



ABUSE IS NOT LOVE:

**RECOGNIZING SIGNS OF AN ABUSIVE
RELATIONSHIP**



INTRODUCTIONS



**ABUSE
IS NOT
LOVE**



THIS MODULE WAS CREATED WITH YSL BEAUTÉ IN ORDER TO CONTINUE THEIR INITIATIVE **ABUSE IS NOT LOVE** – TO EDUCATE AND BRING AWARENESS TO INTIMATE PARTNER VIOLENCE (IPV).

IPV IS ONE OF THE MOST COMMON FORMS OF POWER-BASED PERSONAL VIOLENCE. IT IS THE USE OF **PHYSICAL, SEXUAL, FINANCIAL, AND/OR EMOTIONAL ABUSE** TO EXERT POWER AND CONTROL OVER A CURRENT OR FORMER INTIMATE PARTNER.

AGENDA

- INTRODUCTION
- OVERVIEW OF IT'S ON US
- WORKSHOP
 - RECOGNIZING INTIMATE PARTNER VIOLENCE
 - 9 SIGNS OF ABUSE
 - 10 SIGNS OF A HEALTHY RELATIONSHIP
 - SUPPORTING FRIENDS: UNDERSTANDING TRAUMA





DEFINITIONS

INTIMATE PARTNER VIOLENCE (IPV)

WILLFUL INTIMIDATION, PHYSICAL ASSAULT, BATTERY, SEXUAL ASSAULT, AND/OR OTHER ABUSIVE BEHAVIORS AS PART OF A SYSTEMATIC PATTERN OF POWER & CONTROL PERPETRATED BY ONE INTIMATE PARTNER AGAINST ANOTHER.



POWER
CONTROL
DOMINANCE

CAN BE COMMITTED
BY ANYONE OF
ANY GENDER
AGAINST ANYONE OF
ANY GENDER



ESCALATION



CYCLICAL

WHY POWER, CONTROL, & DOMINANCE?

- PEOPLE FEEL ENTITLED TO IT BECAUSE OF THEIR BELIEFS/ATTITUDES.
- PEOPLE HAVE WITNESSED OR EXPERIENCED ABUSE THEMSELVES AND SEE IT AS NORMAL.
- PEOPLE BELIEVE IT'S THE SOCIAL NORM.
- PEOPLE STRUGGLE TO REGULATE THEIR OWN EMOTIONS AND FEEL OUT OF CONTROL.

PEOPLE WHO ABUSE BELIEVE THAT WHAT THEY ARE DOING IS JUSTIFIED BEHAVIOR.



POWER CAN BE SYSTEMIC OR PERSONAL



SOCIETAL

- ABILITY
- AGE
- CLASS
- GENDER
- RACE
- RELIGION
- SEXUALITY

PERSONAL

BASED ON A
PERSON'S QUALITIES,
TRAITS, OR
CHARACTERISTICS.



ESCALATION

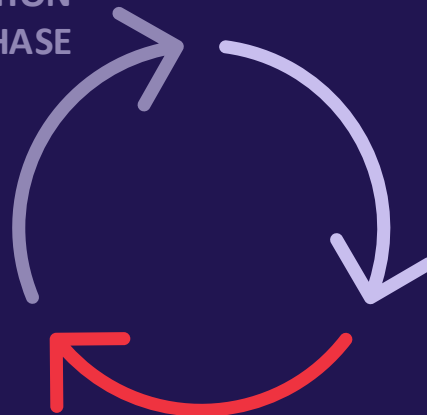
- ABUSE STARTS WITH LESS NOTICEABLE BEHAVIORS INTENDED TO TEST BOUNDARIES.
- ONCE THOSE BEHAVIORS ARE NORMALIZED, THE PERSON COMMITTING ABUSE WILL INTENSIFY THEIR BEHAVIORS BY BEING MORE CRUEL AND LEANING FURTHER INTO ABUSE TACTICS.
- THIS CAN ESCALATE TO VIOLENCE.

THE ESCALATION CAN HAPPEN OVER A SHORT OR LONG PERIOD OF TIME.



CYCLICAL

RECONCILIATION
PHASE



TENSION-BUILDING
PHASE

VIOLENCE
PHASE



ABUSE IS NOT LOVE
9 SIGNS OF ABUSE

Nº1

**IGNORING
YOU ON
DAYS THEY
ARE ANGRY**

IT'S ON
US

YSL
BEAUTE



Nº2

**BLACKMAILING
YOU IF YOU
REFUSE TO DO
SOMETHING**



Nº3

HUMILIATION

PUTTING

YOU

DOWN

IT'S ON
US

YSL
BEAUTE

Nº4

**MANIPULATION
TO COERCE YOU
INTO DOING OR
SAYING
SOMETHING**

N°5

JEALOUSY
OVER
EVERYTHING
YOU DO



Nº6

CONTROL
OVER WHERE
YOU GO
HOW
YOU LOOK





Nº7

INTRUSION

**GOING THROUGH
YOUR PHONE OR
TRACKING
YOUR LOCATION**



Nº8

ISOLATION

**CUTTING YOU OFF
FROM FRIENDS
AND FAMILY**





Nº9

INTIMIDATION

CALLING YOU

CRAZY AND

INSTILLING

FEAR



Nº1 **IGNORING** YOU ON DAYS THEY ARE ANGRY

Nº2 **BLACKMAILING** YOU IF YOU REFUSE TO DO SOMETHING

Nº3 **HUMILIATING** OR PUTTING YOU DOWN

Nº4 **MANIPULATING** OR COERCING YOU INTO DOING OR SAYING SOMETHING

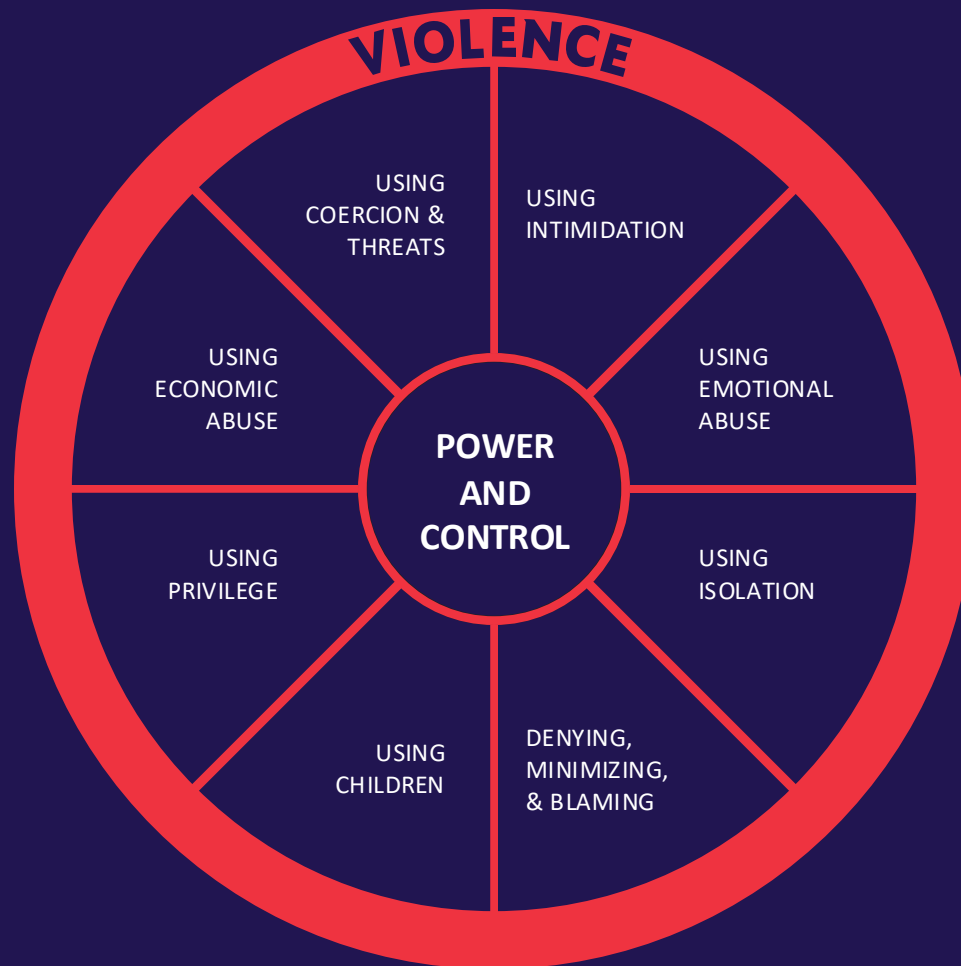
Nº5 **JEALOUSY** OVER EVERYTHING YOU DO

Nº6 **CONTROLLING** WHERE YOU GO OR HOW YOU LOOK

Nº7 **INTRUSION** BY GOING THROUGH YOUR PHONE OR TRACKING YOUR LOCATION

Nº8 **ISOLATING** AND CUTTING YOU OFF FROM FRIENDS AND FAMILY

Nº9 **INTIMIDATION** BY CALLING YOU CRAZY AND INSTILLING FEAR



**Originally developed by the Domestic Abuse Intervention Project in Duluth, Minnesota, the Power and Control Wheel illustrates the tactics an abuser uses on their victim. Constantly surrounded by threats and/or actual physical and sexual abuse, the victim is subjected to the various tactics listed in the spokes as the abuser attempts to exert complete power and control. *adapted by Roe & Jagodinsky



10 SIGNS OF A HEALTHY RELATIONSHIP

*Adapted from the Equality Wheel, Domestic Abuse Intervention Project, Duluth, MN



COMFORTABLE GROWTH:

THE RELATIONSHIP GROWS
AT A PACE THAT FEELS COMFORTABLE
RATHER
THAN RUSHED OR FORCED.



TRUST AND SUPPORT:

CONFIDENCE IN EACH OTHER THAT YOU
WILL ACT IN WAYS TO STRENGTHEN THE
RELATIONSHIP AND REDUCE HARM TO
ONE ANOTHER.



HONESTY:

YOU CAN BE OPEN AND TRUTHFUL WITH EACH OTHER, KNOWING THE OTHER PERSON WILL LISTEN AND RESPOND WITH UNDERSTANDING.



INDEPENDENCE:

YOU EACH HAVE A SOCIAL LIFE, HOPES,
AND DREAMS BEYOND
THE RELATIONSHIP.



RESPECT:

YOU APPROACH EACH OTHER WITH INTENTIONALITY. YOU VALUE ONE ANOTHER'S PERSPECTIVES. YOU ACCEPT EACH OTHER FOR EXACTLY WHO YOU ARE.



SHARED RESPONSIBILITY:

YOU TAKE MUTUAL RESPONSIBILITY FOR CONTRIBUTING TO THE RELATIONSHIP. YOU MAKE DECISIONS TOGETHER. YOU EACH PUT IN EFFORT.



KINDNESS AND PERSONAL GROWTH:

YOU EXPRESS CARE AND EMPATHY
TO EACH OTHER. YOU SUPPORT ONE
ANOTHER'S INDIVIDUAL GROWTH. YOU
VALIDATE EACH OTHER'S SELF WORTH.



ACCOUNTABILITY:

YOU EACH TAKE RESPONSIBILITY FOR
YOUR OWN ACTIONS AND WORDS. YOU
BOTH TAKE STEPS
TO DO BETTER NEXT TIME.



COMMUNICATION AND COMPROMISE:

OPENLY, RESPECTFULLY, AND NON-
JUDGMENTALLY DISCUSSING ISSUES.
TREATING DISAGREEMENTS AS SOMETHING
TO RESOLVE TOGETHER.



JOY:

YOU HAVE FUN TOGETHER!
YOU LOOK FORWARD TO SEEING EACH
OTHER AND FIND JOY IN ONE ANOTHER'S
PRESENCE.



SUPPORTING FRIENDS: UNDERSTANDING TRAUMA



DEFINITION

TRAUMA

TRAUMA IS HOW SOMEONE RESPONDS TO AN EMOTIONALLY DISTRESSING OR LIFE-THREATENING EVENT WHEN THEIR ABILITY AND CAPACITY TO COPE IS OVERWHELMED.

TRAUMA OCCURS WHEN A PERSON FEELS TRAPPED, POWERLESS, AND OVERWHELMED AND THERE IS NO WAY TO HAVE AN EMPOWERED RESPONSE TO DEAL WITH THREAT.

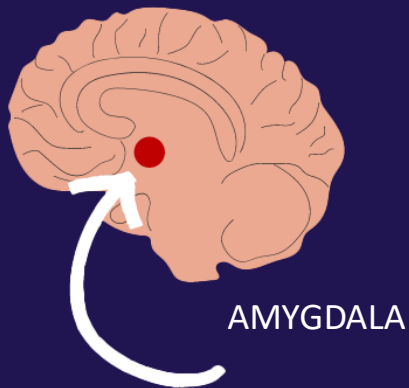


A TRAUMATIC EVENT IS WHEN A PERSON EXPERIENCES, WITNESSES OR IS CONFRONTED WITH:

- ACTUAL OR THREATENED DEATH
- SERIOUS INJURY
- THREAT TO THE PHYSICAL INTEGRITY OF SELF OR ANOTHER

RESPONSES MAY INVOLVE:

- INTENSE FEAR
- HELPLESSNESS
- HORROR



DURING A TRAUMATIC EVENT,
YOUR BRAIN RELEASES A HORMONE TO
GET THE BODY TO RESPOND.



FIGHT



FLIGHT



FREEZE



FAWN



FIGHT

IRRITABILITY
ANGER
AGGRESSION
APPROACH
BULLYING
MOVING TOWARD



FLIGHT

PANIC
AVOIDING
PERFECTIONISM
CHRONIC WORRY
RUMINATION
ANXIETY & FEAR



FREEZE

STUCKNESS
COLLAPSE
IMMOBILIZATION
SPACING OUT
DISSOCIATION
DEPRESSION
SHAME



FAWN

DIFFICULTY WITH
BOUNDARIES PRIORITYING
OTHERS ONLY DIFFICULTY
SAYING "NO" IDENTITY
CONFUSION PEOPLE-
PLEASING CONFLICT
AVOIDANCE
CODEPENDENCY



HOW TO SUPPORT A SURVIVOR

- I BELIEVE YOU.
- IT'S NOT YOUR FAULT.
- YOU HAVE RESOURCES.



POST-TRAUMATIC GROWTH



APPRECIATION OF LIFE

FINDING NEW MEANING IN SMALL JOYS.
MORE GRATITUDE, HOPE,
KINDNESS, AND LOVE.



ENHANCED RELATIONSHIPS

STRENGTHENED SOCIAL TIES,
INTIMACY, VULNERABILITY, AND
COMPASSION. MORE RELYING
ON OTHERS, AND A SENSE
OF BELONGING.



PERSONAL STRENGTH

MORE EMPATHY, SELF-RELIANCE,
ABILITY TO HANDLE NEW
CHALLENGES (RESILIENCE)



SPIRITUAL DEVELOPMENT

EXPERIENCE LIFE AT A DEEPER LEVEL
OF AWARENESS, DEVELOP BELIEFS
& PHILOSOPHIES, REVISE
SPIRITUAL BELIEFS &
STRENGTHEN.



NEW POSSIBILITIES

SHIFT IN PERSPECTIVE, POSITIVE VISION
FOR THE FUTURE, REPRIORITIZE
VALUES AND COMMITMENTS,
MORE LIKELY TO MAKE
NECESSARY CHANGES



WANT TO LEARN MORE?

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QUESTIONS?



THANK YOU!

FOR MORE RESOURCES VISIT [ITSONUS.ORG](https://www.itsonus.org)



POST TRAINING SURVEY