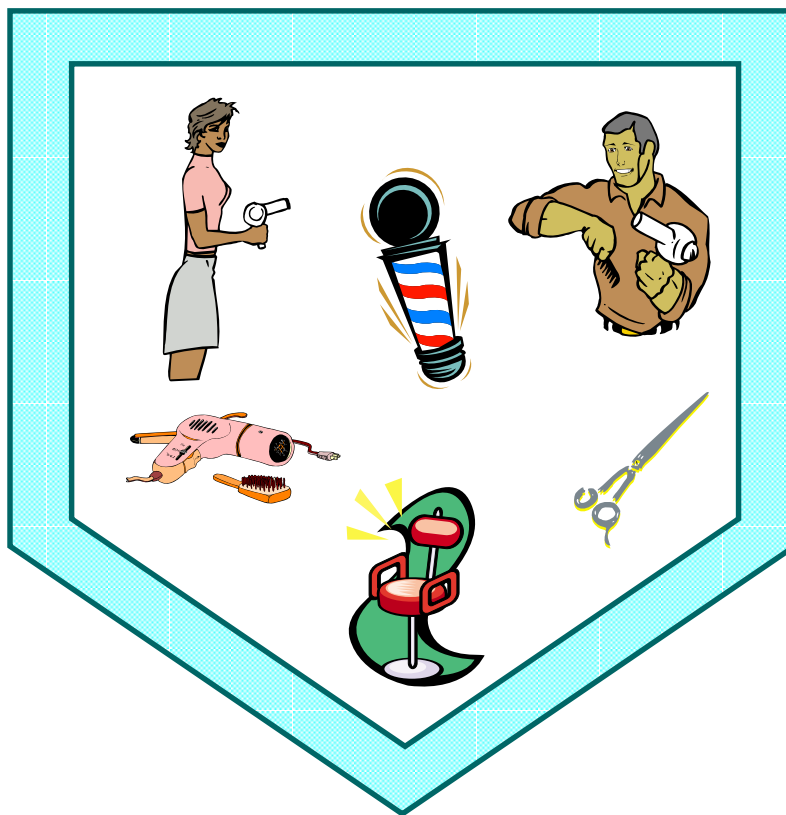


RESPONDING TO DOMESTIC VIOLENCE: Cosmetologists & Barbers Can Help



WHAT IS DOMESTIC VIOLENCE?

Domestic violence is any action that causes emotional or physical harm to one household member by another in an effort to control. It can include name calling, threats, pushing, punching, slapping, choking, deprivation, yelling, put-downs, or beatings.

Abuse can be psychological or physical – often a combination of both. It undermines a man's or woman's self-worth, fills them with fear, and leaves both emotional and physical scars.

WHAT ARE THE WARNING SIGNS OF DOMESTIC VIOLENCE?

Economic Control

- Economic Abuse – Using retaliatory behavior to prevent partner from seeking work or going to work, including hiding keys or car, taking money or refusing to give money, and threatening to embarrass partner at work or to social service agencies.

Violent Acts

- Cruelty to children or animals – Abusing children; killing or brutally punishing animals. Sixty-five percent of abusers who beat their partners will also abuse children in the household.
- Weapons – Keeping weapons around and using them as a means of control; threatening or attempting to kill family members, including companion pets.
- Physical violence – Slapping, punching, kicking, choking, pushing, biting, burning, stabbing, shooting, grabbing, knocking down, poking, etc.
- Destruction – Destroying property by knocking holes in walls, breaking things, throwing objects on floor, or performing other acts of destruction.
- Sexual violence – Being thrown down or held against will during sex by partner; using other forms of force, threats, or coercion to obtain sex or perform sexual acts.
- Intimidation – Using gestures that are angry, threatening or intimidating to love ones; out shouting partner; driving recklessly; or standing in the doorway during argument to prevent partner from leaving.

Emotional Acts

- Disrespect – Constantly criticizing or saying blatantly cruel, hurtful things; degrading and ignoring loved ones in public and private; twisting words; mocking and saying bad things about partner's friends and family members.
- Abuse of Trust – Cheating on you; acting overly jealous; lying; withholding information; manipulating children or other loved ones.
- Emotional withholding – Not respecting feelings, rights or opinions; not expressing feelings or demonstrating emotional concern and caring; withholding compliments, attention or support; sulking.
- Breaking promises – Refusing to keep or honor promises; refusing to accept fair share of domestic responsibility.
- Self-destructive behavior – Creating circumstances that will have negative outcomes, such as telling off the boss; abusing drugs or alcohol; threatening suicide or other forms of self-harm.
- Isolation – Tracking partner's activities, including phone calls; blocking or making it difficult for spouse to see family and friends.
- Abuse of Authority – Professing to have superior wisdom and insight; always claiming to be right and knowing "the truth"; and making big decisions without input from partner, but demanding their cooperation.
- Harassment – Refusing to leave when asked; following or checking up on partner; and appearing uninvited at partner's home or place of employment; constantly calling and/or embarrassing them in public.

Verbal Acts

- Abuse – Making abusive remarks, name calling, blaming, yelling and swearing.

DOMESTIC VIOLENCE IS A CRIME!

HOW CAN A COSMETOLOGIST/BARBER HELP?



Cosmetologists and barbers are in a unique position to provide information and referrals to customers who share confidential family abuse information. They have an intimate relationship with many of their clients, and they listen to many personal secrets. They sometimes learn about domestic violence or child abuse by husbands/wives, boyfriends/girlfriends, or other relatives and friends.

Cosmetologists and barbers often see evidence of physical abuse: cuts, scars, knots, burn marks, and bruises, some reoccurring over time. This evidence, though hidden from the general public, is apparent to them.

While cosmetologists and barbers are, in many instances, the **FIRST** to suspect or know about family violence, they **SHOULD NOT** engage in “grassroots therapy.” They, however, can provide the following **Personal Safety Plan** to customers who ask for assistance or need help.

PERSONAL SAFETY PLAN

IN THE RELATIONSHIP

- Keep important phone numbers available: school, police, local shelter, friend, etc.
- Tell _____ and _____ about the violence and ask them to call the police if they hear suspicious noises coming from your home.
- Leave extra money, car keys, clothes, and copies of documents with _____ .
- Keep change for phone calls with me at all times; open your own savings account; rehearse an escape route with a support person; and review this personal safety plan on regularly.
- If you leave your home, you can go to (list four places: _____ , _____ , _____ , or _____ .
- If you leave, take the following items:

- Keys—house/car/office	- Address book	- Birth certificates for me and my children	- Passport(s), Permanent Resident Card(s), work permits
- Driver’s license and registration	- Pictures, jewelry, items of sentimental value	- Social Security cards	- Divorce papers
- Medications	- Children’s favorite toys and blankets	- School and medical records	- Lease or rental agreement, house deed
- Change of clothes	- Identification	- Money, bankbooks, credit cards	- Mortgage payment book, current unpaid bills
- Insurance papers		- Welfare identification	

WHEN THE RELATIONSHIP IS OVER

- Change the locks; install steel/metal doors, a security system, smoke detectors, and an outside lighting system.
- Inform _____ and _____ that your partner no longer lives with you and ask them to call the police if she/he is observed near your home or children.
- Tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are _____ , _____ and _____ .
- Tell _____ at work about your situation and ask _____ to screen calls.
- Avoid stores, banks, and _____ that you used when living with your battering partner.
- Contact your local Alabama shelter by calling **1-800-691-8426** for a referral.



Hands Are Not For Hitting!



WHERE TO TURN FOR HELP

- National Domestic Violence Hotline 1-800-799-SAFE
- Hearing Impaired 1-800-787-3224
- National Resource Center on Domestic Violence..... 1-800-537-2238
- Division of Violence Prevention, Centers for
Disease Control and Prevention..... 1-770-488-4646
- Family Violence and Sexual Assault Institute 1-903-534-5100
- National Assault Prevention Center 1-908-369-8972
- National Coalition Against Domestic Violence 1-303-839-1852
- National Institute for Violence Prevention 1-508-833-0731

**FOR HELP IN ALABAMA CALL
1-800-691-8426**



Your Experts for Life

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