

More praise for Tony Newsom and

***Teen Dating Violence:  
Awareness + Intervention = Prevention***

“This book offers highly effective safety strategies. Tony Newsom has a true passion and concern for the safety of the people in our communities as well as our students and schools. It has been a privilege to help financially support the efforts of Mr. Newsom’s public safety endeavors for many years throughout Los Angeles County.”

*~ Los Angeles County Mayor Michael D. Antonovich*

“Newsom knows whereof he speaks.”

*~ Los Angeles Times, October 1993*

“Newsom is a moving mountain of energy.”

*~ Los Angeles Times, October 1993*

“Excellent! Parents and youngsters need to be educated on the seriousness and pervasiveness of current crime trends.”

*~ Dean D. Wilson, life skills teacher,  
U.S. Grant High School, LAUSD*

“As a society and community of caring stewards and champions of our youth, we have the opportunity to become heroes or victims to our environment. Tony Newsom demonstrates his commitment to propagating social change. He packs a potent punch to the destructive forces that threaten, impact and influence our children.”

*~ Joe Whitcomb, executive director, Sylvan Learning,  
West Los Angeles (1999-2005)*

“Awesome! I sincerely hope that many individuals will take these tips to heart and, in so doing, help us all work toward a safer society.”

*~ June Scarbough, teacher, Atlanta Public Schools, GA*

“I learned from reading this book that there is a time and a place for kindness. Safety comes first. I can’t wait to share this information with every child and adult that I know.”

*~ Kathy Ridenour, 5th grade teacher, Hawthorne, CA*

“Tony Newsom lets us see into the minds of people who commit crimes in our society. This book is important for proactively keeping children safe and aware of their surroundings.”

~ Kirk Nascimento, L.A. public school assistant principal

“Seeing the crime from the criminals’ perspective helped me understand how not to become a victim in their game plan. Now these perpetrators have greater challenges to overcome.”

~ Lisa Sanchez, elementary/high school educator, Tampa, FL

“From my experience with cancer patients, I have learned that survivors require a combination of both information and inspiration. This book provides the information necessary for families to survive in today’s world.”

~ Bernie S. Siegel, MD, New York Times bestselling author of *Love, Medicine & Miracles* and *365 Prescriptions for the Soul*

“Insightful and shocking. Newsom’s book is an educational wake-up call for us to get into the ‘safe zone’ by instructing us through those on both sides of the law.”

~ Michael Lizarraga, contributor, *Inside Kung-Fu* magazine

“Tony Newsom is dedicated to safety. He serves as a Los Angeles police officer and educates us through his valuable personal-safety books.”

~ Dan Poynter, author of *The Self-Publishing Manual*

“A noteworthy literary effort.”

~ Irwin Zucker, founder/president emeritus of *Book Publicists of Southern California*, founder of *Promotion in Motion*

“If you are interested in living a happy, safer life – read this book.”

~ John Beede, author of *Climb on! Dynamic Strategies for Teen Success*

# TEEN DATING VIOLENCE:

Awareness + Intervention =  
Prevention

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Complete Workbook

**Tony Newsom**

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Carrington Books

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*Teen Dating Violence: Awareness + Intervention = Prevention*  
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# Dedication

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“With the alarming increase in violence against teens, this book is dedicated to keeping all teens safe.”

*Tony Newsom, Author*

Name of Student

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Name of School

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Name of Instructor

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**About the Author:** Tony Newsom is a 20-year Police Officer, teen dating violence expert, and one of the most captivating speakers you will ever meet. He has been featured on CBS talk radio, was the keynote speaker at the 2009 Arkansas Collegiate Drug Education Committee spring conference, and was a teen dating violence prevention instructor at the 2009 Texas School Safety Conference. Newsom also taught law enforcement officials, educators and other school officials on teen dating violence awareness, intervention, and prevention at the 2009 National Student Safety Summit in New York.

You can book Tony Newsom for a school conference or training seminar. You can also learn how to purchase the *Teen Dating Violence: Awareness + Prevention = Intervention* book at [TeenDatingViolence.net](http://TeenDatingViolence.net)

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# Preface

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What is teen dating violence? How bad has it become in our nation? What is being done to reduce its effects? In *Teen Dating Violence: Awareness + Intervention = Prevention*, author Tony Newsom will take you on an intense journey to discover what ignites teen dating violence – and the six absolute necessities to extinguishing its sadistic and harmful hold.

In Chapter 3: 10 Exploratory Stories, you will learn from a host of newsworthy stories how this type of violence has quickly pervaded our schools and colleges nationwide. This book and the news stories will help you learn what you can do to stay safe – or regain your safety.

After reading each story, you will have an opportunity to complete a questionnaire to help you comprehend and remember what you have read.



# Why Awareness + Intervention Is the Only Way to Prevent Teen Dating Violence

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**Awareness:** Facts, statistics, the undiluted truth

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**Intervention:** Reaching teenagers through stories, scenarios and/or current trials they face on a daily basis, without judging them

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**Prevention:** Is the only way to motivate them to build their own convictions about the severity of the crisis and inspire them to find hope in solutions you present to them.



# Chapter 1

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## Very Alarming Facts About Teen Dating Violence

According to the National Center for Injury Prevention and Control, every year women in the U.S., including high school and college students, experience 4.8 million intimate partner-related physical assaults and rapes.

A study of 1,600 juvenile sexual assault offenders nationwide indicated that only around 33 percent of the juveniles perceived sex as a way to demonstrate love or caring for another person; 23.5 percent perceived sex as a way to feel power and control, 9.4 percent viewed it as a way to dissipate anger, 8.4 percent perceived sex as a way to punish.<sup>1</sup>

According to the Family Violence and Prevention Fund, one in five female high school students reports being physically and/or sexually abused by a dating partner, and 8 percent of high school girls say they have been forced by a boyfriend to have sex against their will. Forty percent of girls aged 14 to 17 say they know someone their age who has been hit by a boyfriend.

According to the U.S. Bureau of Justice, in one recent year, an average of three women each day were killed by a partner.

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<sup>1</sup> California Coalition Against Sexual Assault (CALCASA) 2002 Report: Research on Rape and Violence, [calcasa.org](http://calcasa.org)

Also according to the DOJ: Females ages 16-24 are more vulnerable to intimate partner violence than any other age group – at a rate almost triple the national average.<sup>1</sup>

Approximately 1 in 5 female high school students report being physically and/or sexually abused by a dating partner.<sup>2</sup>

Nearly one-half of adult sex offenders report committing their first sexual offenses prior to the age of 18. <sup>3</sup>

Intimate partner violence among adolescents is associated with increased risk of substance use, unhealthy weight control behaviors, sexual risk behaviors, pregnancy, and suicide.<sup>4</sup>

About 81 percent of parents surveyed either believe teen dating violence is not an issue or admit they don't know if it's an issue.<sup>5</sup>

Nearly 25 percent of surveyed teens aged 14-17 know at least one student who was a victim of dating violence, while 11 percent know multiple victims of dating violence and 33 percent of teens have actually witnessed such an event.<sup>6</sup>

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<sup>1</sup> U.S. Department of Justice, Bureau of Justice Statistics, Special Report: Intimate Partner Violence and Age of Victim

<sup>2</sup> Jay G. Silverman, PhD; Anita Raj, PhD; Lorelei A. Mucci, MPH; and Jeanne E. Hathaway, MD, MPH, "Dating Violence Against Adolescent Girls and Associated Substance Use, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidal," Journal of the American Medical Association

<sup>3</sup> Ron Snipe, et al, "Recidivism in Young Adulthood, Adolescent Sexual Offenders Grown Up," 25 Criminal Justice & Behavior

<sup>4</sup> Molitor, Tolman, & Kober, National Center for Injury Prevention and Control

<sup>5</sup> "Women's Health," June/July 2004, Family Violence Prevention Fund and Advocates for Youth

<sup>6</sup> Empower Program, sponsored by Liz Claiborne Inc. and conducted by Knowledge Networks, Social Control, Verbal Abuse, and Violence Among Teenagers

About 39 percent of female high school students report that students talk in school about whether someone is attempting to control the person they are dating.<sup>1</sup>

About 57 percent of teens know someone who has been physically, sexually, or verbally abusive in a dating relationship.<sup>2</sup>

About 45 percent of girls know a friend or peer who has been pressured into either intercourse or oral sex.<sup>3</sup>

Of 10th graders surveyed at the 4th Annual Teen Dating Abuse Summit, 83 percent reported that they would sooner turn to a friend for help with dating abuse than to a teacher, counselor, parent, or other caring adult.<sup>4</sup>

Of youth reporting both dating violence and rape, 50 percent also reported attempting suicide, compared with just 12.5 percent of non-abused girls and 5.4 percent of non-abused boys.<sup>5</sup>

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<sup>1</sup> Tiffany J. Zwicker, Education Policy Brief, "The Imperative of Developing Teen Dating Violence Prevention and Intervention Programs in Secondary Schools." 12 Southern California Review of Law and Women's Studies

<sup>2</sup> Liz Claiborne Inc., Conducted by Teenage Research Unlimited

<sup>3</sup> Liz Claiborne Inc., Conducted by Teenage Research Unlimited, (February 2005)

<sup>4</sup> The Northern Westchester Shelter, with Pace Women's Justice Center

<sup>5</sup> D. M. Ackard, Minneapolis, MN, and D. Neumark-Sztainer, Division of Epidemiology, School of Public Health, University of Minnesota, Minneapolis, MN, "Date Violence and Date Rape Among Adolescents: Associations with Disordered Eating Behaviors and Psychological Health," Child Abuse & Neglect



# Chapter 2

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## What Everyone Should Know About Teen Dating Violence



### **TIPS FROM A TOP COP!**

#### ***I. The 3 types of teen/college dating violence:***

1. Physical Abuse
2. Emotional Abuse (including verbal abuse)
3. Sexual Abuse

#### ***II. Ten signs and symptoms of teen dating violence that everyone should recognize:***

1. A lack of positive focus
2. Depression
3. Hype (false smiles and enthusiasm)
4. Defending partner's bad behavior or bad manners
5. Sleep deprivation (lack of adequate sleep)
6. Wearing sunglasses during winter time, night time, including while at home, classroom, or out to eat
7. A sudden or perpetual withdrawal from family members
8. A sudden or perpetual withdrawal from close friends, classmates, and teachers
9. A sudden or perpetual withdrawal from school work, sports, or extracurricular activities
10. A sudden or perpetual decrease in self esteem

### ***III. How, when, and why should you involve parents?***

Parents can learn about teen dating violence and its solutions by requesting a free copy of my *Parent's Guide for Raising Safer K-12 Students*, which covers issues such as Teen Dating Violence, Internet Safety, Preventing Child Abduction, and other topics, at [StudentSafetyTips.com](http://StudentSafetyTips.com) (Free Parenting Safety Book in English) or [SeguridadEstudiantes.com](http://SeguridadEstudiantes.com) (Free Parenting Safety Book in Spanish).

If someone is involved in a violent relationship, the parents should know. Many times parents are led to believe by their teen's actions that they are sneaking out at night, going to parties, skipping school, etc, because they are just rebellious. Many parents do not understand the threats their children face on a daily basis to sneak out of the house at night, skip school, do drugs, have sex against their will, and more.

Parents should be told about violent relationships – before, during, or even after an event or threat of violence has occurred.

### ***IV. Seven things you must know about alcohol, marijuana, GHB, prescription drugs, ecstasy, and teen dating violence:***

1. Many dating abusers will attempt to get their girlfriends to use marijuana to numb the effects of a violent relationship. Many others try to make their girlfriends feel guilty if the girlfriend does not indulge with them by using marijuana or alcohol.
2. Some abusers will use marijuana and alcohol in hopes of causing their girlfriend to relax her moral standards, reducing her sense of pride and self-confidence, so that he can begin to control her life.

3. Many perpetrators will also attempt to get their girlfriends addicted to using Ecstasy. One thing you should be aware of: Ecstasy eventually causes death to many users.
4. Keep your eye on your drink. At many parties, social events, and private functions, perpetrators put the drug GHB (The Date Rape Drug) in their victim's drink, rendering them unconscious.
5. Although a victim is never at fault, keep in mind that abuse becomes much easier for the perpetrator if he and his victim are both intoxicated.
6. A teen dating violence victim becomes more tolerant of abuse if drugs and/or alcohol is involved.
7. People often ask me why some girls repeatedly find partners involved in dating violence — as if some girls are somehow addicted to making poor choices in guys? That is the farthest thing from the truth. Many girls are attracted to guys who display a keen sense of self confidence. Unfortunately, many teen dating abusers initially exhibit an overwhelming level of confidence and pose when they first meet their potential prey. However, as time goes by, their apparent confidence seems to fade away.

***V. Six convictable crimes often linked to teen dating violence:***

1. Assault & Battery: Hitting, pushing, shoving, etc. — or threatening to do so.
2. Kidnap: To move a person from one location to another against their will
3. False Imprisonment: To prevent a person from freely moving from one location to another
4. Rape: To force someone into having sex against their will
5. Statutory Rape (Unlawful Sex): Having sex with anyone under the age of 18
6. Drug Crimes: Providing drugs (including alcohol, marijuana, GHB, Ecstasy) or causing their use, particularly to someone under 18, which is "Contributing to the Delinquency of a Minor."

If you – or anyone you know – is or has been a victim of any of these crimes, call your local law enforcement agency.

**If you believe that your life is currently threatened, put down this book now and call 911.**

# Chapter 3

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## 10 Exploratory Stories

What follows is a selection of news stories related to teen dating violence. If you don't want to type each of the web addresses into your browser, you can use the list of links on this page: <http://teendatingviolence.net/redirects.html>

The following news articles and reports make great classroom discussion topics. Students are also encouraged to talk with their teachers about receiving extra credit for completing the assignments in this book.





What happened to Sue outside her bedroom window?

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What are 8 signs that Mary said to beware of?

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What about the person they referred to as Ann?

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From the part of the story that asks, “How do I know if I am dating a person who will become physically abusive?” List 4 of the 10 signs:

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From the part of the story that asks, “How do I get away from an abusive relationship?” List 2 of the 6 answers:

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# The 2nd Story

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## Teen Dating Violence

**Livestrong.com**

Go to: <http://teendatingviolence.net/redirects.html>

Click on the 2nd Story Link and follow the directions listed below

What is dating violence defined by the United States Department of Justice?

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Teen dating violence often is hidden because teenagers typically:

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Teen dating violence is influenced by how teenagers look at themselves and others. Young men may believe:

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Young women may believe:

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Early warning signs that your date may eventually become abusive:

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# The 3rd Story

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## Stopping Teen Dating Violence **(Local couple pushing new laws, talking to teens after losing daughter to violent boyfriend) -- Local12News.com, Ohio**

Go to: <http://teendatingviolence.net/redirects.html>. Click on 3rd Story Link

Read the article that the link takes you to, then answer the questions below.

What happened in this story?

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What group did the victim's parents form after her death?

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What did they do to warn young people about the dangers of teen dating violence?

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What is Ohio's House Bill 10?

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What is Ohio's House Bill 19?

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# The 4th Story

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## Tragic Tale of Teen Dating Violence **(Is your daughter vulnerable to an abusive relationship?)** **ABC News, 20/20 Report**

Go to: <http://teendatingviolence.net/redirects.html>. Click on the 4th Story Link

Who was Marcus from Austin, Texas, and what did he do?

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How often and what hours did Marcus and his girlfriend Rae Anne speak on the phone?

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Finish this paragraph: She was a cheerleader and her athletic

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Once Marcus and Rae Anne's relationship began to include violence, what did Rae Anne's mother start to notice about her daughter?

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# The 5th Story

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## A Preventable Epidemic

**(Teen dating violence and its impact on school safety and academic achievement)  
- California Attorney General's Office and the California Department of Education**

Go to: <http://teendatingviolence.net/redirects.html>.

Click on the 5th Story Link. Read the pdf & answer the questions below.

Finish this paragraph: On March 27, 2003, 15-year-old

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Under the topic “A Threat to Academic Achievement,” finish the following paragraph:

Teen dating violence generates a spectrum of negative effects on students that seriously undermines a school's ability to promote

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# The 6th Story

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## **Domestic Violence Deaths Spike in Massachusetts: WCVB TV/DT Boston**

Go to: <http://teendatingviolence.net/redirects.html>. Click on the 6th Story Link

What happened to Jessica?

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What is the rest of this news article about?

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# The 7th Story

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## **East Bay Schools Urged to Crack Down on Teen Dating Violence KCBS, Oakland, CA**

Go to: <http://www.teendatingviolence.net/redirects.html>

Click on the 7th Story Link.

Read the article on the link. Afterwards, use the space below to write what you learned from the article.

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What are some of the red flags listed from teen dating violence abuse?

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# The 8th Story

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## **Researchers Analyze Domestic Violence Deaths – University of Cincinnati, Ohio**

Read the report at [tinyurl.com/32vrvr](https://tinyurl.com/32vrvr)

Finish this paragraph: A task force that includes researchers from the University of Cincinnati is revealing

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What was the rest of this report about?

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# The 9th Story

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## Raising Awareness for Teen Dating Violence

**Pennsylvania House of Representatives passes a bill designating April as Teen Dating Violence Awareness and Prevention Month -- College News, Pennsylvania**

Read the article at [tinyurl.com/cocxg9](http://tinyurl.com/cocxg9)

Complete this sentence: Other studies found equally disturbing statistics. A poll conducted by Children Now:

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What did the article in the *Journal of the American Medical Association* say about Teen Dating Violence?

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What happened on March 31, 2009?

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# The 10th Story

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## **Tech a Tool in Teen Dating Abuse CNN News**

Read the report at [tinyurl.com/2zlmrq](http://tinyurl.com/2zlmrq)

What did student Shaina Weisbrot say happened in her previous dating violence relationship?

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What did this survey show parents?

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What is the phone number and the website address of The National Teen Dating Abuse Helpline?

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# Chapter 4

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## DOMESTIC VIOLENCE DEMYSTIFIED: **BREAKING THE CYCLE OF VIOLENCE**

***Q: How is teen dating violence different from domestic violence?***

**A:** As far as the horrific violence abuse, nothing separates teen dating violence from domestic violence. The only thing that is different is the nature of the relationship.

In this case, the word “domestic” refers to two people who live together or previously lived together. It most commonly refers to a husband and wife or domestic partners or a boyfriend and girlfriend, but can also include parents, children, siblings, or other relationships.

Other than that, the methods that are used to lure someone into a relationship involving violence – as well as methods of rescuing them from a violent relationship – are similar.

The following story, Domestic Violence Demystified, is based on a true story. The victim’s name, however, and a few other minor details have been modified to protect her identity.

In this story you will have the opportunity to experience what all of the previous articles briefly alluded to regarding the dangers – along with the necessary resources to prevent yourself and others from becoming entangled in a relationship that involves violence.



# The Amanda Story

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As a high school student, Amanda was very cheerful. In her senior year, she was voted most spirited and most likely to succeed. She graduated at the top of her class.

When Amanda moved away to go to college, she continued to be very ambitious and was well liked by all her peers. She was captain of her volleyball team and a highly ranked honor student. During Amanda's first three months of college, she was a very joyful person.

One day she phoned her mother, who lived out of state. "I really love this school," Amanda said. "Besides all of my studies, I get the chance to help out a whole lot of other students who need help in math and English. I even get a chance to talk with some of the other students who are having personal problems in their lives."

Besides volunteering her time and energy, Amanda managed to keep her grades high. She lived on campus and became great friends with her roommate, Jennifer. Amanda and Jennifer shared a two-bedroom dorm on the campus at their university.

"Jen and I have so much in common," she told her mother. "She wants to be a doctor, and you know I plan to be a pediatrician like Dad. Every Saturday night, we go out to the movies or just go get some ice cream and hang out. We like the same types of movies and TV shows, and Jen is great in volleyball, too."

One Saturday afternoon, Amanda was sitting and studying in the students' lounge. She received a phone call from her mother, who said Amanda's cell phone bill was getting kind of expensive, because of her constantly calling friends at her current school as well her high school friends who were

attending other colleges, many out of state and some even out of the country.

The conversation seemed to start well, but later on, things became a little heated. Amanda's mother said that if she couldn't cut back on her phone expenses, it was probably time for her to get a part-time job.

## **Choose Your Area to Mope and Dope Carefully**

"I knew it," Amanda said, tears streaming from her eyes. "I knew that you were going to say that." Amanda's mother asked her to calm down and assured her that they could discuss the issue at a more appropriate time. Amanda agreed that would be better, and they both said goodbye and hung up the phone.

Amanda usually took things pretty well, but she knew that getting a job would conflict with her volunteering hours. And whether she was in the right or in the wrong does not really matter.

*What matters is that we all have feelings that can produce an array of emotions. Sometimes, as you will learn, there are certain people who will attempt to use those emotional moments to build a quick and almost instantaneous connection with you – for their own selfish purposes.*

As Amanda began to dry her eyes, one of the students on campus, 22-year-old Justin, walked up and stood directly in front of her. Justin was known for his big smile and charming personality.

Justin was 6-foot-2, 205 pounds, and very athletic. He had wavy brown hair that was combed back, and light green eyes. He seemed very concerned as he approached Amanda. He smiled at her and asked, "Are you okay?"

Amanda smiled back at Justin, and he asked if he could sit down next to her. She said, “Thank you, sure, go right ahead.” Amanda still had tears in her eyes, but she was wiping them away.

Justin asked her what happened. Amanda told him about her conversation with her mother.

“I know exactly how it is,” he said, grinning from ear to ear. Justin then began to tell her how he had experienced the same unreasonable lecture from his parents three years ago when he was a freshman.

Amanda said, “Well, I guess this situation is not really too unreasonable – if I can stay off the phone.”

“No, you don’t see what’s happening,” Justin interjected. “This is just the beginning of your parents still trying to control you, even though you’re all grown up.”

After another half hour of talking with Justin, Amanda smiled and said, “Thank you for taking the time to talk to me. I really appreciate it.”

Justin said, “No problem. But hey, I have to go; I’m running late. Would it be inappropriate if I asked you for your phone number or email address? I think you’re really nice and I would like to keep in touch with you. You know, to become friends.”

Amanda said, “Sure,” and gave him her information.

“Oh, yeah, just one more thing,” Justin said. “My parents finally gave in. I have this incredible phone service. I can call anywhere and talk for as long as I want for only \$200 a month. Hey, if you want to call your friends, you can come by anytime and use my phone. It’s cool with me.”

Over the next three weeks, Amanda and Justin went out to lunch a few times, went to a couple of movies, and quickly moved into an ongoing dating relationship. Amanda was attracted to Justin because he was very nice and very

respectful. He always asked her about her day, and seemed very interested in hearing about what she did at the volunteer center. Although Justin lived off campus, he began spending almost every night at Amanda and Jennifer's dorm.

One morning, Jennifer was in the dorm kitchen, eating a bowl of cereal. When Amanda walked in, Jennifer told her that she did not feel very good about being left in the dorm alone with Justin every morning when Amanda went to her early classes.

Jennifer said, "Justin is the biggest freeloader in the world. He eats all of your food and all of my food and he doesn't even take the time or consideration to replace it."

"I'm sorry, Jen, you're right," said Amanda. "I'm going to talk to him about it tonight when I get home. He's been staying over kind of a lot. I'm sorry."

Jennifer smiled. "Thanks, Amanda."

"Sure thing," Amanda said.

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That night, Amanda sat down on the sofa with Justin and asked him if they could talk. Justin said yes and put down the controls from his Playstation 2 game. Amanda began to tell Justin about the conversation she'd had earlier with Jennifer. Justin became very irate, using all types of profanity to describe how he felt about Jennifer. He concluded the conversation by saying, "You are my girlfriend. You do not have the right to side with your roommate over me. She's just jealous because she doesn't have what we have!"

Justin's angry response troubled Amanda. He was coming on pretty strong, and they had known each other for only three weeks.

## **Verbal Emotional Storms: Don't Take Them Lightly!**

“Stupid!” Justin said. “You and Jennifer are so STUPID! I can't believe you would think that I'm a freeloader. You come over to my place and call your friends all over the world. Did I say anything when you called your brother in France? No! If anyone is a freeloader, it's YOU! I don't use your phone. That's why your mom and dad get so mad at you, because you freeload on their phone bill. I bet Jennifer doesn't know that. Does she?”

Amanda was feeling increasingly uncomfortable about how Justin was speaking to her, especially how he repeatedly swore when referring to Jennifer. “Please,” she said, “lower your voice, Justin, and stop using all of that profanity.”

## **Any Physical Malice in a Domestic Relationship is Domestic Violence**

As Justin began gathering the clothes he kept at Amanda's, he said, “I don't want to be in a house where people are playing these holier-than-thou games.” He stuffed his clothes in his backpack, glared at Amanda's watery eyes, and added, “I expected more out of you than that!” and slammed the door on his way out.

Amanda stood there, dazed and confused, wondering what had just happened. She spent the rest of the evening catching up on the schoolwork that she had fallen behind on since she began spending all her time with Justin.

The next evening, there was a knock on Amanda's door. She opened it to find Justin standing there, nicely dressed in black slacks and a white polo shirt, clean-shaven, and holding a red long-stemmed rose in his hand.

## Don't Believe the Hype

As she opened the door, Justin gently took her hand and said, "Here, this rose is for you. I am very sorry for how I acted last night. I have a lot of things on my mind and I should never have taken it out on you, Amanda. That was very wrong. Can you ever forgive me?"

"I do forgive you," Amanda said as they embraced each other.

"I promise I will never treat you like that again," Justin said softly.

"What kind of things have been on your mind?" Amanda said.

"You know," Justin answered, arching his chin up and pushing his hair back with his hands, "I've been falling behind with my schoolwork. I need to spend more time focusing on my assignments."

"That's good, I'm proud of you," Amanda said with a smile. "I could tell that you were falling behind. I'm just glad that you're starting to realize that."

Justin smiled. "Thanks for understanding."

"Maybe we can hang out this weekend," said Amanda, "when we get some free time. I'm also falling behind with my work and I need to catch up."

Justin stood there looking at her with a somewhat bewildered expression on his face. Amanda then noticed he was holding his black athletic bag under his arm – the one in which he usually brought his extra clothes and toothbrush.

By Justin's appearance, Amanda could tell that he had discontinued his workout program from the time they had first met. Also, if they hadn't had the argument the night

before, he probably would have been on his 16th consecutive day of not shaving.

But Justin agreed to her suggestion, and asked if they could share a bottle of wine that evening, to celebrate the rekindling of their love for each other.

Amanda found it sort of strange that Justin would mention the word “love” so casually, since they had known each other for only three weeks. Nevertheless, she smiled and agreed to have him in and join him for one glass of wine.

The two of them began to drink, and then Justin played Amanda’s favorite CD. It was Justin Timberlake’s song, “Cry Me a River.”

During the song, Jennifer walked in, and Justin smiled at her in a somewhat sarcastic way as he held Amanda’s hand. They started to dance, but Amanda knew that the two of them needed to finish their schoolwork. She spun around during the dance, letting go of his hand and nicely saying, “It’s getting late now. We’d better get back to our schoolwork.”

Justin frowned for about a quarter of a second and then started to smile. “I agree,” he said, “we should get back to our work.”

He then walked over and turned the TV on to the sports channel. He sat down on a chair, crossed his legs comfortably, cradled his wine glass in his hand, and started to watch some end-of-game commentaries.

Amanda and Jennifer talked quietly on the other side of the room. Jennifer said, “I thought you said he wasn’t going to sleep over any longer.”

The television got much louder. “He’s not,” Amanda said. “I keep telling him that we should get back to our schoolwork tonight, but I don’t think he ... ”

“He *what?*” Justin said, standing up. “See, we can’t even enjoy a peaceful evening without ... *Forget this!*” He took the wine glass and threw it hard, shattering it against the wall.

## **Learn to Recognize the Signs of Domestic Violence**

“Kick her out of here,” Justin said.

“I think you’d better go,” Amanda told him.

“I better go!” he shouted. “Why do you keep taking her side? I hate this!” He started to cry. “You never take my side, it’s always her.”

Amanda was upset, and she was concerned about Justin – she’d never imagined him crying before. “What’s the matter?” she asked.

“I think I’m more hurt because you don’t even realize how much I love you,” he said.

“You don’t even know me,” Amanda said. “How could you say you love me?”

“See?” Justin said. “That’s what I mean. You don’t even take time to listen to me. If you listened to me just for a moment, you would know that you mean the world to me. All I’ve done since I met you is think about you night and day. But you’re too busy for me. All you want to do is take Jennifer’s side and think all these bad thoughts about me. Haven’t I treated you better than Jennifer has?”

Amanda started to cry; she was very confused and did not know what to make of the whole incident. When Justin saw her crying, he went over to where she was standing. He hugged her and gently said, “Hey, I didn’t mean to hurt you, honey. Don’t cry. Everything’s going to be all right. I’m sorry.”

“Please leave, Justin,” Amanda said, still crying. Justin looked very angry again. He clenched his teeth and began to grab her biceps and squeeze them very tightly.

Just then, the police knocked on Amanda’s door. “Who is it?” called Justin.

He didn’t know that Jennifer had dialed 911 after he broke the wine glass against the wall.

“I’m sorry, honey,” Justin gently whispered as he released Amanda’s arms. As they both walked to the door, he whispered to her, “I guess I’m going to have to go to jail now and get kicked out of school.”

He then reached ahead of Amanda and opened the door. Two police officers were standing there in full uniform.

“Hi, folks,” Officer Hemming said as the door opened. “May we come in?”

“Absolutely,” Justin said with a big smile on his face. “What do you think about those Lakers, officers?”

Officer Porter ignored Justin’s question, stepped inside the room and said, “We got an anonymous phone call that there might have been a fight going on in here. You mind if we look around?”

“Go right ahead, officers,” Justin said. “We were just sitting here, celebrating my winning the basketball game tonight.”

“Oh?” said Officer Hemming. “What game?”

“You like college ball?” Justin asked.

“Love it,” said Hemming.

“Well,” said Justin, “I’ll make sure I personally deliver some tickets for both of you to come to our home game in two weeks.”

“That’s all right, thanks anyway,” Officer Hemming said. “We’re not supposed to accept any gifts.” As he was speaking, he was also looking around the room.

“Hey,” Officer Porter said, “How did this glass get broken in here, Ma’am?”

“Tired and clumsy me,” Justin said. “I accidentally broke it, Officer.”

“Excuse me, but I asked the lady,” Officer Porter said.

Amanda began to think. Although she was uncomfortable being around Justin, she still did not want him to go to jail or get kicked out of school.

“Yes,” she said, “he, ah, he accidentally broke it when he tripped.”

“I’m not trying to blame anyone for anything,” Officer Porter said. “But I have to ask these questions of both of you. Has either one of you been hurt in any way? Has there been any fighting in here tonight? If there has been, tell us the truth. We’re here to help.”

“No, Officer,” Justin said. “Where would you even get that idea? I just spent all evening telling my girlfriend here how much I love her. Why would I turn around and try to hurt her?”

“Hey, I’m sorry, but I have to ask,” Officer Porter said.

## **One Domestic Violence Cover-Up Always Leads to Another**

“No, no fighting, officers.” Amanda said.

Officer Porter then said, “Well, I guess we’ll get going then.”

Officer Hemming smiled and said, “Have a great night, folks.”

After the officers left, Amanda looked perplexed. “I don’t understand. What was all that stuff about the college basketball team?”

“I told you,” Justin said. “I thought I was going to go to jail and get kicked out of school. Sorry.”

“This is getting kind of scary,” Amanda said. “Good night, Justin. I have to get back to my work.”

Justin said good night, then walked to Amanda’s bed and got under the covers, preparing for sleep. Amanda just looked at him, shaking her head. Then she got her school books back out, turned on her laptop computer, and got to work.

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The next morning, the alarm clock went off and Amanda got out of bed to get ready for class.

“Ummm, good morning, honey,” Justin said, half asleep. “Hey, look, I have a great idea. Since we haven’t been getting along all that well, why don’t we take today off and go grab some lunch together and then go for a walk on the beach? Just come back to bed right now, okay?”

“No, Justin,” Amanda said. “I told you I need to get my work together.”

“Okay, fine, then go!” Justin said sarcastically.

“What time are you leaving?” Amanda said.

“Oh, is that what this is?” Justin asked. “You want me out?”

“I was just asking,” Amanda said, “because you said you were going to catch back up with your schoolwork.”

“Oh,” Justin said as he fell back to sleep.

When Amanda came home that evening, to her surprise, all of Justin’s belongings were stacked up in her room. There were 12 cardboard boxes, four baskets of dirty laundry, and a boom box. The top of her bed was covered with piles of clothes on hangers.

## **Domestic Violent Perpetrators Seek to Control 100 Percent of Your Life**

“Hi, honey,” Justin said as he came out of the bathroom and met Amanda in her room. “I’m sorry I didn’t call, but we had a fumigation problem at our apartment, so we had to temporarily move out. Are you mad at me? I’m sorry, but I knew that you wouldn’t have wanted me to be put out on the streets.”

“No, I’m not mad,” she said, even though she didn’t want him there and had become fearful of telling him how she was feeling, because of the repercussions she expected.

## **Domestic Violence Perpetrators Seek to Control 100 Percent of Your Money**

Over the next two months, Justin’s episodes of fury grew worse.

After each episode, he ritually apologized for his actions, but the next time his outburst would be worse.

In her growing fear, though, Amanda thought that if she called the police, he would just hurt her more. He told her that if she did ever call the police, he would blame it on her and tell the police that she was a liar and a whore. Using her parents' credit card, he phoned Amanda's television cable company and ordered four of the paid channels. Amanda knew that her parents would be angry when they saw the cable bill go from \$40 to over \$75 per month.

And then there were the pay-per-view X-rated movies that he watched. Amanda dreaded the phone call she knew she'd get from her parents.

"I don't care," Justin said when she tried to talk to him about it. "I don't even understand why you want to speak to them anyway. You don't remember how they used to make you cry? Before I came around and started to protect you?"

As the days went on, Justin made it perfectly obvious that he was not planning on moving back to his apartment.

Jennifer could not take his abuse any longer, and she did not want to sit back and watch Amanda being humiliated.

She moved out.

## **The Level of Domestic Violence Progressively Gets Worse**

Amanda knew that things were getting worse. He went from slamming the door, breaking a wine glass, and bruising her arms to throwing books at her, slapping her, kicking her, and calling her fat.

But after each time he hurt her, he would put on his best smile and a clean set of clothes. He would shave his face, show up with the long-stemmed red rose, apologize to her, and promise that it would never happen again.

Every time Amanda wanted to go to class or do her volunteer work at the student center, he would curse at her and call her a whore. He would kick her, and she would say, “Justin, please stop, please!” She cried, screamed, and begged him to stop.

One morning, while Amanda was getting her backpack together to go to class, Justin stood in front of the bedroom door with his arms up high, holding onto the door frame. She tried to walk under his arms so she could get to her class. He spit in her face and kicked her violently between her legs. She bled for days. He warned her not to tell anyone, reminding her that if she told the police, he would tell them she was a whore.

## **Domestic Violence Perpetrators Seek to Eliminate 100 Percent of Your Other Relationships and 100 Percent of Your Self-Esteem**

Justin tried hard to isolate Amanda from her family. During holidays, Justin coerced Amanda into not going home to spend time with her family, even though Amanda and her parents had previously agreed to spend their holiday seasons together.

Whenever her mother called and Justin was there, he'd sit next to her and wouldn't move. He later told her that he did not trust her talking to her family, because he believed that they were trying to influence her to be more focused on her education than on her relationship with him. Justin's plan of keeping Amanda from being close with her family soon became a reality.

One day Amanda's mother phoned her and said she felt that Amanda was beginning to drift away from her family. Amanda denied that the problem existed. When her mother asked any questions regarding her education or volunteer work, Amanda quickly changed the subject and said that she was running late for class and had to go.

Each time that her mother spoke to her, she began to understand that Amanda was experiencing some serious problems. Her daughter was sounding more and more downcast with each conversation.

As the domestic violence in her relationship became increasingly worse, Amanda quit returning any messages from her parents – or any of her other family or friends.

When they'd first started sleeping together, Justin had agreed to wear a condom. But as he became more abusive, he went from spending hours trying to persuade her to have sex after a fight, to not wearing a condom and forcing her to have sex with him whenever he wanted. After he'd finished, he would just get up, leaving her crying on the floor and yelling at her to shut up.

One day Amanda told him she was going to the student center for her volunteer work. Justin told her that if she tried to walk out the door, he would grab her by the neck and cut off all her hair. He kept accusing her of being a whore and saying that he knew she had a boyfriend.

He tried his best to persuade her to quit school and to spend all of her time with him.

Of course, during this time, Amanda's grades plunged. So did her relationship with her parents. They saw the cable and other expenses shoot up, and Amanda almost never called them. She never told them what the true problem was; she became increasingly unhappy, and even borderline depressed.

But one day she told Justin she was going to the police. She said she just couldn't take it any more.

"Go ahead," he told her. "I'll hunt you down and kill you. That's only after I rape your 15-year-old sister. And you'll have to live with the fact that you made me do it by going to the police. So go! Go tell them!"

She didn't go.

Soon after, during one of the verbal disputes with Justin, Amanda learned that this wasn't the first time this type of thing had happened. "You're just like all the others," Justin said to her. "I've lived with two other girls who were just as cruel and uncaring as you. They didn't appreciate a real man, either! They kept trying to put me out on the street, too."

The abuse didn't stop. When Amanda stayed in the library to study for exams and came home later than Justin had told her to, he said he knew she was in a relationship with someone else.

She wasn't, and she told him so.

Justin demanded, "Who are you sleeping with?" She continued to deny it. He grabbed her by the arm and said, "Come here!" He took her into the bedroom and pulled a white medical form out of his pocket. He looked at her and said, "I got my results back today from the doctor." He told her to read it, and she saw that Justin was infected with hepatitis B.

Crying, Amanda told him, "I didn't give that to you. I couldn't have! I've never been with anyone else!"

## **Never Underestimate How Far The Domestic Perpetrator Might Go**

Justin told her not to be scared. "I didn't say you gave me hepatitis," he said. "But I do know you've been cheating on me, so I started sleeping around with prostitutes, since you don't love me anymore. I had sex with them without wearing condoms – once we got infected, I knew you wouldn't go sleeping around with anyone else."

Amanda began sobbing.

Justin told Amanda that he had sent an email to everyone in her email address book, telling them that she was infected with hepatitis B.

He said, “I didn’t do this to hurt you. Since you won’t tell me who your new boyfriend is, I sent this message to all the people on your email list, hoping he would see it.”

Amanda broke down in despair, and she cried herself to sleep. The phone rang repeatedly that night, but no one answered.

## **Amanda’s Mother Reads Between the Lines**

Both of Amanda’s parents received Justin’s email. Amanda’s mother was a clinical psychologist; because of the wording of the email, her daughter’s increasingly obvious depression, and her failure to return phone calls, her mom concluded that Amanda was probably involved in a relationship of domestic violence.

The next afternoon, Amanda’s parents flew in to the airport. They met with the dean of students at her college. They knew their daughter was having problems – they just didn’t know where her problems were stemming from.

## **Law Enforcement Officials Are Absolutely Necessary When Approaching a Domestic Violence Perpetrator**

The police were asked to meet with Amanda’s parents and the dean of students on campus. A preliminary interview was scheduled with Jennifer, Amanda’s former roommate. She voluntarily gave them helpful information that indicated Amanda was probably a victim of domestic violence.

Officers then met on campus with Amanda herself, who agreed with the allegations and showed the officers bruises on her arm that substantiated the allegations. It was a great relief to Amanda to see her parents there by her side.

The police officers took Amanda to a nearby hospital to photograph 11 visible physical injuries. They then took her to a local rape treatment center.

Within 40 minutes of this initial meeting with her, a police unit picked up Justin at Amanda's apartment. He denied the charges and said she had made them up because he caught her sleeping around with other guys.

The officers found many items at the apartment that substantiated the domestic abuse allegations, as well as the charges of rape.

Amanda's digital tape recorder was even temporarily seized; she had used it to store notes for her assignments. Justin would curse at her while she did this, telling her to get off the recorder. Even though he later erased the sections recording his abuse, the audio files were still on the hard drive.

Later on, jury members listened to Justin using profanity and demanding that Amanda get up and perform sex acts with him. Her digital recorder had recorded him physically abusing her, along with her crying and his refusals to let her leave the dorm.

## **Where There Is Smoke, There Is Fire**

After news of this incident spread around the local community, two other girls came forward. They gave authorities information about acts of domestic violence committed against them when Justin had lived with them at various times over the last three years.

Justin was charged in three separate cases, including 25 counts of domestic violence including felony abuse, 44

counts of rape and other sexually natured crimes, and 34 counts of false imprisonment. He took a plea bargain for a 15-year sentence in a state penitentiary.

***Every year more than 4 million women are victims in ongoing relationships involving domestic violence.***

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## **The 3 Phases in the Cycle of Domestic Violence:**

- **Tension builds**
- **Abuse takes place**
- **Apologies, amends, and excuses are made**

Domestic violence has no boundaries. It affects its victims with the same impacts as any other prisoner of war who is continuously tortured by a captor. It is a true form of domestic modern-day terrorism.

Although the majority of domestic abusers are male, females have also been known to inflict physical trauma upon their less dominant domestic partners.

The typical effect of the cycle of violence goes like this:

### **The First Phase**

Tension begins to build up in a relationship.

At first, the abuse is verbal. But as time goes on, each incident tends to become worse. At first, it may only become slightly elevated, and the change is gradual over time. It's kind of like the "frog in the pot of water" effect – if you put a frog in a pot of cold water, she will probably

stay there. If you simply add a little heat to the pot and slightly raise the temperature, the frog may still stay there. But if this continues, eventually you will have a boiled frog.

But if you dropped that frog into a pot of already boiling water, she would jump out, scared and wounded, but safe.

## **The Cycle of Violence: A Domestic Violence Abuser's Sedative for Power**

As you know, doctors use many types of sedatives to prepare their patients for surgery or to alleviate pain from traumatic injuries.

Similarly, a predator uses the tranquilizing effects of the cycle of violence to attempt to minimize the impact of the trauma that has been inflicted upon the victim.

The second phase of the cycle of violence generally looks like this:

### **The Second Phase**

After the tension builds up, the abuser might use profanity or condescending words to refer to his partner. On the other hand, he might also just grab or push the victim.

Afterwards, it's the "same old thing" – an apology, excuse or some means of amends is initiated by the abuser. Matter of fact, although steps one and two in the cycle of violence fluctuate – sometimes moderately, sometimes extremely – the third step usually remains exactly the same.

## **Eliminating the Tranquilizing Effect of the Cycle of Violence**

As an outsider, it is so easy to see what's happening and tell someone just to walk out of an ongoing relationship that is abusive.

The key here is to understand that the longer someone remains in an abusive relationship, the more influence the abuser gains. What Amanda and many other victims of domestic violence endure from their malicious and cunning predators is known as getting entangled in the "cycle of violence" web.

The third phase of the cycle of violence generally looks like this:

### **The Third Phase**

By this time, physical abuse has already taken place or is increasing since the first incident. It may be a slap, punch, shove, or kick.

Same old thing: Excuse, apology, or a means of amends is requested. "Let's start all over. This time I see what I did wrong. I promise it will not happen again."

By this time in the cycle of violence, the tension from Phase 2 might even be fabricated by the abuser – just so he can gain more leverage over his victim. I will explain to you why.

### **The Adrenalin Effect of the Cycle of Violence**

The cycle of violence not only provides an artificial sedative for the victim; it simultaneously seems to provide greater levels of adrenalin (a hormone that gives you more energy) for the abuser. Some of these heightened effects are

manifested in the abuser, as if he has had more adrenalin injected into his system.

To give you an example, many people do different things or participate in different events or activities to increase their adrenaline. Adrenaline in itself is not a bad thing – it can make you feel good, charged, strong and confident.

Many people participate in extreme sports and potentially dangerous activities such as bungee jumping, skydiving, rock climbing or motocross racing just to get this adrenaline charge.

Many others, consciously or unconsciously, take on different types of careers for that same purpose: police officers, pilots, military personnel, firefighters, doctors, lawyers, educators, news reporters, and more.

Because of the euphoric, altered state of consciousness that adrenaline can cause, it is very desirable.

On the other hand, when someone comes down from an adrenaline rush, he sometimes feels less energized or optimistic than before. That person usually spends hours, days, even weeks trying to get back that feeling of being on top of the world – like when they were skydiving. For eight minutes straight, they were king of the sky, and once back at work being told what to do, they just can't wait to get their adrenaline fix again.

How does this affect the domestic abuser? Well, let's look at the cycle of violence from a whole new perspective. Let's look at it as:

## **The Domestic Abuser's Adrenaline Cycle**

If you think about it, the cycle of violence is really a cycle of control, where one person uses the factors of that cycle to gain control over the other person. That control produces a heightened emotional effect for the abuser. If that person felt they had no purpose or power prior to the cycle, and if he feels that Phase 3 of the cycle makes him superior in the

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eyes of his victim, then he will do whatever he can to get to that place over and over again, because that is where he has gained all of his false beliefs that he is superior.

For example, if there is no tension, there is no Phase 3 (with apologies like, “Hey, baby, don’t worry, I won’t hurt you again. I’ll be kind to you. You are my girl. I love you. Don’t be scared of me”). I don’t know about you, but that spells out adrenaline rush to me.

I suggest – and I have spoken to many abusers about this issue – that if tension does not come about on its own, the abuser will fabricate it to get to the next phase in the cycle (where the abuse takes place), so that they can get to pretend they are king later on.

## **How to SUCCESSFULLY Usher a Domestic Violence Victim to the Safe Zone**

How did you feel when you heard the story about Amanda? Unfortunately, when it comes to the subject of domestic violence, there are millions of Amandas out there who are suffering and need our help. Perhaps someone who is reading this book right now is or has been a victim of domestic violence. The one thing that I want you to know is that *there is a way out*. There is help.

There are many Amandas out there who have managed to get untangled from the web of violence, but they still need us to understand what they have gone through and are still going through emotionally.

Let me offer you some very crucial and effective techniques to help someone you may know who is currently a victim of domestic violence.

If you know a person who is or might be a victim of domestic violence, your number one goal should be to usher her into the safe zone of her mind. Although it may seem like she has no safe zone left, she does.

Our memories, positive as well as negative, stay with us. Just like bad experiences can be resurrected at will, so can areas of safety. Bringing safe alternatives to a victim of domestic violence must be done with extreme tact and precision.

Over the last 17 years, I have been amazed at the number of girls and women I have spoken to about violent domestic relationships they have been involved in. When I originally began speaking about potential positive solutions, many of them could not find one ounce of positive anything to look forward to.

What was amazing was seeing the superb transformations when they began to understand that I genuinely cared about them, their children – and about what they had been going through emotionally.

They will be the first to tell you, by their actions, that a little understanding, with patience and genuine concern about their well-being, tends to open doors of hope that you never would imagine.

Then, and only then, can you truly usher them into the safe zone of their minds and find genuine solutions – such as family members with whom they can live, or friends, co-workers or even distant relatives who might support them.

You might even be surprised how many of them will mention and inquire about the alternative of a shelter prior to your even bringing it up to them.



## TIPS FROM A TOP COP!

### **5 Things to Absolutely Avoid When Attempting to Help a Domestic Violence Victim:**

- You *cannot* pressure them into leaving their relationship. Pressure is not healthy. Remember that they are already undergoing pressure that we will never be able to fathom.
- You *cannot* shout and point for them to get there.
- You *cannot* use reasoning and what may seem logical to you to get them there.
- You *cannot* belittle them and expect them to go there.
- You cannot say, “Look at you, I can’t believe you’ve let yourself get like this. Look at your hair, look at your clothes!”

They have spent the last weeks, months or years undergoing that same type of ridicule from their abuser, so why would they be inspired to leave that situation and go with someone else who belittles them and makes them feel inadequate?

Even though your intentions may be good, these methods have been proven gravely ineffective and detrimental in dealing with trauma victims.

You cannot “Bobby Bash” them to get there. For example: “Bobby has two other kids.” “Bobby is a slob.” “Nobody

likes Bobby.” “Bobby doesn’t love you.” “Any man who hits you like Bobby is not a true man.”

Bobby Bashing is *not* effective. If you’ve been doing it, don’t worry, you’re not alone. I used to “Bobby Bash” too, until I found out that it just does not work.

Here is one of the main reasons why “Bobby Bashing” does not work. Remember when you were a kid? Remember when someone said something about your mother? Maybe you weren’t getting along with Mom, and maybe you even felt neglected or abandoned by her. Nevertheless, as soon as someone began to utter a negative thought about her, you stood up and made it perfectly clear that you were not going to have it.

Why is that so? Because saying something bad about your mother, who brought you into this world, is like saying something bad about you. If she’s inadequate, that’s the same as saying you are inadequate. Well, guess what? If you say something negative about the abuser to the victim of domestic violence, what you are doing is ridiculing them – and their instinct is to defend the abuser.

All they hear is, “Oh, what a bad choice you made in picking this man! Look at your poor decision-making. No one likes him. What were you thinking? Not only could you do better, you should have done better. Look at how inadequate you are.”

In many cases, the victim wants to vent about how she is feeling, but as soon as she hears, “Oh, I’m glad you brought that up. I wasn’t going to say anything, but ... ” she usually does one of three things:

- Immediately changes the subject.
- Shuts down.
- Begins making excuses for Bobby.

On the other hand, I am not saying you should avoid the situation and pretend a problem does not exist. What I am saying is simply that she needs professional help and that her significant other also needs help.



## *TIPS FROM A TOP COP!*

### **It Is Important for Domestic Violence Victims to Understand the Principles of the Abuser's Adrenaline Cycle**

Why is understanding the abuser's cycle so critical?

Psychologists will tell you that part of the psychological effect of the cycle of violence is the continuous decrease in the victim's confidence level – so that she can no longer effectively rationalize what is right and what is wrong.

For instance, if the abuser keeps telling her that she is doing something that makes him feel justified in hurting her, he knows that eventually she will probably believe him and therefore try her best to change. But, as you see, her best really is never good enough for him.

This process is extremely deleterious – if he can get her to doubt her ability to rationalize effectively in one area, he can eventually have complete influence over her. He can ultimately have control over her entire life – her family relationships, friends, food intake, work life, financial matters, and so on.

Even if she is 5 foot 6, 120 pounds and beautiful, because of his low self-esteem, he knows he can convince her that she's fat, that nobody wants her except him, that other guys only want to use her for sex, she would be nothing without him, or that people laugh at her behind her back because she's funny looking.

## **A Spark of Hope**

When a victim begins to understand, though, that some of the things her abuser told her were flat-out lies, she can start to regain confidence in her own abilities to reason and distinguish between right and wrong.

Overnight, a spark of hope can show her that she is not crazy and has not lost her mind. Then, and only then, can she clearly see that everything about the relationship is wrong – dead wrong.



## **Domestic Violence R-E-S-C-U-E**

Depending on the severity of the situation, a person undergoing a battle with domestic violence may need to be rescued.

Looking at domestic violence as you do any other form of terrorism – such as prisoners of war being held captive against their will – can help you understand the type of assistance that a victim of domestic violence may really need.

I believe the reason that so many Amandas are not set free from the power of their oppressors is because loved ones who care about the victim do not view the situation for what it really is: Captivity! As a society, we have taken a very important step in understanding the seriousness of domestic violence; many government agencies have collaborated in making more effective laws and penalties for the offense. However, until families and friends of the victims open their eyes, we will not and cannot RESCUE anyone from the trauma that they are suffering.

Here's an example of what I am talking about. Say, for instance, that you have a friend who is tired of her job. She

feels emotionally abused, unappreciated, disrespected, and disliked.

What specific advice would you give her? You'd probably tell her to quit, right? Find another job? Especially if this on-the-job abuse has been going on for a period of time without being resolved.

"Quit," you would tell your friend. "That's right – just march in there, tell the boss you're tired of his stuff, get your paycheck, girl, and go! You deserve better than that. You are an incredible person. Watch, in no time you'll get a job where they appreciate you."

On one hand, you would give your friend that advice. On the other hand, your friend may not even need your help. The bottom line is, she will just quit showing up or go in and tell her boss that she's going to leave.

***But domestic violence is not a job.***

You have to plan an evacuation differently. If and when she goes to tell her abuser two simple words – "I'm leaving" – his emotional high drive will kick in. From those two little words, what he hears her say is, "You are not normal. You are weird. Your power, your adrenalin source is getting ready to run completely out. The thing that drives you most is now ready to leave you. Your sole purpose of existence is about to be gone!"

He also hears:

"Up till now, you had me to blame for lack of money, lack of honey, music too loud, music too low, cars driving by fast, people caring about me, gas in the car, gas not in the car, gas prices going up. *Now you will have to take responsibility for all of those things and more.* Some of your friends may know you beat me and you might feel cool when you tell them you just hit me and I'm at home crying, cooking, cleaning and waiting for you to come back. Now, those same friends are getting ready to see you alone

tonight, tomorrow or whatever day I decide to leave – and you will be looked down upon.”

It would be the same as a prisoner of war saying to one of the people holding them captive, “Excuse me, Mr. Terrorist. This is not suiting me. I am upset by how you beat me, and you’re very rude to me, too. Tonight I’m going to leave.”

That just wouldn’t work. To rescue a prisoner of war, you need a well thought out, full-fledged, workable plan – not just to get the prisoner on the plane, drop him off at Edwards Air Force Base, give him a high-five and say, “Great to see you, Johnny, now go on with your life!” I am not talking about someone who is giving an ultimatum and then working things out. I’m talking about a situation that is beyond working out – a situation like Amanda’s story.

The plan to rescue someone who is caught up in a snare of traumatic abuse, where they see no way out, takes six vital and necessary components:

**Resources** – This book provides you with information about the resources you need to put together a plan. You must locate a domestic violence resource center; the victim will need help, shelter, numbers to law enforcement, websites for referrals, money that can be put in the bank, and other resources.

**Emotional allies** – She needs one or more people who decide to quit telling her what she should do, who explain to her that they understand what she is going through, who connect with her on an emotional level. If this does not happen, she will never comply with you or your plan, because she will not know that you have her best interest in mind. Matter of fact, without this, she might even feel that *you might get her killed* because you don’t understand and you are talking about intervening.

**Securing evidence** – If there is any evidence of abuse, collect it and take it to your local authorities.

***Come up with a complete outlined plan*** – Don't wait for the complete idea to somehow appear. In a safe place, where he can't see (and just for the record, deleted emails can be recovered and traced), begin writing down as many options as you can think of. Just keep writing.

Later, refine the three best plans. At a safe time, get your plan approved. This may involve calling parents, relatives, a shelter, or other friends. Get commitment – when, where, how and how long. Don't be shy. Tell them the full story, because it will motivate people to reach out and help – people who would not normally do so. But also ask them to exercise great caution and not to alert the perpetrator.

***Unite*** – with police, relatives, a shelter, and other resources.

***Execute the plan*** – Take immediate action and execute it **ONLY** with the assistance of law enforcement officers. They can assure your safety. Abusers can be very violent.

***Arrest:*** A full-fledged plan will also include giving law enforcement officers a complete chronological detail of what you have been through. This will give you more leverage to have him arrested and obtain a restraining order. If he violates the restraining order, he has violated the judge's order and the crime is against the state, so the judge will call for stiffer penalties.

Remember that if the person you're trying to help chooses to remain in the relationship, it's not something personal against you.

*But don't give up on her.*

If she rejects your help now, just keep in mind that she is experiencing severe trauma, and stick with her. She may eventually come to you for help if you continue to be there for her.



## TIPS FROM A TOP COP!

### **A Few Safety Tips to Help You Avoid Becoming the Victim of a Domestic Abuser**

Domestic violence predators target people who:

- Seem to mope and dope in public places.
- Seem naïve to their schemes.
- Stay around them long enough to be lured in.
- Allow themselves to be alienated from family and friends so the abuser can fully control and influence them.

### **To Become Safer in a Relationship, Remember:**

When things start to go sideways in a relationship, don't stay in it. Get out of it *immediately*. I'm not talking about one, two or three minor disagreements, or something similar to that. What I am referring to is malicious, irate behavior, such as pushing, mocking, or any other behaviors that seem to increase the cycle of violence.

*Never* allow someone to make you distance yourself from your family or friends. Many times, domestic perpetrators will do that for the purpose of gaining full influence over you. They want to be your **ONLY** refuge.

At the *first sign* of teen dating / domestic violence, get the police involved. If the person is throwing stuff around in the house, an arrest may not be necessary, but

documentation by police sends the message that if a certain line is crossed with you, the police will get involved.

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If you have just left an abusive relationship, you should check with your local court about how you can obtain a restraining order.

Early signs of teen dating / domestic violence can also include someone making you their sole reason for breathing and existing – there is nothing else but you.

That may not be a teen dating / domestic violence incident in itself, but since it does have the strong potential to produce unnecessary stress and tension, individual or group counseling should be pursued.

The key is always to watch for the warning signs and eliminate any areas of a relationship that have the potential to turn emotionally abusive or even violent.

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## **Crimes Related to Teen Dating / Domestic Violence:**

Although these are California Penal Codes, many states have the same or similar laws.

**273.5(a) CORPORAL INJURY (Felony) – To spouse or cohabitant.**

**261 RAPE (Felony) – Against a person’s will by force, violence, duress, menace, or fear of immediate and unlawful bodily injury on the person or another.**

*As a side note, NO ONE has the right to force sexual activity upon anyone (via fear, duress, menace or anything else). No boyfriend, no cohabitant, not even a spouse!*

**273.6(a) VIOLATION OF RESTRAINING ORDER (Misdemeanor)**

**646.9(a) STALKING (Felony) – Maliciously or repeatedly following or harassing another, with intent to cause fear.**

**422 TERRORIST THREATS (Felony) – Unconditional, immediate and specific threat to commit a crime which would result in death or great bodily injury to a person, causing fear for his or her own safety, or that of immediate family.**

**653(m) ANNOYING TELEPHONE CALLS (Misdemeanor)**

**245 ASSAULT WITH DEADLY WEAPON (Felony) – Assault with a deadly weapon or force likely to produce great bodily injury.**

**207(a) KIDNAP (Felony) – Use of force or fear to take, detain or illegally arrest another and move to another location.**

**236 FALSE IMPRISONMENT (Felony) – The unlawful restraint of the personal liberty of another.**

If any of these crimes have been committed against you, call the police.

Now you know not only how to avoid becoming a victim of domestic violence, but also how to help someone who is involved in a violent relationship escape from it safely and effectively. You also have learned how you can begin to regain control of your thoughts and even the steps necessary to exit a violent relationship yourself.

**No matter where you live, if you need information about domestic violence, you can speak to an advocate 24/7, 365 days a year. Just call:**

**The National Domestic Violence Hotline  
(800)799-7233  
[ndvh.org](http://ndvh.org)**

**In case of an emergency, always call 911**

# CONCLUSION

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To help parents, educators, students, and others live safer lives, Tony Newsom has developed a series of safety books:

Student Safety Tips - 40 That Every 1st & 2nd Grader Must Know  
Student Safety Tips - 45 That Every 3rd - 5th Grader Must Know  
Middle School Student Safety Tips  
High School Student Safety Tips  
College Student Safety Tips  
The Parent's Guide For Raising Safer K-12 Students

The books are available for purchase online:

**StudentSafetyTips.com** or  
**CollegeSafetyTips.org**

The content in all of the listed books, including the content in this book, was taken from Tony Newsom's book *Top 10 Crimes - A Women's Safety Guide*.

Tony's elementary safety tips books and *The Parent's Guide* are available in Spanish at [SeguridadEstudiantes.com](http://SeguridadEstudiantes.com)

Tony Newsom is also the author of *The Women's Guide for Safer Living: 55 Tips From a Top Cop*, at [TheWomensGuide.org](http://TheWomensGuide.org)

You can find out more about this book and how to book Tony Newsom for training seminars and school workshops by visiting: [TeenDatingViolence.net](http://TeenDatingViolence.net) or [TonyNewsom.com](http://TonyNewsom.com)

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## TEEN DATING VIOLENCE:

Awareness + Intervention = Prevention

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Carrington Books