

I Got Flower Today

I got flowers today.
It wasn't my birthday or any other special day.
We had our first argument last night.
He said a lot of cruel things that really hurt me.
I know he was sorry and didn't mean the things he said.
Because I got flowers today.

I got flowers today.
It wasn't our anniversary or any other special day.
Last night, he threw me into a wall and started to choke me.
It seemed like a nightmare.
I couldn't believe it was real.
I woke up this morning sore and bruised all over.
I know he must be sorry
Because he sent me flowers today.

I got flowers today.
It wasn't Mother's Day or any other special day.
Last night, he beat me up again.
And it was much worse than all other times.
If I leave him, what will I do?
How will I take care of my kids?
What about money?
I'm afraid of him and scared to leave.
But I know he must be sorry
Because he sent me flowers today.

I got flowers today.
Today was a very special day.
It was the day of my funeral.
Last night he finally killed me. He beat me to death.

If only I had gathered enough courage and strength to leave him,
I would not have gotten flowers today.

National Domestic Violence Hotline

1 – 800 – 799 – 7233
or text “START” to 88788

October is

**DOMESTIC VIOLENCE
AWARENESS MONTH**



Overview of the lecture:

Domestic violence statistics

Into notes

Some psychological vocab

Warning Signs of an Abuser

Why Does Someone Abuse?

Cultural/Social Supports for Abuse

Learned from family members

Patterns of Emotional Abuse

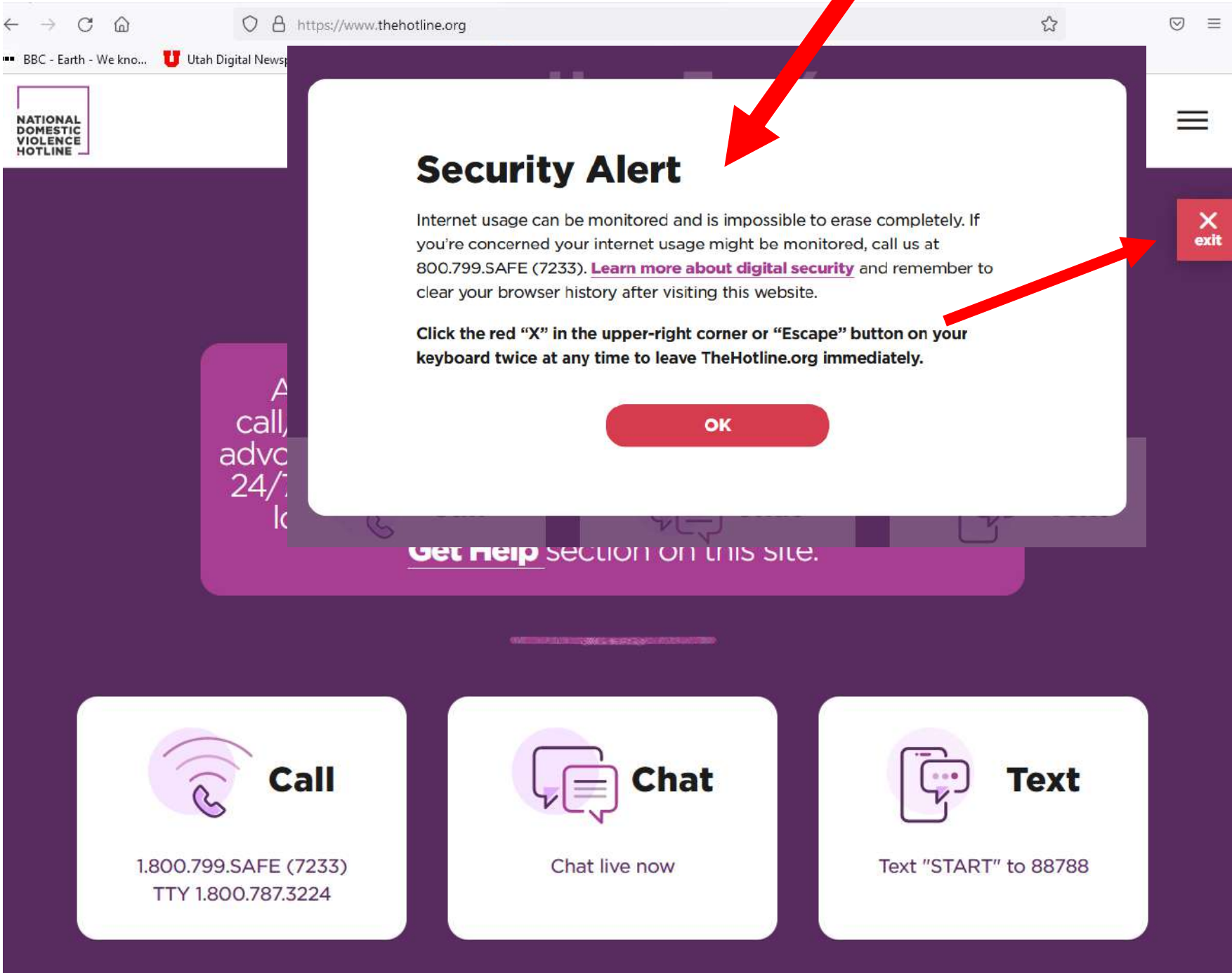
The Cycle of Domestic Violence

How Survivors Cope

The Separation Cycle

Domestic Violence in the Criminal Justice System

IF YOU GO TO THE NATIONAL DOMESTIC VIOLENCE WEBSITE (THEHOTLINE.ORG), HERE'S WHAT YOU'LL SEE



DOMESTIC VIOLENCE STATISTICS

General Statistics

- An average of 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States (more than 12 million women and men in a single year)
- Over 1-in-3 women (35.6%) and 1-in-4 men (28.5%) in the US have experienced rape, physical violence and/or stalking by an intimate partner in their lifetime.
- Just under 15% of women (14.8%) and 4% of men in the US have been injured as a result of intimate partner violence.
- 1-in-4 women (24.3%) and 1-in-7 men (13.8%) aged 18 and older have been victims of severe physical violence
- Almost half of all women and men in the US have experienced psychological aggression by an intimate partner in their lifetime (48.4% and 48.8%). (This includes microaggressions)
- Most female victims of intimate partner violence were previously victimized by the same offender at rates of 77% for women ages 18-24, 76% for ages 25-34, and 81% for ages 35-49
- Most domestic violence by state: Kentucky...45.3% of women and 35.5% of men

Stalking Statistics

- 1-in-6 women (16.2%) and 1-in-19 men (5.2%) in the US have been a victim of stalking at some point in their lifetime in which they felt fearful or believed that they (or someone close to them) would be harmed or killed.
- Two-thirds (66.2%) of female stalking victims were stalked by current or former intimate partners.
- Men who were stalked were primarily stalked by partners (41.4%) or acquaintances (40%)
- The most common stalking tactic experienced by both female (78.8%) and male (75.9%) victims of stalking was repeated unwanted phone calls, voice or text messages.
- Estimates suggest 10.7% of women and 2.1% of men have been stalked by an intimate partner during their lifetime.

DOMESTIC VIOLENCE STATISTICS

Sexual Violence Statistics

- Nearly 1-in-5 women (18.3%) and 1-in-71 men (1.4%) have been raped in their lifetime.
- More than half (51.1%) of female victims of rape reported having been raped by an intimate partner; 40.8% reported being raped by an acquaintance.
- For male victims, 52.4% reported being raped by an acquaintance; 15.1% report being raped by a stranger.

Child Statistics

- Children witness violence in nearly 1-in-4 (22%) intimate partner violence cases filed in state courts.

Workplace violence

- Current or former intimate partners accounted for nearly 33% of women killed in US workplaces between 2003 and 2008

Teen and Young Adult Statistics

- 9.4% of high school students report being hit, slapped or physically hurt intentionally by their partner in the previous 12 months.
- Approximately 1-in-5 women and 1-in-7 men who experience rape, physical violence and/or stalking by an intimate partner FIRST experienced some form of partner violence between 11-17 years of age
- 1-in-10 high school students has experienced physical violence from a dating partner in the past year.
- Most violence and victimizations happening prior to the age of 25.
- 43% of dating college women report experiencing violent and abusive dating behaviors including physical, sexual, digital, verbal or other controlling abuse.
- Nearly 1-in-3 college women (29%) say they've been in an abusive dating relationship. 57% of them say it occurred while in college.



58% of college students say they don't know what to do to help someone who is a victim of dating abuse.

- 38% of college students say they don't know how to get help for themselves if they experience dating abuse as a victim.
- In a study of calls to a Hotline, 1-in-4 women reported they would be reluctant to call police in the future; more than half said calling police would make it worse. Two-thirds said they were afraid the police would not believe them



“Why Domestic Violence Victims Don't Leave”

Leslie Morgan Steiner

https://www.ted.com/talks/leslie_morgan_steiner_why_domestic_violence_victims_don_t_leave?language=en (16 min)



← Cornet with his wife Olya and Vika (in pink), 2004



← Vika with her 2nd husband

Domestic Violence

- An ongoing pattern of behavior and abuse tactics
- It's about gaining control/power over the victim's life

Risk Factors

- While domestic abuse strikes couples of all races, religions, social economic status, and sexual orientations, risk factors for men or women becoming victims or abusers include poverty, lack of a high school education, witnessing family violence as a child, having a low sense of self-worth, and attitudes of male domination and substance abuse, especially alcohol abuse.

Warning Signs

- Warning signs friends, family members, and coworkers can look for if they wonder whether the person they care about is the victim of domestic abuse include frequent absences from school or work, numerous injuries the victim tries to explain, low self-esteem, a change in their personality, fear of conflicts, passive-aggressive behavior, blaming him- or herself for the problems in their relationship, isolation from others, or stress-related physical symptoms.



“It's Time to Talk About Psychological and Verbal Abuse”

Lizzy Glazer (high school sophomore at time of talk)

TedTalk Phillips Academy Andover, Harvard and now (Dec.2022) at Duke

<https://www.youtube.com/watch?v=SWqi9whHeKM> (10 minutes)

Some Definitions of Related Terms

Traumatic Bonding

- ↳ Two main factors are involved in the establishment of an emotional trauma bond: a power imbalance and intermittent reinforcement of good / bad treatment, or reward / punishment
- ↳ Trauma bonds are based on terror, domination, and unpredictability. As a trauma bond between an abuser and a victim strengthens and deepens, it leads to conflicting feelings of alarm, numbness, and grief, that show up in a cyclical pattern. More often than not, victims in trauma bonds do not have agency and autonomy, and don't have an individual sense of self either. Their self-image is a derivative and an internalization of the abuser's conceptualization of them

Narcissistic Abuse

- ↳ A mental disorder characterized by a life-long pattern of exaggerated feelings of self-importance, an excessive craving for admiration, and a diminished ability to empathize with other's feelings

Psychological Manipulation

- ↳ The use of devious means to exploit, control, or otherwise influence others to one's advantage
- ↳ Manipulation differs from general influence and persuasion. Persuasion is the ability to move a person or persons to a desired action, usually within the context of a specific goal. Influence and persuasion are neither positive nor negative. Influence is generally perceived to be harmless as it respects the right of the influenced to accept or reject it, and is not unduly coercive.

Gaslighting

- ↳ A colloquialism that is loosely defined as "making someone question their own reality".
- ↳ The term may also be used to describe a person ("gaslighter") who effectively puts forth a false narrative that leads another person or a group of people to doubt their own perceptions and become disoriented or distressed. This dynamic is generally only possible when the audience is vulnerable such as in unequal power relationships or when the audience is fearful of the losses associated with challenging the false narrative.

Idealization and Devaluation (Defense Mechanisms)

- ↳ Psychoanalytic theory posits that an individual unable to integrate difficult feelings mobilizes specific defenses to overcome these feelings, which the individual perceives to be unbearable. The defense that effects this process is called splitting. Splitting is the tendency to view events or people as either all bad or all good. When viewing people as all good, the individual is said to be using the **defense mechanism idealization**: a mental mechanism in which the person attributes exaggeratedly positive qualities to the self or others. When viewing people as all bad, the individual employs **devaluation**: attributing exaggeratedly negative qualities to the self or others.
- ↳ In child development, idealization and devaluation are quite normal. During the childhood development stage, individuals become capable of perceiving others as complex structures, containing both good and bad components. If the development stage is interrupted (by early childhood trauma, for example), these defense mechanisms may persist into adulthood.

Warning Signs of an Abuser

Before an abuser starts physically assaulting his victim, he typically demonstrates his abusive tactics through certain behaviors. The following are five major warning signs and methods by which they try to exert control, and some common examples:

○ Charm

↳ Abusers can be very charming. He can be very engaging, thoughtful, considerate and charismatic. He may use that charm to gain very personal information about her. He will use that information later to his advantage.

○ Isolation

↳ Abusers isolate their victims geographically and socially. Geographic isolation includes moving the victim from her friends, family and support system (often hundreds of miles); moving frequently in the same area and/or relocating to a rural area. He dictates whom she can talk to; he tells her she cannot have contact with her friends or family.

○ Jealousy

✚ Jealousy is a tool abusers use to control the victim. He constantly accuses her of having affairs. If she goes to the grocery store, he accuses her of having an affair with the grocery clerk. If she goes to the bank, he accuses her of having an affair with the bank teller.

○ Emotional Abuse

✚ The goal of emotional abuse is to destroy the victim's self-esteem. He blames her for his violence, puts her down, calls her names and makes threats against her. Over time, she no longer believes she deserves to be treated with respect and she blames herself for his violence. For some survivors of domestic violence, the emotional abuse may be more difficult to heal from than the physical abuse.

○ Control

⇒ **Abusers are very controlled and very controlling people.** In time, the abuser will control every aspect of the victim's life: where she goes, how she wears her hair, what clothes she wears, whom she talks to. He will control the money and access to money. Abusers are also very controlled people. While they appear to go into a rage or be out of control we know they are very much in control of their behavior.

The following are the reasons we know his behaviors are not about anger and rage:

- He does not batter other individuals – the boss who does not give him time off or the gas station attendant that spills gas down the side of his car. He waits until there are no witnesses and abuses the person he says he loves.
- If you ask an abused woman, “can he stop when the phone rings or the police come to the door?” She will say “yes”. Most often when the police show up, he is looking calm, cool and collected and she is the one who may look hysterical. If he were truly “out of control” he would not be able to stop himself when it is to his advantage to do so.
- The abuser very often escalates from pushing and shoving to hitting in places where the bruises and marks will not show. If he were “out of control” or “in a rage” he would not be able to direct or limit where his kicks or punches land.

Why does someone abuse?

Cultural/Social Supports for Abuse

Society in general holds certain attitudes about women and their “proper” roles. Some of these attitudes and stereotypes work in favor of abusers and against the women who are their victims. The following list describes some of the negative social attitudes and practices, as well as the abuser’s actions that are supported by the stereotypes about women:

- Rigid stereotypes and roles for men and women
- Women trained, by custom and sometimes by law, to be dependent on men
- The Cinderella-and-Prince-Charming myth
- Barriers to women in employment, government, leadership
- The view that men ought to control money, jobs, all the family’s major decisions
- The family as an institution discourages any member from leaving or divorce
- Police, doctors, schools, other institutions in society don’t always respond quickly to clues of abuse
- Crime, poverty, and other factors make women fearful of living alone
- Tendency to over prescribe drugs for women who are abused
- The view that a woman’s role is to take care of the family, and therefore any family troubles are the fault of the woman and are her responsibility to “fix”
- Family, friends tell the victim to try harder to be a better wife or partner
- Faith community expectations that a wife keep her marriage vows “for better or for worse”
- The view that children always suffer from divorce and keeping the family together is imperative

Patterns of Emotional Abuse

Emotional abuse always accompanies, and in most cases precedes, physical battering. Targeted, repeated emotional abuse can severely affect the victim's sense of self and of reality.

Here is a list of emotionally abusive behaviors abusers use against their partners:

- Abuser makes hostile jokes about the habits and faults of women
- Ignores the victim's feelings
- Withholds approval as a form of punishment
- Yells at the victim
- Labels the victim with generally insulting terms: crazy, stupid
- Repeatedly delivers a series of insults specific to the victim and designed to inflict maximum psychological damage
- Repeatedly humiliates the victim in front of family members and others
- Isolates the victim socially, perhaps geographically as well (for example, by moving the family to a remote location)
- Blames the victim for all the abuser's troubles and failures
- Threatens physical violence and retaliation against the victim, children or other family members
- Puts down the victim's abilities as a mother, lover, worker, etc
- Demands all the victim's attention and resents the children
- Gives the victim the "silent treatment"
- Threatens to abuse the children and/or get custody of them
- Tells the victim she must stay with him because she needs him and she couldn't make it without him
- Accuses the victim of being violent if she acts in any way to protect herself
- Questions her sense of reality
- Forces economic dependency
- Puts down or denies the victim's history, heritage, faith, values
- Hits the wall, not her, to display his power
- Breaks personal items that have sentimental value to her as a message that he can break her too
- Threatens suicide if the victim doesn't stay with him or do what he wants
- Spends hours cleaning guns or knives in front of the victim
- Threatens to kill her or her children
- Destroys victim's self esteem

The Cycle of Domestic Violence

Domestic violence follows a typical pattern no matter when it occurs or who is involved. Six distinct stages make up the cycle of violence

- Abuse

- ⇒ Abuse can be emotional, physical, psychological, economic, and social

- Guilt

- ⇒ A non-abusive person experiences guilt very differently than an abusive person.

- ⇒ A non-abusive person feels guilty about how they have impacted the life of the person they harmed (“victim-directed guilt”). An abuser experiences “self-directed guilt”: He does not feel guilty or sorry for hurting his victim. He may apologize for his behavior, but his apology is designed so that he will not face consequences or be held accountable.

- ⇒ The goal of the guilt stage is to reassure himself that he will not be caught or face consequences.

- Rationalization

- The abuser makes excuses and blames the victim for his behavior.
- Common excuses usually revolve around the abuser being intoxicated or abused as a child. *However, alcohol use and being abused as a child does not cause the abuser to be violent.* Common victim blaming statements usually focus on the victim's behavior. For example, "If you had the house cleaned, I wouldn't have had to hit you," or, "If you had cooked dinner on time, I wouldn't have had to hit you."
- The goal of this stage is to abdicate responsibility for his behavior.

- "Normal" Behavior

- During this stage, the abuser may use different tactics to achieve his goal to regain power over the victim. *The abuser may act as though nothing happened. This can be crazy-making for victims, as they do not understand how he could pretend nothing happened.*
- The goal of this stage is to keep the victim in the relationship and present the relationship as normal.
- Another tactic an abuser may use after he has chosen to be violent is to become the thoughtful, charming, loyal, and kind person with whom the victim fell in love. He may take her out to dinner, buy her flowers and convince her he will change. This can be a huge incentive for women to stay or return to the abuser because they believe that this time he really will change.

- Fantasy and Planning

- ↳ Abuse is planned. In the initial stages, an abuser fantasizes or has a mental picture of the next time he will abuse the victim.
- ↳ The abuser experiences his power from activating the fantasy. The planning phase details more specifically what the abuser will need to have and to do in order to abuse his partner.
- ↳ Abusers may spend minutes, hours or days fantasizing about what the victim has done “wrong” and how he is going to make her “pay”. Most often he will fantasize she is having an affair. Most abused women do not have the time, energy, or interest in having an affair. However, it is the most common accusation, because she can never prove she is not having an affair.

- Set-up

- ↳ This is when the abuser puts his plan into action. He sets up the victim.

- The Full Cycle

Here is an example of the cycle of violence through all its phases.

- A man **abuses** his partner.
- After he hits her, he experiences self-directed **guilt**. He says, “I’m sorry for hurting you.” What he does not say is, “Because I might get caught.”
- He then **rationalizes** his behavior by saying that his partner is having an affair with someone. He tells her “If you weren’t worthless I wouldn’t have to hit you.”
- He then acts **contrite**, reassuring her that he will not hurt her again.
- He then **fantasizes** and reflects on past abuse and how he will hurt her again.
- He **plans** on telling her to go to the store to get some groceries. What he withholds from her is that she has a certain amount of time to do this. When she is held up in traffic and is a few minutes late, he feels completely justified in assaulting her because “you’re having an affair with the store clerk.” He has just **set her up**.



How Survivors Cope

Common reactions (not necessarily healthy)

Women and children who survive domestic violence have talked about the various ways they have developed to cope until they could find safety. These coping strategies enabled them to survive. Some of the common NOT HEALTHY coping strategies are:

- Denial

↳ The survivor tells herself, in effect, that the abuse is not really happening or may deny the impact the abuse has had on her. A survivor in denial will say, “This bruise? Oh, it’s nothing” or “He doesn’t really hurt me.” Denial helps the survivor avoid feelings of terror and humiliation.

- Minimization

↳ This is a form of denial. The survivor minimizes when she says, “This isn’t really abuse. Abuse is more serious” or “Well, he only hit me once with his fist.”

- Nightmares

↳ These help the survivor experience/process some strong feelings such as fear, anger, panic, and shame which she cannot safely share with anyone at the time.

- Shock and Dissociation

↳ These two reactions can numb the survivor’s mind and body while the assault takes place and for a time afterward. The reactions help her avoid dealing with immediate feelings until she has found safety.

The Separation Cycle

When a woman leaves her abuser, the abuser goes through a process of emotions and behaviors that is quite predictable. This is the separation process:

- Indifference

↳ At first, the abuser says such things as, “Go ahead and leave. I don’t care. I’ve got lots of women after me. I don’t need you.”

- Manipulative “Anger”

↳ Now the abuser shows his “anger”. Abusers are no angrier than anyone else.

Anger is a tool abusers use to gain and maintain control.

↳ If there are children in the family, for instance, he may claim his outrage is because the survivor is keeping the children from him and “I demand the right to see my kids!”

- Manipulative Courting

- ↳ The abuser tries to hook the victim back into the relationship - and succeeds often.
- ↳ The abuser begins to court the survivor again, perhaps with a trip down memory lane: “Remember when we met?” He won’t discuss his choice to use abuse; he will talk only about past good times and the promise of good times to come. He says he wants her back.

- Defaming the Survivor

- ↳ He tells lies about the survivor to everyone who knows her. His goal is to isolate her socially and to wipe out any support she might have among friends and family. Many times, the woman does not know about the lies. Most common lies is that the woman was having an affair, a lie that he can use to justify his violent behavior.

- Renewed Manipulative “Anger”

- ↳ Once he recognizes the survivor is not coming back to him, he renews his manipulative “anger”. The victim may be in danger. The abuser is more likely to carry out threats he made during the relationship and earlier in the separation cycle.



October is

DOMESTIC VIOLENCE AWARENESS MONTH

Domestic Violence in the criminal justice system

- Some states have separate laws for domestic violence and criminal assault. Oregon does not make such a distinction.
- Prosecutors typically take an aggressive approach toward domestic violence charges, often pursuing cases that otherwise wouldn't be pursued and limiting the availability of plea bargain options.
 - ↳ Once a report is filed, even if the victim drops all charges, the legal system still pursues it.

Misdemeanor or Felony in Oregon?

- Misdemeanor – strangulation (in non-DomViolence situations), menacing//verbal abuse, interference with making a report, some types of assault
- Felony – coercion, strangulation (in DomViolence situations), some types of assault

Real Example



Tina Turner

Story of her escape from Ike Turner

<https://www.youtube.com/watch?v=OPF9WW7pDVw> (2:20)

Interview <https://www.youtube.com/watch?v=VthniDxdNNM> (show 2:30-7:50)

Article <https://www.foxnews.com/entertainment/tina-turners-relationship-ike-how-she-broke-free-defied-abusive-ex-husband>

Real Stalking Example 1 / Phoenix grad



Maia Smidt

Every few months I decide to check out my "other" messages on here to see what gems I can find. This guy has been messaging me sporadically for well over a year without any response. And let's not forget that he found me based on my first name alone. That kind of search takes commitment... and a lot of creepiness. If I'm ever murdered, this man should be the prime suspect 😊

Very Happy 😊 I found you finally Swe August 28, 2012
... that
ie pro
aking
o talk
le ,you
eet flo
be your friend.
a, I would ask you to marry me AA
November 19
August 15, 2012
Miura
ia how are you ? 😊

Miura

Like · Comment · Share · 28 minutes ago · 👤



Katie Michelle likes this.



Lexi Zia Creeper

4 minutes ago via mobile · Like



John Cornet This is rather disturbing.
a few seconds ago · Like



Write a comment...



I'm Very Very Happy 😊 I found you finally Sweet Maia !! thanks god 😊 ... Since that time I saw you in the program (Mtv's Disaster Date) I decided to go looking for you and find you and that I wished to talk to you In fact, I liked your modesty ,your style ,your beauty and your reactionsyou are a sweet flower ^^... You know I really, really want to be your friend.

Genzo ^^

August 15, 2012

August 28, 2012



Kojiro Miura

8/28, 7:59pm

Maia I can be your friend ? ^^

April 4



Kojiro Miura

4/4, 10:21am

Hi Mia , I would ask you to marry me ^^

November 19



Kojiro Miura

11/19, 10:00pm

Hi maia how are you ? 😊



Maia Smidt

December 20, 2013 · 🧑🏻‍🤝‍🧑🏻

2 Cor



Like



Comment



Avi Sotonzadeh I like your modesty and style and beauty and reactions too! But I haven't seen that episode (just seen your reenactment of yourself).

4y · Like



Maia Smidt He's been messaging me for over a year.

4y · Like



Write a comment



Stalking in Oregon is a Class A misdemeanor

Class A misdemeanors include other crimes such as shoplifting, reckless assault, and credit card fraud.

However, stalking escalates to a Class C felony if the stalker has previously been convicted for stalking or violating a stalking protective order.

- 👉 Class A misdemeanors – punishable by up to one year in jail and fines up to \$6,250
- 👉 Class C felony – punishable up to 5 years in prison and fines up to \$125,000

Real Stalking Example 2

/ Phoenix grad



Phoenix, Oregon

+ Invite



Ellen Schweikert

1d · 🌐

🙏 Please - Help me identify the man who has been watching me for weeks. I don't feel safe in my own home. If you have camera footage and live in this area, please send me any footage you have from April 3rd from 8pm to 10pm (incident occurred at 8:50pm)

EDIT: I CALLED THE POLICE. Obviously. This is in addition to that. I am warning my community and asking you to please help me identify this person.

He is:

- Likely to live in the yellow area
- 5'10" ish
- Skinny
- A smoker
- Likely young - 20's probably

I moved to Phoenix on March 1st and the stalking began about March 4th or so.

Immediately after moving in I began smelling cigarettes in my bedroom and it was VERY strong, as if someone was in my bedroom smoking next to me. I thought it was odd because my friends next door said they don't smoke, but I wrote it off.

But since I moved in, someone has been consistently smoking outside my bedroom. Between the hours of 9pm and 1am, generally. I've even woken up to the smell.

On the night of Monday April 3rd, I smelled it again and decided to take my dog out to the bathroom. I don't usually go out with her, but I did, because I wanted to see which neighbor was smoking.

Instead, I saw a man standing there on my stoop in front of my bedroom window, staring into the window and smoking.

He put up his hood in the dark, muttered something, and ashed his cigarette while running away. I was totally stunned and didn't chase after him beyond my yard because I was in shock. I was barefoot and trying to protect my dog. I was trying to find a reasonable explanation of why a man would be in my yard.

Except Instead, I realized that every time I'd smelled smoke like that - he'd been watching me. For a month.

He has watched me sleep, shower, get dressed, everything. This is a dangerous person.

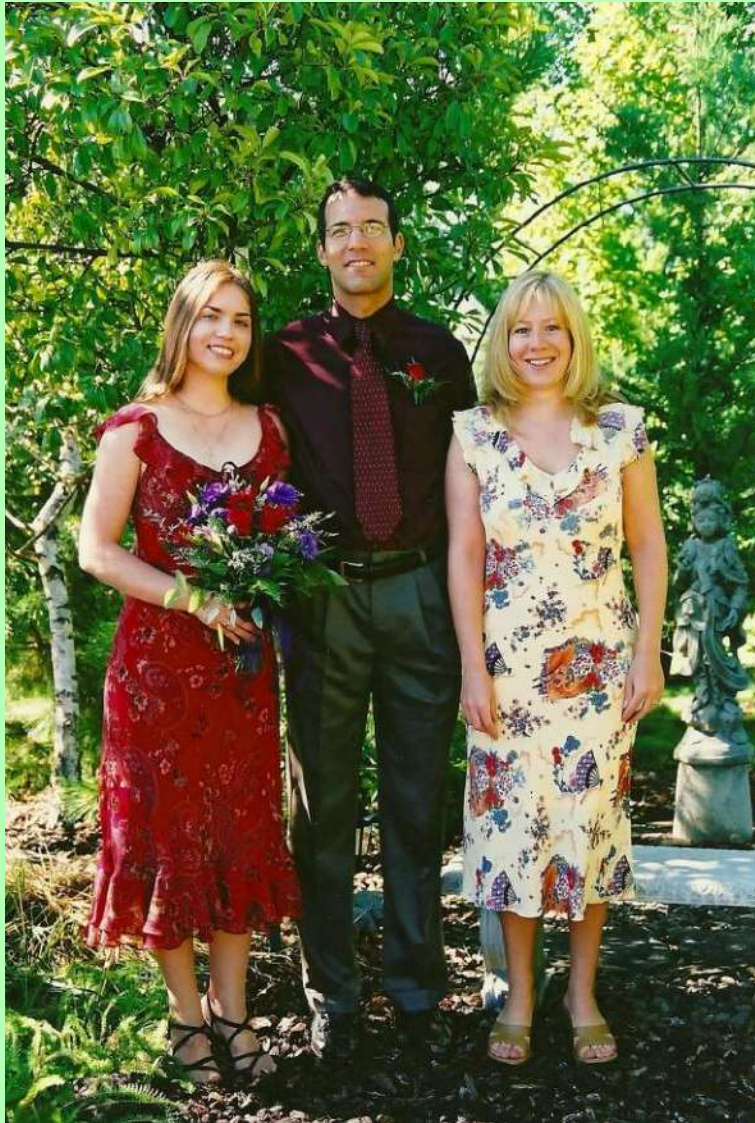
This man knows I saw him, but this behavior can escalate. Clearly he is not rational. I suspect he's a heavy substance user and saw me move in, because he lives on my block. It was an easy opportunity.

Please, help me find this person. Someone knows something. You may have noticed something odd or off about your roommate or your son going for long walks smoking at night.

And if this is you: I have a gun. Next time, I'll be ready for you.

Suicide Intervention

- What do you do if you are in-person with someone who is suicidal?
- What do you do if you are on the phone with someone who is suicidal?



Cornet with wife Olya (red dress),
and Heather, Ashland 2003