

YOU ARE NOT ALONE

Domestic Violence and Dating Abuse Resource Guide
Information, Support and Resources to Use and Share

AVON
Foundation for Women



AGAINST
DOMESTIC
VIOLENCE

To celebrate **Avon's 125th Anniversary** in 2011 an **Avon Global Believe Tour** will visit Avon markets around the world. Donations totaling **\$2 million** from the new **Avon Global Believe Fund** will be awarded to domestic violence agencies and shelters globally to help **provide critical life saving services for victims and their families** and to draw attention to the need for adequate services for victims of Domestic Violence.

Avon Chairman & CEO Andrea Jung along with Reese Witherspoon, Patrick Dempsey and Fergie present donations to:



Cathy Willis Spraez,
CEO of Partnership Against Domestic Violence
Atlanta, GA



Sara Berdine,
Executive Director of Haven Hills, Inc.
Los Angeles, CA



Maria Cuomo Cole,
Chair, Board of Directors, HELP USA
New York City, NY

Table of Contents

- 1 About Avon Foundation and Speak Out Against Domestic Violence
- 2 Global Efforts and Pioneering Programs
- 3 What is Domestic Violence?
- 4 Warning Signs
- 5 Why Does the Victim Stay?
- 6 Planning for Safety
- 7 Children Affected by Domestic Violence and Resources
- 8 Dating Abuse and Warning Signs
- 9 What Parents Can Do To Help and Resources
- 10 Safety Tips for College Students
- 11 Statistics
- 12-13 Get Involved



Avon Foundation for Women

The Avon Foundation for Women, the world's largest corporate-affiliated philanthropy focused on issues that matter most to women, was founded in 1955 to improve the lives of women. Through 2010, Avon global philanthropy has donated more than \$800 million in more than 50 countries for causes most important to women. Today, Avon philanthropy focuses its funding on breast cancer research and access to care through the Avon Breast Cancer Crusade, and efforts to reduce domestic and gender violence through its Speak Out Against Domestic Violence program. Avon also responds generously to provide support for relief and recovery efforts in times of major natural disasters and emergencies.



Speak Out Against Domestic Violence



Speak Out Against Domestic Violence was launched in 2004 because one in four women will be a victim of domestic abuse and violence in her lifetime. The Avon Foundation funds efforts to build awareness, to educate, and to develop and implement prevention and direct service programs. Through the end of 2010, Avon Speak Out programs have donated more than \$30 million in more than 50 countries.

In addition to funding agencies working directly on domestic violence issues, the Avon Foundation's domestic violence public education efforts have included Public Service Advertisements in leading national magazines; a free educational DVD on recognizing, responding and providing referrals in family violence situations; and the distribution of more than 8 million free resource guides. Funds and awareness are also raised through the sale of special empowerment products by Avon Sales Representatives.

Although the Avon Foundation's mission is to help women and their families, and statistics show that most victims of domestic violence are women, the Avon Foundation recognizes that women and men of any age, race or economic level can be victims, and strives to end all relationship abuse.

Avon Global Efforts to End Violence Against Women

Currently, Avon domestic violence programs raise awareness and funds in more than 50 countries to help change the landscape of domestic and gender violence around the world.

A \$2 million [Avon Global Believe Fund](#), created in 2011 to honor the 125th anniversary of Avon Products, Inc., is advancing a pioneering global effort to support women's domestic violence shelters and agencies. The Avon Foundation partnered with the National Network to End Domestic Violence to identify and fund an international network of outstanding nonprofit organizations to help them provide critical life-saving services for victims of domestic violence and their families. This global effort also aims to draw attention to the alarming lack of adequate services for women and children who are victims of domestic violence in communities everywhere.

Pioneering Programs to Honor International Women's Day

In celebration of International Women's Day (IWD) in 2010, the Avon Foundation for Women provided a \$500,000 grant to the U.S. Dept of State Secretary's Fund for Global Women's Leadership to launch the [Avon Awards for the Elimination of Gender Based Violence](#). The first Avon Awards went to fund innovative and collaborative programs developed by ten non-government organizations in eight countries.

In 2010 Avon and the Avon Foundation also partnered with Vital Voices and the U.S. Department of State to convene a 3-day IWD global summit in Washington, D.C. to launch the [Global Partnership to End Violence Against Women](#). The project created public-private partnerships to reduce violence against women in 15 countries.

In 2011, the Avon Foundation provided additional funding to further develop this [Global Partnership](#). The new grant will fund a leadership mentoring program, grants to outstanding delegation projects and a regional program to help African and Middle Eastern delegates expand their collaborative projects.

In 2009, Avon funded a Global Forum for Women and Justice organized by International Association of Women Judges. It brought together judges and legal practitioners from around the world to discuss obstacles and solutions to raising the awareness and implementation of laws to end violence against women. In addition, the Avon Foundation launched the [Avon Global Center for Women and Justice at Cornell Law School](#) with a \$1.5 million grant. The Center works with judges, legal professionals, and governmental and non-governmental organizations to improve access to justice for victims of gender violence. It also provides a comprehensive data base of international law relating to violence against women.

In 2008 Avon hosted its second [Global Summit for A Better Tomorrow](#) at the United Nations for IWD. The Avon Foundation contributed \$1 million to the United Nations Trust

Fund to End Violence Against Women, the largest one-year corporate contribution in the fund's history. Avon has since donated an additional \$250,000. In 2008 Avon also supported a Senior Roundtable for Women & Justice at the U.S. State Department, which focused on global solutions to ensuring women's safety by providing them with improved access to justice.

In 2007 Avon co-hosted its first [Global Summit for a Better Tomorrow](#) at the UN with The Virtue Foundation, UNICEF, UNIFEM and UN-DESA, with the goal of initiating partnerships for women's rights and empowerment.

What is Domestic Violence?

In the U.S. and more than 80 countries, domestic violence is a crime. It is defined as a pattern of abusive tactics perpetrated by a spouse, partner or significant other, with the goal of establishing or maintaining power and control over the victim.

Forms of Domestic Violence

Domestic violence takes many forms and can happen occasionally or continuously. It often gets worse over time. Examples of different forms of domestic violence are outlined below.

Although both women and men can be victims, for ease of communication, the text throughout this guide uses "she" in many instances. This does not indicate that abuse is limited to women.

Psychological and Emotional Abuse

The victim is told that she is ugly, fat, hopeless, stupid, a bad parent, etc. Forms of this kind of abuse include stalking, intimidation or emotional blackmail with statements like... "If you really love me, you would..."

Social Abuse

The victim is not allowed to see the people she wants to see, or doesn't see family or friends because it isn't worth all the arguments.

Financial Abuse

The victim is not given enough money to feed and clothe herself or her children and/or receives no money for paying bills but is expected to make ends meet. The victim may also be forced to hand over her money or is prevented by her perpetrator from getting or keeping a job.

Physical Abuse

The victim is pushed, shoved, slapped, hit, punched or kicked, or objects are used as weapons against her. This is the most obvious form of domestic violence.

Sexual Abuse

The victim is pressured or forced to participate in sexual activities against her will.

Warning Signs

It can sometimes be difficult to tell if someone is in an abusive relationship. It can even be difficult for a victim to realize she is in an abusive relationship. Those who are abused, and those who abuse others, come in all personality types from all different backgrounds. Most people experiencing violence from someone close to them do not tell others about it. So how do you know it's happening?

Verbal Abuse

The abuser puts down the victim by calling her names, constantly criticizing her, provoking public or private humiliation, or making her feel "crazy."

Bruises and Injuries

The victim often has bruises and injuries that can't be explained, or offers weak excuses for them.

Violent Temper

The abuser has threatened to hurt the victim, her children, family members, friends or pets. The abuser blames the victim and other people for everything, and gets angry in a way that scares her or other people.

Controlling Behavior

The abuser checks up on the victim constantly by asking about her whereabouts, calling her at work or on her cell phone, checking her car mileage and listening to her phone calls. The abuser manages all the finances and monitors her spending.

Extreme Jealousy

The abuser is jealous or possessive, often accusing the victim of flirting or having affairs.

Isolation

The abuser tells her not to see certain friends or family members, keeps her away from school or work and makes her stay home when she wants to go out.

Emotional Changes

The victim seems to be on edge or fearful, or becomes quiet when the partner is around.

Behavior of the Children

The children of an abuse victim frequently get into trouble at school or are quiet and withdrawn and don't get along with other children. Conversely, children may also exhibit "perfectionist" attributes, and may excel in school so as not to draw attention to themselves or to their situation at home.

Why Does The Victim Stay?

The reasons for staying in an abusive relationship are complex. Often there are many aspects to the relationship that do not allow the victim to leave. Most often, she is afraid and fears for the safety of herself and her children. Some reasons victims don't leave include:

- She fears she will lose custody of her children, or she fears the abuser will cause emotional or physical harm to her children if she tries to leave.
- She may have limited financial resources or lack access to alternative support or skills to secure work.
- Religious beliefs may stand in the way; a religious community may not support a victim who leaves or seeks divorce.
- Friends and family may not support her leaving. The abuser may have convinced friends and family that their relationship is good and that any problems are the victim's fault or "in her head."
- She may have grown up with violence and may consider an abusive relationship "normal."
- She may not want the relationship to end – she still loves her spouse or partner and just wants the violence to stop. She may believe that love can change the abusive behavior.
- She may feel shame about being abused and reluctant to let anyone know that abuse is occurring in the relationship.
- She may not know who to turn to for help or where to get assistance.
- There may be language barriers that prevent her from seeking help or independence, or she may fear deportation.

"I think for so many years, domestic violence was something people didn't talk about. I'm just thrilled to see so many people raising awareness for it because it needs to stop. There doesn't need to be another young child who grows up having to kiss a picture of her momma at night instead of her actual mom."

– Tammy, 2009 Walk the Course Against Domestic Violence participant who lost her daughter to domestic violence

Planning for Safety

Studies show that domestic violence homicides increase up to 75% when a victim tries to leave or end an abusive relationship. Domestic violence homicides often happen after leaving an abuser, so leaving doesn't always mean safety.

If someone you know is planning to leave an abusive relationship or to take any legal or financial steps to separate, safety planning in advance is critical! The victim should follow these steps as necessary:

- Call 911 or arrange a signal with a neighbor or a friend to call 911 if there is immediate danger.
- Call a local domestic violence program or the National Domestic Violence Hotline (1-800-799-SAFE) for help, advice and support. The victim should memorize this telephone number.
- Hide money, spare keys and a small bag of clothes and other necessities for herself and her children at work or at a friend's house.
- Put together important documents (or copies) including passports, birth certificates, social security cards, insurance papers, work permits or green cards, ownership (title) documents for car and/or house, checkbooks and bank account numbers for herself and her children. Hide these papers at work or at a friend's house. Know the abuser's social security number, birth date and place of birth.
- Document the abuse by taking photos of bruises and injuries. Tell the doctor and get copies of medical records. Save any threatening voicemails or e-mails and write each incident down in a journal. All of this will be extremely important if legal action is taken in the future.
- Obtain an order of protection from the court which prohibits the abuser from contacting, attacking, sexually assaulting or telephoning her, her children and other family members. Call a local domestic violence program or the National Domestic Violence Hotline for legal assistance; carry a copy of the order of protection at all times.
- Inform the victim's employer about the situation so a safety plan can be set up at work. Share a photo and description of the abuser with the appropriate people at work (human resources or security) and any pertinent legal documentation, such as an order of protection.

Children Affected by Domestic Violence

Children who witness domestic violence face additional risks and stress from exposure to traumatic events. Immediate risks include emotional and psychological trauma and neglect, and physical and sexual abuse. Long-term consequences may include social, behavioral and emotional problems, such as aggression, hostility, disobedience, fear, anxiety, low self-esteem, poor development of social skills and poor performance at school. These symptoms can lead to depression, suicidal thoughts and increased violent behavior.

Children who witness or are subject to abuse may carry some or all of these outcomes into adulthood, often repeating the cycle of violence and abuse, and ultimately affecting their well-being and happiness.

Resources for Children Affected by Domestic Violence

For Immediate Assistance

Childhelp

Childhelp® exists to meet the physical, emotional, educational and spiritual needs of abused, neglected and at-risk children. This organization focuses its efforts on advocacy, prevention, treatment and community outreach.

1-800-4-A-CHILD (1-800-422-4453)

www.childhelp.org

For Further Information

Child Witness to Violence Project

This organization is a counseling, advocacy and outreach project that focuses on the growing number of young children who are hidden victims of violence, or children who are bystanders to community and domestic violence.

1-617-414-4244

www.childwitnessstoviolence.org

"Verbal domestic violence is emotionally a silent killer. I know because I was a victim for way too many years. Awareness, education and counseling saved me from...me! I learned to never let anyone have so much control over my own self-worth or emotions. I consider myself fortunate because I had access to the services I needed."

- Connie, Domestic Violence Survivor

Dating Abuse and Violence Among Young Adults and Teens

Dating abuse is the emotional, psychological, verbal, sexual and physical abuse by a boyfriend or girlfriend. As with domestic violence, dating abuse is about power and control over the victim. It affects people of every race, religion, education, age, sexual orientation and socioeconomic level.

Warning Signs of Dating Abuse

The warning signs for young adults and teens are similar to those for domestic violence. The dynamics can be slightly different and more difficult as young adults and teens generally lack experience, want independence from their parents and may romanticize abusive behavior and confuse it with love.

Parents need to pay close attention to their children's relationships, and look for problematic patterns including the following, although not all of these patterns will always be present:

Constant Communication

The boyfriend constantly calls and text messages and must be called back immediately. He constantly needs to know where she is and what she is doing.

Isolation

The boyfriend gets upset when she spends time with friends and family, and makes her feel guilty she is not spending more time with him. Your child loses interest in activities she normally enjoys.

Jealousy Issues

The boyfriend becomes extremely jealous when she talks to someone else, or someone else pays attention to her.

Name Calling and Criticism

The boyfriend calls her names and criticizes the way she looks, her clothes or hairstyle.

Violent Behavior

The boyfriend has a quick temper. Your child sometimes feels afraid and unsafe around him.

Emotional Changes

The boyfriend treats her in a way that makes her feel sad, lonely and desperate. Your child might be upset all the time, lash out at others and cry a lot.

Making Excuses

Your child makes excuses and apologizes for the behavior of her boyfriend.

Physical Signs

You notice bruises, scratches and other injuries that cannot be explained, or the explanation does not make sense.

What Parents Can Do To Help

There are many reasons kids don't tell parents and friends about the abuse they are experiencing in their relationship: they may believe that being in the relationship is the most important thing in their lives and they are afraid that their parents might break up the relationship; they are convinced it is their fault and their parents will blame them or will be disappointed; they may be confused about the relationship or they may be ashamed.

Talking to your child about relationships can be difficult. Below are some tips that may help you connect.

Teach Self Respect

Teach your kids that no one has the right to tell them who to see, what to do or what to wear. Teach them that no one has the right to hit or control anyone else. Be a good role model for your child. Talk to your kids about your expectations of how to treat others and how to be treated in all relationships. Emphasize respect.

Listen

Allow your child to talk openly with you and give her your undivided attention. Listen quietly to the whole story. Be open to all questions your child asks. Don't criticize, judge or jump to conclusions when she asks questions about relationships. Encourage her to talk to you any time.

Talk

Look for opportunities, such as news stories and TV shows, to talk to your kids about healthy relationships. Talk about the warning signs of abuse, as well as the qualities of healthy relationships, such as compromise, communication, loyalty and respect. Keep in mind that short, unplanned talks may be more effective than a long discussion.

Resources for Victims of Dating Abuse

For Immediate Assistance

National Teen Dating Abuse Helpline

The opportunity to speak one-on-one with a trained Peer Advocate who can offer support and connect you to resources 24 hours a day, seven days a week. 1-866-331-9474 or 1-866-331-8453 (TTY)

An online chat line is also available after school hours and weekends at www.loveisrespect.org

For Further Information

Break the Cycle

This website engages, educates and empowers youth to build lives and communities free from domestic and dating violence.

www.breakthecycle.org

Safety Tips for College Students*

Your years at college are an exciting time, but there are nonetheless risks involved when entering into an unfamiliar environment filled with new people. Studies show college aged women are at the highest risk for being sexually assaulted. Being aware of this risk is often the first step in staying safe.

- Trust your instincts. If you feel unsafe in any situation, go with your gut. If you see something suspicious, contact your resident assistant or campus police immediately.
- Avoid being alone or isolated with someone you don't know well. Let a trusted friend know where you are and whom you are with.
- Get to know your surrounding and learn a well-lit route back to your dorm or place of residence. If you are new to the campus, familiarize yourself with the campus map and know where the emergency phones are.
- Be careful when leaving online away messages. Leaving information about your whereabouts or activities reveals details of your location that are accessible to everyone. Avoid putting your dorm room, campus address, or phone number on your personal profile where everyone can see it.
- Form a buddy system when you go out. Arrive with your friends, check in with each other throughout the night, and leave together. Don't go off alone. Make a secret signal with your friends for when they should intervene if you're in an uncomfortable situation.
- Never loan your room key to anyone and always lock your door. Don't let strangers into your room.
- Practice safe drinking. Don't accept drinks from people you don't know or trust and never leave your drink unattended – if you've left your drink alone, just get a new one. Always watch your drink being prepared. At parties, don't drink from punch bowls or other large, common open containers.
- Watch out for your friends. If a friend seems out of it, is way too intoxicated for the amount of alcohol they've had, or is acting out of character, get him or her to a safety place immediately. If you suspect that you or a friend has been drugged, call 911, and be explicit with doctors about the symptoms.
- Don't let your guard down. The college campus environment can foster a false sense of security. Don't assume people you've just met will look out for your best interests; remember that they are essentially strangers.
- Try not to go out alone at night. Walk with roommates or someone you trust. If you'll be walking home alone, ask a trusted friend to accompany you. Avoid the ATM and jogging at night. Don't put music headphones in both ears so you can be more aware of your surroundings.

*Reprinted with permission from RAINN (Rape, Abuse & Incest National Network) www.rainn.org

Statistics

The U.S. Center for Disease Control and Prevention reports 1200 deaths and 2 million injuries to women from intimate partner violence each year in the U.S. On average, 3 women are murdered by their husbands or boyfriends each day in this country. 15.5 million U.S. children live in families in which partner violence occurred at least once in the past year, and 7 million children live in families in which severe partner violence occurred.

- Studies show that domestic violence is the leading cause of homelessness for women and children in the U.S.
- One in every four women will experience domestic violence in her lifetime.¹
- 85% of domestic violence victims are women.²
- Historically, females have most often been victimized by someone they knew.³
- Females who are 20-24 years of age are at the greatest risk of nonfatal intimate partner violence.⁴
- Most cases of domestic violence are never reported to the police.⁵
- Those who experience dating violence are more likely to participate in binge drinking, fighting and/or smoking, and are at an increased risk of suffering from mental illness.⁶
- Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next.⁷
- Technology has become a quick and easy way for stalkers to monitor and harass their victims. More than one in four stalking victims reports that some form of cyberstalking was used against them, such as email (83 percent of all cyberstalking victims) or instant messaging (35 percent).⁸

¹ Tjaden, Patricia & Thoennes, Nancy, National Institute of Justice and the Centers of Disease Control and Prevention, "Extent, Nature and Consequences of Intimate Partner Violence: Findings from the National Violence Against Women Survey," (2000).

² Bureau of Justice Statistics Crime Data Brief, Intimate Partner Violence, 1993-2001, February 2003.

³ U.S. Department of Justice, Bureau of Justice Statistics, "Criminal Victimization, 2005," September 2006.

⁴ U.S. Department of Justice, Bureau of Justice Statistics, "Intimate Partner Violence in the United States," December 2006.

⁵ Frieze, I.H., Browne, A. (1989) Violence in Marriage. In L.E. Ohlin & M. H. Tonry (eds.) Family Violence. Chicago, IL: University of Chicago Press.

⁶ Seave, P., & Lockyer, B. (2004). Teen Dating Violence. Office of the Attorney General and the Crime and Violence Prevention Center, WestEd.

⁷ Break the Cycle (2006). *Startling Statistics*

⁸ Baum, Katrina, Catalano, Shannan, Rand, Michael and Rose, Kristina. 2009. Stalking Victimization in the United States. U.S. Department of Justice Bureau of Justice Statistics.

How to Get Involved

The Avon Foundation provides grants to organizations and institutions, predominantly 501(c)(3) or equivalent, in the areas outlined in our mission statement: breast cancer and domestic violence and periodically for emergency and disaster relief efforts.

Join us in our efforts to improve the lives of women and their families. You can make a difference.

Domestic Violence Empowerment Fundraising Products

Call your local Avon Sales Representative (or find one at 800-FOR-AVON) or visit www.avonfoundation.org to buy a reasonably priced Avon Speak Out Against DV empowerment fund-raising product.

Events

For special events and opportunities to get involved, or details on our beneficiaries, visit www.avonfoundation.org.

How to Donate

- Visit www.avonfoundation.org to make a secure online donation
Checks payable to the Avon Foundation can be mailed to
Avon Foundation Speak Out Against Domestic Violence
Attn: Donations
P.O. Box 1073
Rye, NY 10580-1073
- Individuals, organizations and institutions can designate the Avon Foundation Speak Out Against Domestic Violence program as the beneficiary of their own fund-raising campaigns or events. You can set up your own fund-raising Web site and invite friends and family to visit and make donations. Visit www.avonfoundation.org to set up your personalized Website or call 1-866-505-AVON for assistance. Planning a fundraiser can be fun and you can make a big difference.



Reese Witherspoon launched the Women's Empowerment Bracelet in March 2011 as part of the Empowerment series that includes the Women's Empowerment Ring and Necklace. Together Avon products dedicated to raising funds for the domestic violence cause have raised more than \$10 million globally.

The new bracelet is accessibly priced at \$10.00 each. One hundred percent of net profits (\$8.04 for each bracelet sold) will benefit Avon Foundation programs dedicated to ending violence against women. The bracelet features assorted faux-stone, glass and silvertone beads on a stretch bracelet with an "infinity" charm, representing the unlimited opportunities for women when they live violence-free lives.

Please clip and return.

I want to make a difference in the fight against domestic violence!

Enclosed is my tax-deductible (TaxID# 13-6128447) gift of:

\$250 \$100 \$50 \$25 \$____

My company will match this gift. Enclosed is my completed matching gift form.

Please make checks payable and mail to:

Avon Foundation Speak Out Against Domestic Violence
Attn: Donations
P.O. Box 1073
Rye, NY 10580-1073

Credit Card donations may also be made on www.avonfoundation.org.

Please charge my: VISA MasterCard Discover American Express

Credit Card Number _____

Credit Card Exp Date _____

Signature _____

Donor Information:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

This is in memory or in honor of:

Name _____

Please acknowledge this gift to:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Resources for Victims of Domestic Violence

These organizations provide assistance to help victims find local domestic violence agencies that will help with shelter and safety, safety planning, legal advice, medical assistance, immigration advice and other direct victim services.

For Immediate Assistance

National Domestic Violence Hotline

1-800-799-SAFE (7233) or

1-800-787-3224 (TTY)

www.ndvh.org

National Sexual Assault Hotline

1-800-656-HOPE (4673)

www.ncdsv.org

The National Center for Victims of Crime

1-800-FYI-CALL (1-800-394-2255) or

1-800-211-7996 (TTY)

www.ncvc.org

For Further Information on Domestic Violence

National Coalition Against Domestic Violence

1-303-839-1852 or

1-303-839-1681 (TTY)

www.ncadv.org

National Network to End Domestic Violence

1-202-543-5566

www.nnedv.org

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