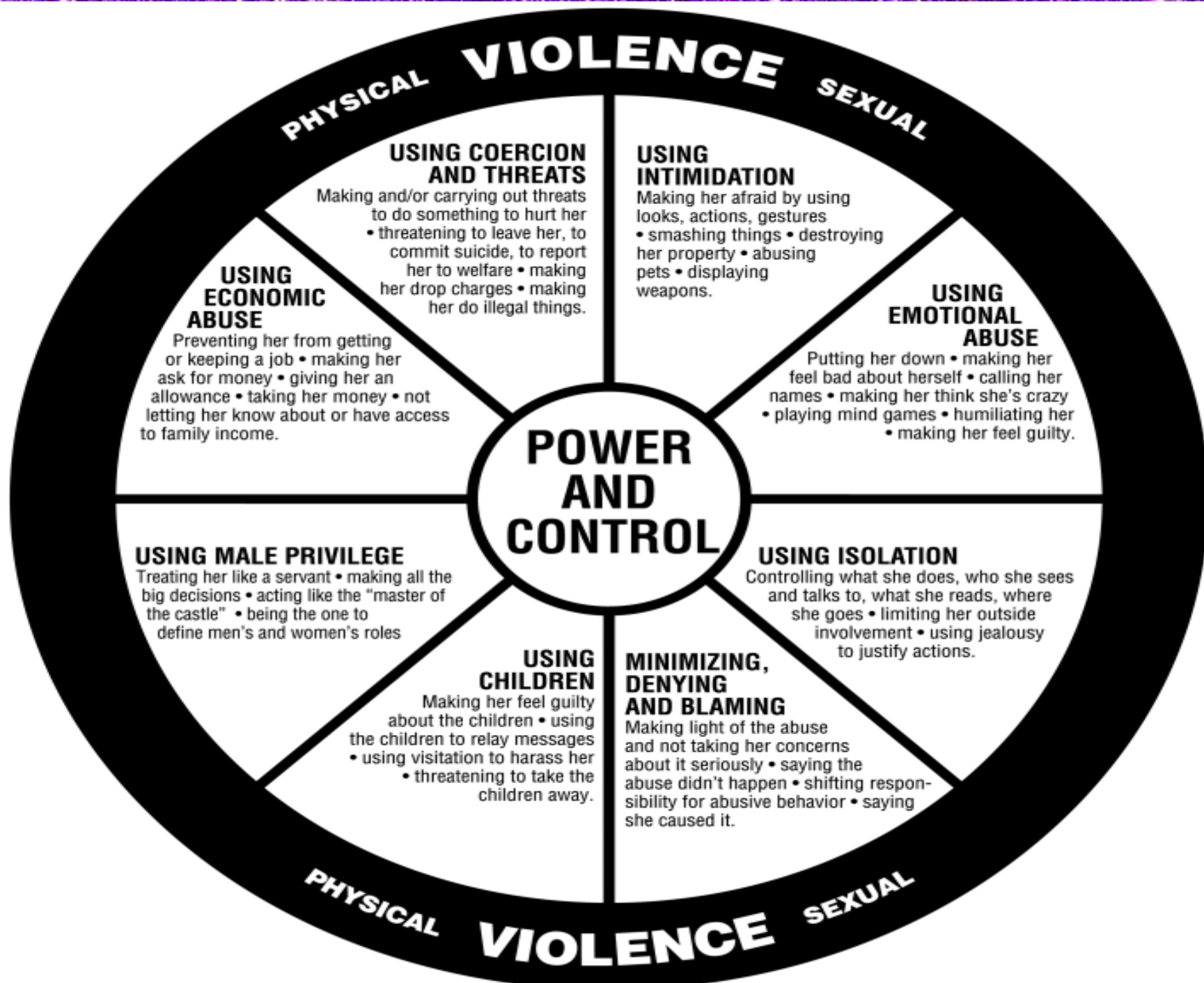




**MUST  
STAY...AWAKE!!!**







# PHYSICAL VIOLENCE

# SEXUAL

## POWER AND CONTROL

### USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her

- threatening to leave her, to commit suicide, to report her to welfare
- making her drop charges
- making her do illegal things.

### USING INTIMIDATION

Making her afraid by using looks, actions, gestures

- smashing things
- destroying her property
- abusing pets
- displaying weapons.

### USING ECONOMIC ABUSE

Preventing her from getting or keeping a job

- making her ask for money
- giving her an allowance
- taking her money
- not letting her know about or have access to family income.

### USING EMOTIONAL ABUSE

Putting her down

- making her feel bad about herself
- calling her names
- making her think she's crazy
- playing mind games
- humiliating her
- making her feel guilty.

### USING MALE PRIVILEGE

Treating her like a servant

- making all the big decisions
- acting like the "master of the castle"
- being the one to define men's and women's roles

### USING ISOLATION

Controlling what she does, who she sees and talks to, what she reads, where she goes

- limiting her outside involvement
- using jealousy to justify actions.

### USING CHILDREN

Making her feel guilty about the children

- using the children to relay messages
- using visitation to harass her
- threatening to take the children away.

### MINIMIZING, DENYING AND BLAMING

Making light of the abuse and not taking her concerns about it seriously

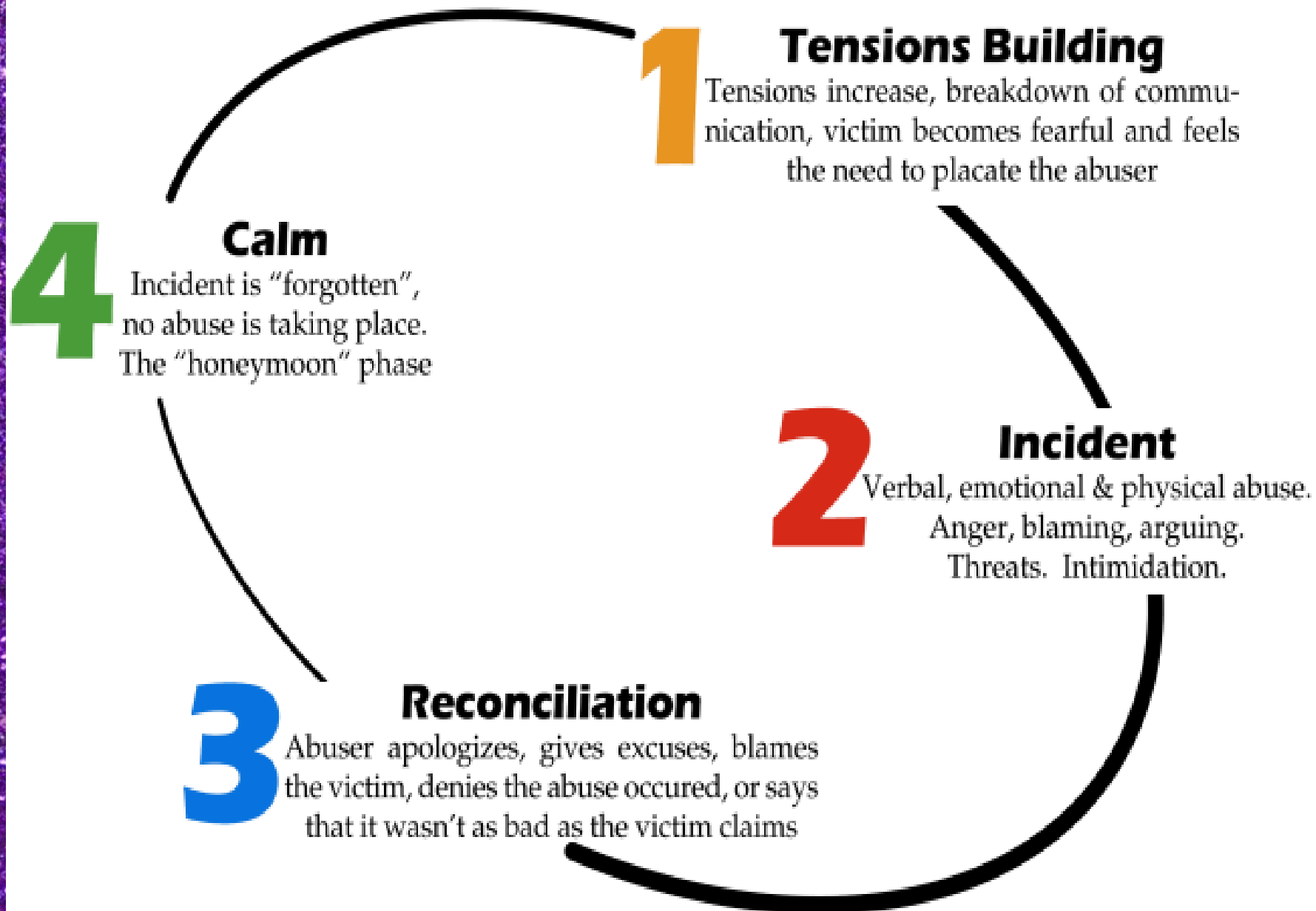
- saying the abuse didn't happen
- shifting responsibility for abusive behavior
- saying she caused it.

# PHYSICAL

# VIOLENCE

# SEXUAL

# Cycle of Abuse



# Main characteristics of a batterer

- **Control**
- **Entitlement**
- **Selfishness or Self-centeredness**
- **Superiority**
- **Possessiveness**
- **Confusion of love and abuse**
- **Manipulative**
- **Contradictory statements and behaviors**
- **Externalization of behaviors and responsibility**
- **Denial, minimization, & victim blaming**
- **Serial battering**

# **KNOW THE RED FLAGS**

- ✓ Acts **JEALOUS** and frequently accuses you of things
- ✓ Constantly **CHECKS UP** on you by calling or texting
- ✓ Calls you names or **PUTS YOU DOWN**
- ✓ Tells you **WHAT TO DO**, what to wear or how to act
- ✓ **THREATENS** to harm themselves if you ever break up with them





# What Is the Connection?

- ▶ Intimate partner violence is NOT Asked for. Human trafficking is NOT voluntary.
- ▶ Perpetrators use a relationship of trust to their advantage (e.g. economic gain through a girlfriend or employee).
- ▶ Abusers and traffickers can be anyone. Victims can be anyone (e.g. children, women and, men of all nationalities, socio-economic status, race, age, and faith).
- ▶ Abusers and traffickers often threaten victims into a life of silence and compliance.
- ▶ Intimate partner violence and human trafficking violate a person's freedom. Victims may have experienced attacks of violence across their lifespan: street violence; sexual assault; war; political turmoil.
- ▶ Victims/survivors need assistance from various people, agencies, and organizations.

# RISK FACTORS

- Women are at higher risk
- African-American and Hispanic teens have been found to be at higher risk for being victims of teen domestic violence
- Drugs & Alcohol
- Witnessed abuse in household
- Unemployment
- Poverty
- Mental Health DX
- School Dropout
- A mind-set that gives men power over women puts individuals at risk for becoming involved in an abusive relationship, either as a perpetrator or as a victim

# Effects of domestic violence on children

- Many children exposed to violence in the home are also victims of physical abuse. Children who witness domestic violence are victims of abuse themselves and are at serious risk for long-term physical and mental health problems.
- Children who witness violence between parents may also be at greater risk of being violent in their future relationships. If you are a parent who is experiencing abuse, it can be difficult to know how to protect your child.

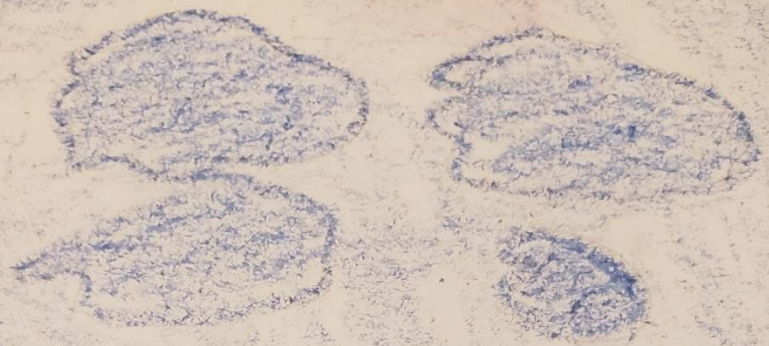
## What are the short-term effects of domestic violence or abuse on children?

- Children in homes where one parent is abused may feel fearful and anxious. They may always be on guard, wondering when the next violent event will happen. This can cause them to react in different ways, depending on their age:

## Children in preschool:

Young children who witness intimate partner violence may start doing things they used to do when they were younger, bed-wetting, thumb-sucking, increased crying, and whining. They may also develop difficulty falling or staying asleep; show signs of terror, such as stuttering or hiding; and show signs of severe separation anxiety.

BAD



SS  
SS  
SS



## School-aged children.

Children in this age range may feel guilty about the abuse and blame themselves for it. Domestic violence and abuse hurts children's self-esteem. They may not participate in school activities or get good grades, have fewer friends than others, and get into trouble more often. They also may have a lot of headaches and stomachaches.

## Teens

Teens who witness abuse may act out in negative ways,

- fighting with family members
- skipping school.
- engage in risky behaviors
- having unprotected sex and using alcohol or drugs.
- low self-esteem
- trouble making friends.
- start fights or bully others

more likely to get in trouble with the law.

more common in teen boys Girls are more likely than boys to be withdrawn and to experience depression.

## What are the long-term effects of domestic violence or abuse on children?

More than 15 million children in the United States live in homes in which domestic violence has happened at least once.

These children are at greater risk for repeating the cycle as adults by entering abusive relationships or becoming abusers themselves.

Children who witness or are victims of emotional, physical, or sexual abuse are at higher risk for health problems as adults. These can include mental health conditions, such as depression and anxiety. They may also include diabetes, obesity, heart disease, poor self-esteem, infertility struggles, brain issues, and other problems.

# WHAT ABOUT RELATIONSHIPS?



8:21 AM

May Christ bless you on your journey in your life and I pray you and your beautiful young lady have an amazing life.



Enter message



SEND



In

Prosecution

<i>Agency</i> CRIMINAL DISTRICT ATTORNEYS OFFICE DALLAS	<i>Prosecutor Action Filed</i> PROSECUTOR HAS CHANGED THE CHARGE	<i>Prosecutor Offense Code</i> 13990031
<i>Date of Activity by Prosecutor</i>	<i>Level and Degree of Prosecuted Offense</i> MA	<i>Title of Offense Prosecuted</i> M- 0560215
<i>Action Related to Offense</i>	<i>Domestic Violence Involved</i>	<i>Prosecution ID</i> 5448366
<i>Tracking Record Suffix(TRS) ID No.</i> 17813456		

Prosecutor Charged

<i>Offense Code</i> 13990031	<i>Offense Description of Offense</i> ASSAULT CAUSES BODILY	<i>Level and Degree of Offense</i> MISDEMEANOR - CLASS A
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08/13/2005	DALLAS POLICE DEPARTMENT	1008746
<i>Arrest Offense (Numeric)</i> 13990001	<i>Action Related to Offense</i>	<i>Level and Degree of Offense</i> MISDEMEANOR - CLASS A
<i>Date of Disposition Immediate to Arrest</i> 08/13/2005	<i>Arrest Disposition</i> HELD	<i>Prosecutor ORI Referred To</i> CRIMINAL DISTRICT ATTORNEYS OFFICE DALLAS
<i>Arrest Offense Literal</i>	<i>Arrest Disposition Literal</i>	<i>Agency Case Number</i> 05064478
<i>Domestic Violence Involved</i>		

Arrested Charge

<i>Offense Code</i> 13990001	<i>Offense Description of Offense</i> ASSAULT CAUSES BODILY INJ	<i>Level and Degree of Offense</i> MISDEMEANOR - CLASS A
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# Cheryl's Voice

## Mission & Vision:

- To be a voice for children who have suffered the loss of their parent(s) due to domestic homicide/suicide. These children will be encouraged to seek a promising future and break the cycle of Intimate Partner Violence and Teen dating violence. To educate on how to avoid repeating the cycle of abuse get out of abusive relationships as well as providing them with signs of abuse physically, mentally, and verbally. We also provide them with resources that they need to encourage them along their journey.

# Resources



Cheryl's Voice



**GET THE APP**

