



October is National Domestic Violence Awareness Month

What is Domestic Violence?

Domestic violence can also be called battery, domestic abuse, intimate partner violence, dating violence, or relationship violence. A partner may demonstrate many behaviors that signal an abusive relationship, such as:

- ▶ Acting jealous of friends or activities that take time away from the relationship
- ▶ Using insulting, shaming, or demeaning language or treatment
- ▶ Controlling money or taking away access to money
- ▶ Intimidating or scaring others during interactions
- ▶ Destroying property or damaging personal belongings

- ▶ Threatening someone with injury or punishment, or threatening their life
- ▶ Threatening consequences to children or taking away children

Common types of abuse include physical, verbal, emotional, financial, sexual, and elder.

Anyone — no matter their gender identity, sexual orientation, race, religion, occupation, educational level, or ethnic identification — can be a victim of domestic violence.

In 2019, 112 people died from domestic violence in Pennsylvania.

Recognizing the Impact of Domestic Violence on Children

Twenty-five percent of children in the United States will witness domestic violence before the age of 18. Research shows that exposure to violence, especially during childhood, adolescence, and young adulthood, can significantly increase the likelihood of developing trauma-related responses such as behavioral, mental health, cognitive, and social issues as well as impacting physical health and well-being. Prolonged exposure to violence during childhood can continue affecting that individual into adulthood.

Many victims of domestic violence blame themselves for the abuse even though only the abuser is responsible for their behavior and is the only one who can make it stop. Witnessing this misdirected blame can also be confusing to children.

When there is violence in the home, children are silent witnesses. They see and absorb what happens within their environments. Children are insightful and perceptive and often communicate their awareness in their behaviors and social interactions.

Ways children react to violence may include:

- ▶ Withdrawing or acting as if the abuse is no big deal
- ▶ Having trouble sleeping, suffering from nightmares, or bed-wetting
- ▶ Experiencing a loss of appetite, stomachaches, or headaches
- ▶ Becoming anxious, fearful, moody, or concerned with safety of self or loved ones
- ▶ Demanding adult attention and misbehaving or “acting out” when they do not receive attention
- ▶ Arguing, fighting, or instigating altercations with other children, playing violently, or bullying others

- ▶ Mistaking jealousy and controlling behavior (a form of dating violence) for love, especially by teens and young adults
- ▶ Using drugs or alcohol, running away from home, or getting into trouble with authorities



Dating Violence with Adolescents

According to the Pennsylvania Coalition Against Domestic Violence, 1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional, or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.

For adolescents, communication is key. Talk with the adolescents in your life about dating violence and what to do if they find themselves in that situation.



Remain empathetic and understanding to the feelings of adults and children, and reassure them that the abuse is not their fault. Establish a code word or signal to know when to act on a safety plan or to call for help.

Contacting a domestic violence program before you act and/or before you are in a crisis or emergency can help with preparedness education, planning, resources, and ongoing community support.

What Can I Do?

No individual should live in fear, shame, or unsafe conditions. We must educate ourselves about how to support friends, neighbors, and loved ones who experience domestic violence.

If you or someone you know is in an unsafe situation, we encourage you to seek or offer help. Provide the chance and a safe, nonjudgmental space for them to talk.

The Pennsylvania Coalition Against Domestic Violence helps PA residents find domestic violence programs in their local communities. By visiting pcadv.org, you can locate these programs, connect to a legal helpline, and learn more about how you can get involved in taking a stand against domestic violence.

PFSA is also a provider of domestic violence resources to agencies and community organizations. Visit pafsa.org for more information on these publications.

Join the CBCAP Network!

As we enter the fall months and begin to wind down the calendar year, PFSA is inviting community-based organizations to consider joining our **Community-Based Child Abuse Prevention (CBCAP) Network!**

This is a diverse network of child protective and family-serving organizations that make

a positive statewide impact on the children and families throughout Pennsylvania. All CBCAP Network members receive benefits from PFSA, such as parenting and caregiver resources, educational materials, professional development opportunities for staff, discounts on training and materials, and so much more.

If you are looking to join a network that is committed to preventing child abuse, supporting families, and working toward a brighter future, consider PFSA's CBCAP Network. To learn more about the CBCAP Network, the benefits, or how to sign up, contact PFSA's Program Services Manager, Justin Donofrio, at jdonofrio@pa-fsa.org.

UPCOMING TRAININGS

Families in Recovery New Facilitator Training

PFSA is excited to announce that our Families in Recovery (FiR) program has additional dates scheduled for new facilitator training.

This research-based program is a great resource for parents, guardians, and caretakers recovering from substance use disorder. The program aims to teach healthy coping and parenting skills while balancing the needs of recovery.

New facilitators will be fully prepared to implement the program and provide training after attending a two-day comprehensive session consisting of content, education, and application instruction of the curriculum. FiR site contracts include ongoing technical assistance, program development, facilitator calls, and assistance with data

collection procedures. FiR facilitators come together with each other to share program implementation experience, ideas, and insights following initial training.

Cost: Please contact Justin Donofrio, Program Services Manager, at jdonofrio@pa-fsa.org for details regarding contracts and costs.

Dates: Jan. 12 & 13, 2022 (*virtual*)
April 13 & 14, 2022 (*virtual*)

Time: 9:00 a.m.—3:30 p.m.
(*half-hour lunch break*)

Register: You must register for this virtual training by emailing Justin Donofrio at jdonofrio@pa-fsa.org.

Mandated Reporter Training

PFSA has several options for you and your staff to receive training on how to recognize and report suspected child abuse. This training is for those mandated by law to report suspected child abuse, as defined in the Child Protective Services Law. Curriculum is approved by the Departments of Human Services, Education, and State and meets all requirements for mandated reporters to receive training in recognizing and reporting child abuse (including ACT 126).

Certificates are provided to the participants, and upon request, we will upload confirmation of your training to the

Department of State or Education for CE fulfillments under ACT 31 and/or ACT 48.

New this year — this curriculum has also been approved for CLEs for attorneys!

LIVE IN-PERSON/VIRTUAL

Cost: Free

How to register: Find and register for a virtual session here: pafsa.org/mandated-reporter-training

INDIVIDUAL ONLINE, ON-DEMAND

Cost: \$30

Take anytime: pafsa.org/on-demand-online-training

TRAIN-THE-TRAINER (TTT)

This is an opportunity for organizations to develop their own quality, cost-efficient, in-house training program for employees on child abuse recognition and reporting. With the three-year contract, PFSA provides two days of initial instruction for approved applicants, reports CE's directly to PA Departments of State and Education, and offers ongoing technical assistance.

Cost: \$1,000 per trainer entering into a three-year contract with PFSA (payment can be broken down by year: \$400/year one, \$300/year two, \$300/year three)

How to register: You must pre-register for this training. Email Haven Evans, Director of Programs, at hevans@pa-fsa.org for the paperwork or to ask any questions.

Dates: Nov. 9 & 10, 2021 (virtual)
Jan. 20 & 21, 2022 (virtual)
Mar. 23 & 24, 2022 (virtual)

Time: 8:30 a.m.—3:00 p.m.
(half-hour lunch break)

#SupportPAKids

Help us to support the families and communities across Pennsylvania by donating to PFSA today. Your gift will help PFSA continue to deliver successful training, education, and ongoing support to PA families and children. Visit pafsa.org to learn more and donate!

