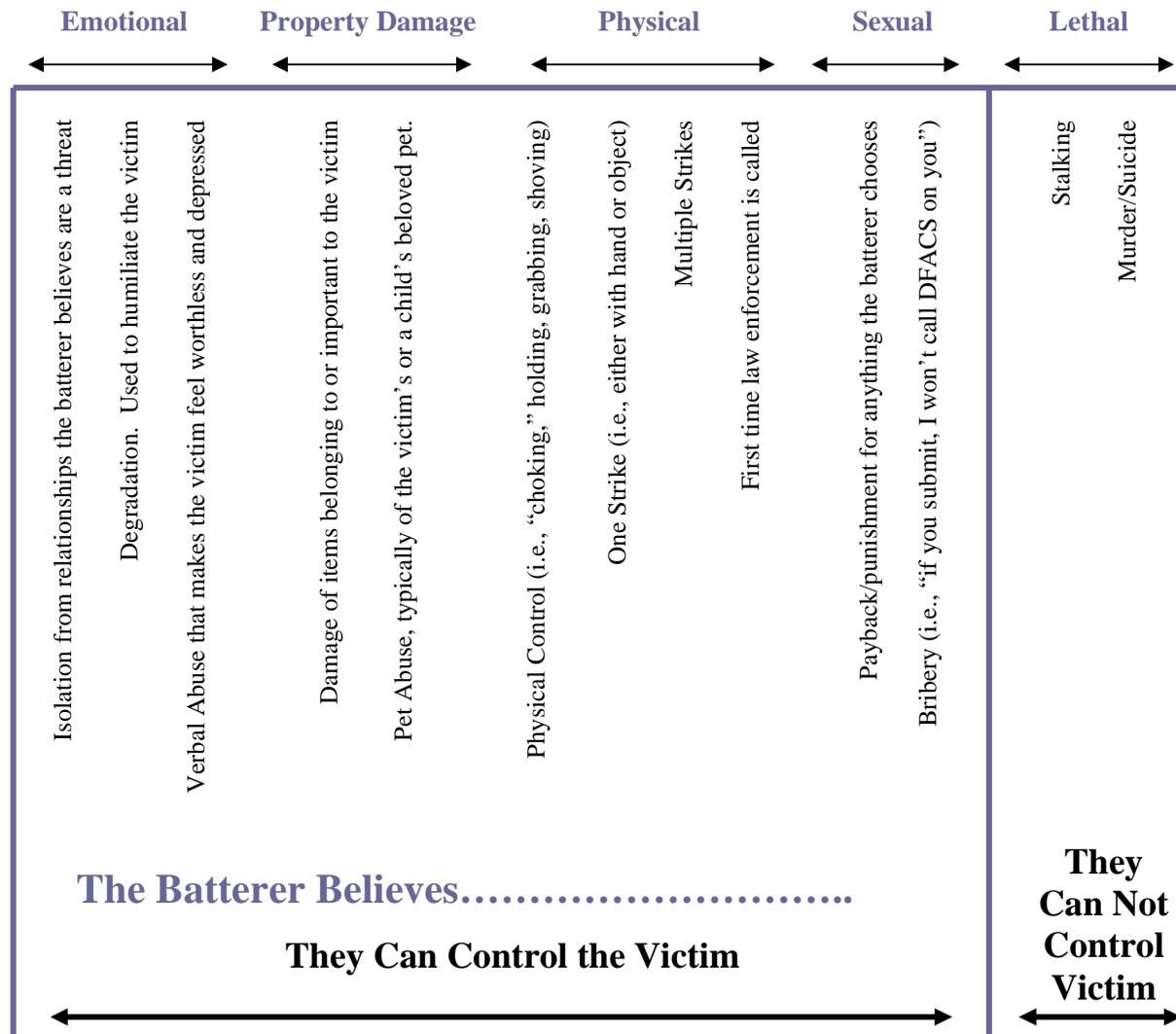


The Continuum of Violence

Abuse is a choice. It is not something that occurs because a batterer “lost control.” If this was the case, co-workers, friends, family, and the general public would witness, or be victims of, the violent behavior. The batterer is selective about when the behavior occurs, meaning the batterer is in control of it. The batterer will use various degrees of violence to retain or recover control. Using a broad definition of violence from extremely physical to extremely subtle forms of violence, the batterer must read what behavior will produce the desired results. If the stare doesn’t work, maybe a slap in the face will. Then, maybe the batterer will send a letter that says how the two will always be together and if that doesn’t work, maybe the batterer will rip the phone away from the victim while she is talking to her family. These are some ways a batterer keeps control and power over a victim. The emotional roller coaster experienced by the victim is driven by the batterer’s behavior not the victim’s, contrary to what the batterer might say. The Continuum of Violence below is an example of how a batterer might move between the various types of abuse to maintain control in any given situation, keeping the victim on guard and fearful.



Adapted from Domestic Violence Training for Law Enforcement by Derek Marchman, Marchman Consulting, Inc.

Safety Planning

If you are still with the abuser, reduce isolation wherever possible. Find neutral opportunities to build and maintain social supports. That is, ways you can connect with people that your partner is less likely to find threatening or provoking (i.e., through children: playgroups and child-care programs, PTA, sports, scouting, attending to children’s health needs, etc.) Over the long term, develop professional options.

Emergency Bag (keep hidden or with a neighbor/friend):

- | | | | |
|--|---|---|---|
| <input type="checkbox"/> Order of Protection | <input type="checkbox"/> Mobile phone/coins to use in a payphone | <input type="checkbox"/> Insurance policies/papers | <input type="checkbox"/> Birth (including yourself)/marriage certificates, divorce, adoption papers, etc. |
| <input type="checkbox"/> ATM card | <input type="checkbox"/> Driver’s license & registration | <input type="checkbox"/> Important legal documents | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Money | <input type="checkbox"/> Social security card | <input type="checkbox"/> Police records | <input type="checkbox"/> Clothing |
| <input type="checkbox"/> Check book/bank records | <input type="checkbox"/> Your partner’s social security number | <input type="checkbox"/> Record of violence/diary | <input type="checkbox"/> Eye glasses /contacts |
| <input type="checkbox"/> Credit card | <input type="checkbox"/> Medical records | <input type="checkbox"/> Baby’s things (diapers, formula, medication) | <input type="checkbox"/> Lease /mortgage papers |
| <input type="checkbox"/> Passport | <input type="checkbox"/> Keys (car, home, safety deposit, P.O. box, etc.) | <input type="checkbox"/> Children’s school and immunization records | <input type="checkbox"/> Non-perishable snacks for children (e.g. juice and crackers) |
| <input type="checkbox"/> Green card | <input type="checkbox"/> Address book & important phone numbers | | |
| <input type="checkbox"/> Work permit | | | |
| <input type="checkbox"/> Public Assistance ID | | | |

Stalking:

- Moving won't help if you can be found at familiar places. As much as you possibly can, vary your patterns: join a new congregation, shop at different stores, change banks, find a new hairdresser.
- Change the route you take to get to work or school and try to vary the times you leave. Let others know where you are going and when you expect to arrive.
- Learn to spot someone following you. If you're in the car, make four right turns in succession, or get off and then immediately back onto the highway. If you're on foot, go into a large building through one entrance and out another door. If you're **being** followed, go immediately to a police or fire station.
- Car safety is also important. Always check the front and rear passenger areas before entering the car whether it is day or night and then lock the car doors as soon as you are in the car.
- If possible, do not walk alone and only park in well-lit areas. Be alert for vehicles following you.

Children:

- Teach them not to get in the middle of a fight, even if they want to help.
- Teach them how to get to safety, to call 911, to give your address & phone number to the police.
- Teach them who to call for help.
- Tell them to stay out of the kitchen.
- Give the principal at school/daycare center a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone.
- Make sure the children know whom to tell at school if they see the abuser.
- Make sure that the school knows not to give your address or phone number to ANYONE.
- Get the clearest possible terms for visitation. These may include supervised visitation programs, pick-ups and drop-offs that are at a neutral site or monitored by a trustworthy third party, and limit contact.

Why A Victim Can't "Just Leave"

- **Hope** – As long as the victim has hope that the violence will stop, the victim will remain.
- **Love** – A victim may love a batterer while still wanting the violence to stop.
- **Fear** – Often the batterer has explained in explicit terms how the victim will be killed if they leave. Often the children or other family members may be included in the threat.
- **Money** – The victim may be dependent on the defendant for access to all money.
- **Children** – Victims will often say that the family needs to stay together for the children. Many cultural/religious teachings influence this reason to stay. There is also fear of losing custody of the children.
- **Status** – In some relationships, the victim wants to maintain status in the community.
- **Learned Acceptance** – Some victims grew up in violent homes and believe violence is normal.
- **Self-Blame** – The victim will take ownership of the situation (“I should have done....”).
- **Gratitude** – The victim may feel gratitude toward the batterer because the batterer has helped support and raise the children. Additionally, a victim often hears “You are lucky I put up with you; certainly nobody else would” which fuels the victim’s low self-esteem.
- **Low Self-Esteem** – Victims with low self-esteem do not believe they deserve better.
- **No Knowledge of Options** – Victims with no knowledge of resources assume none exist.
- **Religious Beliefs** – Such beliefs may lead victims to think they have to tolerate abuse to show their adherence to the faith.
- **Safer to Stay** – Assessing that it is safer to stay may be accurate when the victim can keep an eye on the batterer. Particularly if the abuser has previously engaged in stalking and deadly threats.
- **Shame/Embarrassment** – About the abuse may prevent the victim from disclosing it.
- **Stockholm Syndrome** – The victim may experience a bond with the abuser, making the victim more sympathetic to the batterer’s claims of needing the victim to help him/her.
- **Undocumented Victims** – Many face complex immigration problems by leaving a batterer, who often threatens her Immigration and Naturalization

Emergency	911
Emergency-TTY	404-294-2677
Office of the District Attorney	404-371-2561
Office of the Solicitor-General	404-371-2201
Magistrate Court- Warrants	404-294-2150
Jail	404-298-8500
North Precinct	404-297-3950
South Precinct	404-286-7900
Center Precinct	404-294-2580
East Precinct	770-482-0300
Tucker Precinct	678-937-5301
Birth/Death Certificates	404-294-3857
Caminar Latino	404-651-1375
Child Abuse Hotline	800-422-4453
Child Support Svcs. (in-state)	770-593-6944
Child Support Svcs. (out-of-state)	404-687-3836
DeKalb Community Service Board	404-892-4646
DeKalb Bar Association	404-373-2580
DeKalb Board of Education	678-676-1200
DeKalb County Legal Aid	404-377-0701
DeKalb County Public Health	404-294-3700
DeKalb Crisis Center	404-294-0499
DeKalb Rape Crisis Center	404-377-1428
DeKalb-Human Resource Center	404-370-7360
Dept. of Family & Children Svcs	404-370-5000
Drivers License Information	404-657-9300
Families First	404-541-3020
First Call For Help (United Way)	211
GED Testing	404-297-9522 ext. 2516
Georgia Center for Children	404-378-6100
Commission on Family Violence	404-657-3412
Georgia Council on Aging	404-657-5343
Ga.Crime Victim Assist.Helpline	800-338-6745
Ga.Domestic Violence Helpline	800-334-2836
Georgia Drug Abuse Helpline	800-338-6745
Housing and Urban Development	404-331-4576
Housing Authority	404-270-2500
Immigration and Naturalization	800-375-5283
International Women’s House	770-413-5557
Shalom Bayit	770-677-9322
Job Training-Dept. of Labor	404-298-3970
MARTA Schedule Information	404-848-4711
Medicare Information	800-633-4227
Men Stopping Violence, Inc.	404-270-9894
Nat. Domestic Violence Hotline	800-799-7233
New Connections to Work	404-297-9522 ext. 2550
Pan-Asian Community Services	770-936-0969
Probation (Felony)	404-370-5113
Probation (Misdemeanor)	404-371-2822
Social Security Administration	800-772-1213
Volunteer Lawyers Foundation, Inc.	404-373-9820
Women’s Resource Center	404-688-9436

Domestic Violence

The Most Violent Crimes Can Happen Behind Closed Doors



Domestic Violence/ Sexual Assault Unit

Est. 2006

Office of the District Attorney
DeKalb County, Georgia

Gwendolyn Keyes Fleming,
District Attorney

556 N. McDonough Street, Room 700
Decatur, Georgia 30030
404/371-2561

www.dekalbda.org

What Is Domestic Violence?

Domestic Violence is a term used to describe a pattern of behaviors used by one person in an intimate or family relationship to gain or maintain control. The type of behavior is abusive in nature and includes physical (actual hitting, shoving, kicking, throwing items, holding a victim down, or preventing them from leaving, withholding medical care, food, etc.), sexual (forcing or coercing someone into sexual acts), or psychological (referring to the name calling, belittling, threatening, manipulating finances, destroying property, etc.) abuse.

Using the abusive behavior is a choice. The abusive person, alone, is responsible for these behaviors. Many abusers use excuses to avoid accepting responsibility for changing their behavior. Some common excuses for abuse are listed below:

- “I lost control”
- “I was drunk/high”
- “She is (making me) crazy”
- “She wouldn’t do what I told her to do”
- “I just have so much stress on me”
- “Her (mom, family, friends, child, co-worker) are always interfering, OR just don’t like me”
- “I’m the man, you have to do what I say”

Abusers often use the following acts to gain control over the victim:

- Fear of physical or sexual harm,
- Manipulation of food, sleep or money,
- Any act which causes pain, bruises, burns or broken bones; biting, kicking, pushing, pinching, slapping, punching, scratching, grabbing or strangulating (choking),
- Isolation from family and friends,
- Intimidation/threats (with or without weapons),
- Restraining someone from leaving,
- Accuse the victim of having an affair,
- Threatening to take the children,
- Abusing pets or other living things.