

# October Newsletter

## DV 101: The Basics of Domestic Violence

### Special Dates

- **Oct 3** - Car Wash at Sew&Vac 9am-1pm
- **Oct 24** - "Mask'uerade" at Ridge Runner 8-11pm
- **Oct 5, 12, 19, 26**—Candlelight Walks

### Current Needs

- **Swiffer Wet Jet pads and liquid**
- **Paper towels**
- **Toilet bowl cleaner**
- **Disinfectant wipes**
- **All purpose liquid cleaner (like PineSol)**

As we prepare to celebrate October as Domestic Violence Awareness Month, it seems like a good time to talk about exactly what domestic violence is. For many years the image of a battered woman was what came to mind when the topic of domestic abuse was being discussed. And that image is still an accurate one, but it only represents a small part of the domestic violence picture.

A commonly accepted definition of DV is "the willful intimidation as part of a systematic pattern of power and control perpetrated by one intimate partner against another."

There is a common misperception that DV stems from an abuser having anger issues; but we have learned over the years that it actually stems from an abuser's need for power and control over another person. As you can see from the power and control wheel above, that need to control is at the center of all types of intimate partner abuse. Let's take a closer look at the different forms that domestic abuse might take.



- ♦ **Physical** - Inflicting or attempting to inflict physical injury, withholding access to resources necessary to maintain health, or forcing alcohol or drug use.  
*Examples: slapping, kicking, arm-twisting, shoving, stabbing, pinching, preventing sleep, hiding medication, withholding food.*
- ♦ **Sexual** - Coercing any sexual contact without consent, attempting to undermine the victim's sexuality, using reproductive coercion.  
*Examples: acquaintance or marital rape, forced sodomy, forced prostitution, unwanted fondling, criticizing sexual performance, forcing partner into or out of pregnancy, tampering with birth control.*
- ♦ **Psychological** - Instilling fear, isolating victim from friends, family, school or work.  
*Examples: threatening physical harm to self, victim, or others; threatening to harm/kidnap children; destruction of pets/property; stalking; withholding access to phone or transportation; constant "checking up"; undermining victim's personal relationships.*
- ♦ **Emotional** - Undermining victim's sense of worth.  
*Examples: Constant criticism, belittling, name-calling, inducing guilt.*
- ♦ **Financial** - Forcing financial dependence on the abuser.  
*Examples: forbidding employment, requiring accountability for all money spent, withholding access to money, forced welfare fraud.*

As we can see, domestic violence can affect people of any gender, race, or socioeconomic status. It's so important to educate ourselves and our community about this preventable epidemic. Thank you for being an advocate for our clients!

## Survivor Story

### Ashley Bendiksen



How does one become a nationally recognized, award-winning speaker, abuse prevention expert, and activist? All too often it is a result of being a survivor yourself; this is true for Ashley Bendiksen.

Her story began when she was just 14, with a non-consensual sexual experience with a boy she had just started to date; his actions grew more forceful as the relationship continued, resulting in a two-year relationship filled with sexual, emotional, and verbal abuse. As Bendiksen's self-worth plummeted and depression set in, she began drinking and using self harm as a way to escape her feelings.

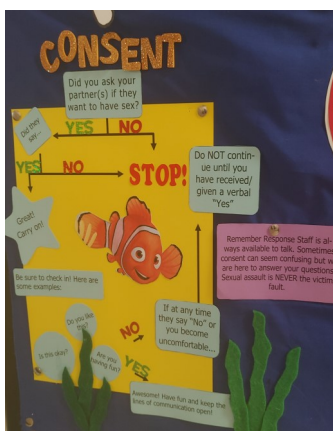
In college, Bendiksen became involved with a guy who seemed loving and respectful, at least for the first few months. Because he wasn't sexually abusive, Bendiksen didn't recognize his possessiveness and controlling behavior as abuse; as is true of many survivors, she was able to justify his actions and felt that she could change him as he learned to trust her. As he became more physically aggressive she began to realize the danger she was in, and eventually broke up with him. Two weeks later, he barged into her apartment and physically attacked her, slamming her into walls and strangling her. Bendiksen was able to call the police and obtained a protective order, which enabled her to truly end the relationship and to feel safe.

After a lot of introspection and healing, Bendiksen found her voice at a candlelight vigil held by the local women's shelter. Seeing the impact that sharing her story had on other survivors encouraged her to continue speaking out, leading to her current career as an educational speaker. To listen to an interesting podcast interview, check out our Facebook page:

<https://www.facebook.com/Respondedvsa/posts/10160245434006102>

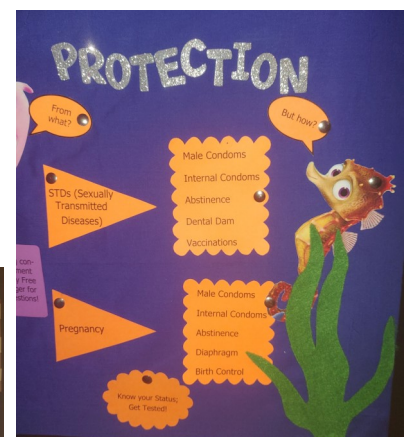
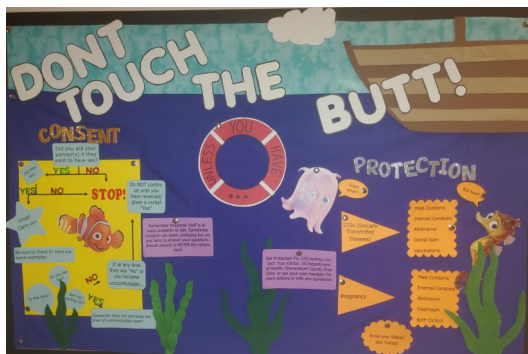
## Around the Shelter

### Our bulletin board



**Follow the flow chart!**

Did you ever have questions about what consent really is? Or why folks should use protection and what that means? Our clients often have these questions, so can get some answers by checking out this eye-catching bulletin board that is in our shelter!



**Protection is important.**

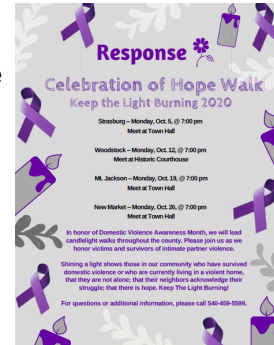
## Upcoming Events

### Domestic Violence Awareness Month

#### Celebration of Hope Walks

Here we go! One of our busiest months here at Response is October, which is nationally recognized as DVAM, (Domestic Violence Awareness Month), a time to honor survivors and victims of domestic violence, and to educate the community about DV.

We are holding our Celebration of Hope Walks again this year with the following schedule: **Oct. 7 - Strasburg; Oct 12 - Woodstock; Oct 19 - Mt. Jackson; Oct 26 - New Market.** All walks start at 7pm at the respective town halls and the historic courthouse in Woodstock. You can find information about the walks and even let us know you are coming at [www.responseva.org/upcomingevents](http://www.responseva.org/upcomingevents). We would love to see lots of folks from the community participate in the walks, so **please** spread the word to your friends, neighbors, family members, church folks, etc. It would be a great project for youth groups, scouts, or 4H groups. Please like, share, or comment on our Facebook posts; the more action a post gets, the higher it ranks in that magical algorithm so more folks will see it. We know that domestic violence is a community-wide issue, and one that we shouldn't be afraid to talk about, so let's encourage our community to support our survivors!



#### Car Wash

Could your car use some polish and shine? Come join us at our **car wash** which is planned for Oct. 3 at Sew & Vac—9am-1pm.; the St. Luke-Saumsville 4H will be providing the energy to help us spruce up those vehicles. We could use some buckets, hoses, sponges, drying towels, and **volunteers** help make this a success. There is also an **Autumnfest** being held at the Woodstock Shopping Center at the same time, so come on out and make a day of it while supporting local businesses!

#### Portrait Fundraiser



Monica Grimes Portrait Designs has graciously offered to run a special throughout the month of Oct., with the proceeds going to Response! A \$99 donation gives the donor a 60-90 minute portrait session, hair and make-up for one person, and \$250 toward your portrait purchase. A \$690 value, this is an excellent opportunity to get some beautiful family portraits while helping to support our services here at Response! See more details at [responseva.org/upcomingevents](http://responseva.org/upcomingevents).

#### Mask'uerade Costume Party

Come on out for our **Mask'uerade Costume Party**, being held on **Oct.24** at Ridge Runner Brewery! This outdoor, CDC-compliant event should be lots of fun, with music, dancing, prizes, food and beverages. In connection with this event, there are auction items to bid on right now at <https://www.facebook.com/bkrosenberger>. Please share our FB posts and let folks know about this fun event! For more details and tickets, visit [responseva.org/upcomingevents](http://responseva.org/upcomingevents).

