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**JAMIE KIMBLE
FOUNDATION
FORCOURAGE**

A Reference Guide for Stopping Intimate Partner Violence

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Introduction

It's all too common. One in three teens in the U.S. will experience physical, sexual, or emotional abuse with someone that they are in a relationship with, even before they become adults. Nearly half of college women who date report experiencing violent and abusive dating behaviors.

The majority of parents (81%) believe teen dating violence is NOT an issue, or they admit that they don't know that it's an issue. Though 82% of parents feel confident that they could recognize the signs if their child was experiencing dating abuse, a majority of parents (58%) could not correctly identify all of the warning signs.

This guide is intended to increase the readers' awareness of intimate partner violence and to educate and equip them with suggestions and ideas of what to do if they realize that someone they know, whether it's a child, a colleague, a family member, a close friend, a stranger, or someone from the LGBTQIA (lesbian, gay, bisexual, transgender, queer/questioning, intersex, and asexual or allies) community, may be experiencing intimate partner violence or abuse.

What is Domestic Abuse/Intimate Partner Violence

Intimate partner violence is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. It can take many forms and isn't always easy to recognize. Besides physical abuse, people may experience verbal/emotional abuse, digital abuse, sexual abuse or a combination of these different abusive tactics.

Emotional/Psychological Warning Signs of Abuse may include:

- Treating the victim exceptionally well in the beginning of the relationship
- Making the victim feel sorry for him/her
- Never being at fault
- Trying to control the victim through constant communication
- Separating the victim from family/friends physically/emotionally or causing chaos before/during family events
- Being overly critical
- Searching the victim's belongings for evidence of cheating
- Prying into private belongings to learn more of the victim's innermost feelings or past
- Accessing the victim's email, Facebook, and/or phone records
- Booking the victim's calendar so that it seems impossible to end the relationship

Physical Warning Signs of Abuse

The physical signs of abuse are more obvious than the emotional and psychological signs, but just as important in recognizing signs of abuse.

Physical Signs of Abuse may include:

- Pulling victim's hair, punching, slapping, kicking, biting, or choking
- Forbidding the victim from eating or sleeping
- Use of weapons and intentionally hurting the victim Abandoning the victim in unfamiliar places
- Driving recklessly or dangerously when victim is in the car
- Forcing the victim to use drugs or alcohol

What to Look For If You Suspect Your Teen is in an Abusive Relationship

It's natural for children to become a bit more secretive during their teen years, while they mature, test boundaries, and learn to be more independent. Check in with them regularly to learn about what's going on in their lives. If you suspect that something unhealthy or dangerous is happening to your teen, look for any of these signs of abuse:

- Your child's partner is extremely jealous to the point where your child stops spending time with other friends and family
- You observe unexplained marks or bruises
- You notice that your son or daughter is depressed or anxious
- Your child stops participating in extracurricular activities or other interests
- Your child begins to dress differently, maybe saying that their partner doesn't like for them to attract attention
- Your child worries if they can't text/call their partner back right away because their partner might get upset Your child expresses fear about how their partner will react in a given situation

What Can You Do

Your instinct as a parent is to help your child in whatever way you can, but sometimes what feels like the right plan of action could stop the conversation before it begins. Here are some tips to keep in mind:

- Be a good listener and give non-judgmental support. Your child may feel ashamed and worry about your reaction. Let them talk to you on their terms.
- Accept what they tell you as the truth and offer unconditional support.
- Talk about behaviors and not the abuser. Talking about your child's partner may discourage them from asking for your help.
- Avoid ultimatums, such as demanding that they terminate the relationship. Leaving can be dangerous, and you want your child to be ready to walk away when they are ready.
- Be prepared by educating yourself on dating
- abuse, and help your child identify what are healthy relationship behaviors. Use examples within your family.
- Decide next steps together. Ask your child what they want to do and help them find the resources.

How You Can Help Friends and/or Neighbors

Watching someone go through an abusive relationship can be scary, and you may feel helpless.

- Remember that they may have a different point of view than you, and they may choose to stay in the relationship Your friend may feel guilty and responsible.
- Your friend may feel lonely and sad after a break-up and may get back together with their abuser
- Reach out and tell friends that you are concerned for their safety
- Focus on your friend and not the abuser
- Help your friend recognize that abuse is not normal
- Be supportive and listen patiently
- Be respectful and non-judgmental
- Connect them with community resources and safety plans

How You Can Help Co-Workers

We don't always share personal information with co-workers, but if you find out about an abusive relationship, you can show your support.

- Listen, without judgment, and remember that they are putting their trust in you
- If your co-worker feels unsafe at work, help create a safety plan and encourage them to seek advice from Human Resources, if available
- Talk about what the company can do, in terms of time off or assistance
- Don't divulge information about your co-worker to the abuser, such as schedule or breaks
- If the co-worker's safety, or others' safety is at risk, consider relocating the victim, when possible

How You Can Help Strangers

A community of support is necessary to help a survivor reach safety and peace. Even if you don't know the person experiencing dating abuse, you have the ability to become a source of support. Carefully intervening can have a positive impact on someone in an abusive relationship and may be the difference between safety and danger. Do your part and speak up against abuse:

- Try to imagine how you would want to be helped if you were in the same situation
- Show respect and let them know they are worthy of it, from strangers and intimate partners alike
- Speak to them alone, without the abuser present
- Offer information about resources that are available in your community (See Resources page)
- Don't neglect your own personal safety.
- If you feel you or the victim is in imminent danger, call 911

How You Can Help LGBTQIA Victims

Supporting someone who's going through an abusive relationship is hard. It may seem like they face one obstacle after another. Many victims within the LGBTQIA community frequently face intolerance and discrimination, and it is our job to create a safe and open space to allow LGBTQIA people to seek resources.

- Be open and non-judgmental. Ask open-ended questions
- Confront your own prejudices, and focus on how to become a better ally to the victim
- Challenge your assumptions about definitions of gender identity (how individuals perceive themselves) and sexual orientation (sexual or romantic attraction to other people)
- Use gender neutral, third person "they" as a singular pronoun in order to be inclusive without "outing" someone
- Attempt to speak to them alone for the sake of their privacy and security
- Help them recognize that abuse is not normal in healthy relationships
- Learn more about LGBTQIA gender identity and offer information about community resources specific to the LGBTQIA community

What You Can Do To Help Someone In An Abusive Relationship

If you witness an interaction that seems controlling or strange, you may be witnessing the red flags for abuse in a relationship. If you observe warning signs of abuse:

- Let victim/survivor know that abuse is not normal, though they may think that it is
- Let them know that it's NOT their fault
- Don't mind your own business
- Speak up if you witness someone being verbally/physically abused
- Show respect for the person's feelings and choices, which may not reflect your own
- Speak to the victim alone, if possible
- Don't aggravate the abuser by discussing it, causing them to lash out at his/her partner
- Don't neglect your personal safety
- If you are concerned for the victim's safety, but you don't feel safe, call 911

Resources

You can make a positive difference to someone experiencing intimate partner violence or dating abuse, whether they're a family member, co-worker, friend, neighbor or even a stranger. Here are some local, state and national resources:

- Safe Alliance - The Shelter for Battered Women
601 East Fifth Street, Suite 400
Charlotte, NC 28202
Office: 704-944-0169 Crisis: 704-332-2513
Website: safealliance.org
- Safe Alliance - Victim Assistance
Mecklenburg Probation & Parole Building
800 East 4th Street, 3rd Floor
Charlotte, NC 28202
Call 704-336-4126
- Mecklenburg County Community Support Services
700 North Tryon St.
Hal Marshall Building
Charlotte, NC 28202
Office: 704-432-7233
Website: css.charmeck.org

Resources Continued

- Visit the eNOugh campaign website at www.enoughnc.org. This resource and community awareness partnership focuses primarily on the prevention of and response to intimate partner violence in its various forms. It provides information and assistance for survivors, their loved ones, and even abusers who want help changing their behaviors.
- Call the National Domestic Violence Hotline anytime at 1-800-799-7233 (SAFE) or TTY 1-800-787-3224.
- To obtain help for abusers, see www.impactdv.org
- Visit the JKFFC website for an Intimate Partner Violence Tool Kit for high school students.
- Text HOME to 741741 from anywhere in the US, anytime, to talk via text about any type of crisis including domestic violence.
- Check out the Loveisrespect.org website, a resource to empower youth and end dating abuse. Office: 866-331-9474 Text: loveis to 22522

About The Jamie Kimble Foundation For Courage

In early 2013, the Jamie Kimble Foundation for Courage was founded by Jan and Ron Kimble to honor their only child, Jamie. She was tragically killed by her ex-boyfriend on Labor Day 2012. Jamie found the courage to leave the abusive relationship three months earlier. Jan and Ron have dedicated themselves to using Jamie's story to prevent intimate partner violence and to encourage healthy relationships in the lives of everyone, especially of youth and young adults. The Foundation supports organizations and programs that create a future free of intimate partner violence.

Our mission is to create a future without intimate partner violence. To make that possible, we are dedicated to funding initiatives with defined outcomes that prevent intimate partner violence, that provide educational curriculum for youth and young adults, that promote awareness, and that provide credible research for the exploration of innovative methods that stop intimate partner violence.

The Jamie Kimble Foundation for Courage is a
501(c)3 non-profit corporation.

Guide adapted from loveisrespect.org.

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