



Corbin & Associates, Inc.
Lesson Plan of the Month
(January 2002)

Topic: Domestic Violence
Target Group: High School
Prepared By: Curt Massey
Agency: Culver City Police Department
Address: 4040 Duquesne Avenue Culver City, CA 90232
Phone: (310) 837-1221

Objectives:

After this block of instruction the student will be able to recognize and understand

- What Domestic Violence is
- Why Domestic Violence occurs/continues
- Who Domestic Violence effects
- Where and How to seek help and assistance

Introduction:

- I. Personal Introduction of instructor and experience
- II. Opening Statement: **We are going to talk about Domestic Violence because it is a crime that affects everyone in this room at some point in their life. This is the only crime that knows no barriers.**
- III. Statistics:
 1. One out of four girls in this room will become a victim of some type of D.V. during their lives, if they have not already.
 2. Everyone in this room will at some point in his or her life, know someone who is a victim of D.V.
 3. Males who have witnessed their parents physically attack each other are 1000% more likely to beat their wives.
 4. D.V. is the single major cause of injury to American women, exceeding gang violence, murders, and even automobile accidents.
 5. At least one woman dies each week in L.A. County as a result of D.V.

6. Women are 9 times more likely to be attacked in their own homes than on the street
7. Women between the ages of 16-24 experience the highest rate of D.V.
8. Nearly 40% of all female murder victims are killed by their husbands, ex-husbands, or boyfriends.

Body:

I. WHAT IS DOMESTIC VIOLENCE

1. Legal Definition: California Penal Code 13700

a. Abuse

- i) Against any sex
- ii) Intentionally or recklessly
- iii) Cause or attempt to cause
- iv) Bodily injury or sexual assault
- v) Or place victim in fear
- vi) Of imminent serious bodily injury
- vii) To that person or another

b. Relationship

- i) Spouse or former spouse
- ii) Cohabitant or former cohabitant
- iii) Having a child in common
- iv) Dating or former dating
- v) Engagement current or past

2. Domestic Violence is the abusers attempt to obtain total power and control over their victims, by regularly abusing them physically, verbally, emotionally and psychologically.

II. TYPES OF ABUSE

1. Physical Abuse

a. Bodily Injury

- i) Hitting, pushing, grabbing
- ii) Breaking bones, burning, cutting, choking, disfigurement

b. Sexual

- i) Sexual battery, Rape (60% of the victims are raped by their abuser)
- ii) Incest

2. Verbal Abuse
 - a. Yelling, Shouting, Intimidating
 - b. Threats

3. Emotional/Psychological Abuse
 - a. Harassment, criticism, mocking, humiliation
 - b. Lying, breaking promises, setting impossible goals
 - c. Placing blame for anything and everything on victim
 - d. Being unfaithful
 - e. Economic control – refuse to give victim money, pay bills
 - f. Jealousy
 - i) Monitoring phone calls, reading mail
 - ii) Control where victim goes and who victim sees
 - iii) Constantly checking up on victim and their whereabouts
 - iv) Following and stalking

III. CYCLE OF VIOLENCE

1. Stage #1 – Tension Building
 - a. Stress on relationship
 - b. Abuser feels he is losing control/power
 - c. Victim will intentionally provoke abuser – in hopes of reaching stage #4
2. Stage #2 – Violent Incident
3. Stage #3 – Negotiation
 - a. Abuser apologizes, begs forgiveness, promises to never hurt again
 - b. Victim apologizes, takes blame, begs forgiveness
4. Stage #4 – Honeymoon
 - a. Feeling of renewed closeness and love
 - b. The “high” of the relationship
5. Denial
 - a. Plays a large part in each stage of the cycle
 - b. Keeps the cycle tuning

IV. EFFECTS OF DOMESTIC VIOLENCE

1. Victims (95% of D.V. victims as women)
 - a. Serious physical harm, and even death
 - b. Physical abuse usually escalates with each new incident
 - c. Mental suffering, depression, anxiety, loss of self-esteem
 - d. Loss of job, income

- e. Can become abuser themselves
 - i) Take out frustrations by abusing children
 - ii) Children victims can become abusers later in life or abuse siblings

2. Family/Children

- a. Children are exposed to violence, learn violence
- b. Abuse is a learned behavior
 - i) Sons of violent parents have a rate of wife beating 1000% greater
 - ii) Believe violence is appropriate way to express anger, assert control
 - iii) Older children will bully and abuse younger siblings
 - iv) If the abuser leaves, often the child takes on role
- c. Family break-up, separation, divorce
- d. Children can become stand in victims when primary victim is not home
- e. Children have a higher incidence of becoming an abuser or a victim themselves later in life (repeating the cycle from generation to generation)
- f. Children attend less school, have poorer grades

3. Abusers

- a. Loss of self-esteem
- b. Legal problem – fines, jail
- c. Loss of job, income
- d. Potential for violence in relationships

4. Society

- a. Law Enforcement Resources
 - i) In 1994, D.V. accounted for about 40% of all LAPD calls
 - ii) Arrests are mandatory in cases of visible injury, even if victims are not desirous.
- b. Prosecution
- c. Imprisonment
- d. Counseling
- e. Shelters
- f. Social costs of crime

V. HOW TO PREVENT/STOP VIOLENCE

1. RECOGNIZE

- a. What is Domestic Violence
- b. Why does it occur
- c. Cycle of Violence
- d. With silence, the cycle only continues and escalates

2. REALIZE

- a. Violence is not an acceptable way to solve problems
- b. Violence is a learned behavior
- c. Domestic Violence effects everyone
 - i) Victims
 - ii) Family/Children
 - iii) Abusers
 - iv) Society
- d. Domestic Violence is a crime
- e. Domestic Violence can be prevented/stopped

3. REPORT (Break the silence)

- a. Domestic Violence Hotlines
 - i) Referrals
- b. Law Enforcement
 - i) Intervention
 - ii) Protection
 - iii) Referrals
- c. School Faculty/Staff
 - i) Counseling
 - ii) Referrals
- d. Hospitals and Mental Health Centers
 - i) Medical Care
 - ii) Psychiatric care
 - iii) Counseling
 - iv) Referrals

- e. Shelters
 - i) Temporary lodging
 - ii) Protection
 - iii) Referrals
- f. Self-help and Support Groups
 - i) Available for victims and abusers
 - ii) Can consist of or include family members and children
 - iii) Referrals
- g. Legal Assistance Center
 - i) Provide legal help and guidance
 - ii) Provide lawyer for victims who cannot afford an attorney
 - iii) Assist with divorce, child custody, permanent restraining orders
 - iv) Referrals
- h. Clergy and Religious Groups
 - i) Counseling
 - ii) Classes
 - iii) Referrals

Review:

- I. What is Domestic Violence?
 - 1. Abuse
 - 2. Relationship
- II. Types of Abuse
 - 1. Physical.
 - 2. Sexual
 - 3. Verbal
 - 4. Emotional
- III. Cycle of Violence
 - 1. Tension building
 - 2. Violent Incident
 - 3. Negotiations
 - 4. Honeymoon
 - 5. Denial

IV. Effects of Domestic Violence

1. Victims
2. Family/Children
3. Abusers
4. Society

V. How to Prevent/Stop Violence

1. Recognize
2. Realize
3. Report

Practice:

Open for group discussion:

- Domestic Violence is restricted to lower socio-economic families.
- Batterers usually stop their violent behavior on their own
- Domestic violence is only physical abuse
- Domestic violence is an isolated incident
- Domestic violence only hurts the victim
- How do you prevent or stop domestic violence

Documentation And/Or Sources:

- California Commissions of Peace Officers Standards and Training
 - 1998 Course Handbook – Domestic Violence for First Responders
 - 1999 Pamphlet – Domestic Violence Quick Reference Guide
- Los Angeles County Clothesline Project
 - 2000 Pamphlet – What is the Clothesline Project?
- Redlands Police Department
 - 1995 Pamphlet – Violence in the Family

Corbin & Associates, Inc.
National Training Corporation
3752 Half Moon Drive
Orlando, FL 32812
Phone # (407) 851-5058
Fax # (407) 855-8962
E-Mail: sroinfo@aol.com
Web Site: <http://www.srotraining.com>