

Saving Our Sons Daughters

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DEFINITIONS OF DOMESTIC VIOLENCE

PHYSICAL ABUSE: pushing, shoving, slapping, choking, pulling hair, punching, kicking, grabbing, beating, throwing them down, twisting arms, tripping, biting, hitting, using a weapon, restraining, or holding partner down, spitting in face.

EMOTIONAL ABUSE: Putting partner down or making her/him feel bad about self, calling partner names, making her/him think she/he is crazy, playing mind games, manipulation.

SEXUAL ABUSE: Making partner do sexual things against her/his will, physically attacking the sexual parts of their body, treating partner like a sex object, having affairs, rape (including marital rape); refusing to submit to health screening when requested by partner; "sex on demand".

SPIRITUAL ABUSE: Using Scripture to try and control my partner to doing what "I" want her/him to do; making her/him feel guilty or less than equal in faith; refusing to let my partner attend women's/men's events or attend church without me; using the Bible to tell my partner she/he needs to "submit" to me.

ECONOMIC ABUSE: Trying to keep partner from getting or keeping a job; making a scene at her/his place of employment; making partner ask for money, giving partner an allowance, taking her/his money; not allowing partner to participate in major household decisions; making partner put money on my books at jail/prison, or purchase items for my comfort when they are lacking resources at home; insisting on phone calls or visits to jail/prison, regardless of the financial burden to my partner.

VERBAL ABUSE: Name-calling, screaming or yelling at partner; telling her/him that she/he is stupid, putting partner down; humiliating her/him; telling them no one else would ever want them; calling them "too skinny" or "too fat"; calling them degrading names.

COERCION AND THREATS: Using force or threats to get control; threatening to leave her/him, to commit suicide, to report her/him to welfare; trying to get partner to drop criminal charges; threats to harm or kill those close to partner, or family pets; threats to have others harm or kill partner "I'll put a contract out on you"; threats to burn down house.

USING INTIMIDATION: Making my partner afraid by using looks, actions, gestures; smashing or breaking things; destroying her/his property; abusing pets; displaying weapons.

ISOLATION: Controlling what they do, who they see and talk to, where they can go; limiting their outside involvement with other people or activities without me; using jealousy to justify actions; sabotaging the car or interfering with transportation; ripping phone away/off the wall or destroying their cell phone.

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MINIMIZING DENYING AND BLAMING: Making light of the abuse; saying it didn't happen; shifting responsibility for abusive behaviour, saying they caused it; telling my partner "they need counselling" or need to be "committed".

USING CHILDREN/LOVED ONES: Attempting to control her/him by using loved ones— getting sympathy from them; using children to relay messages; using children's visitation to harass her/him; threatening to take custody of the children away; calling her/him a bad mother/father; having family and/or friends "watch" my partner and report back to me.

ABUSING AUTHORITY: Making all the major decisions; acting like you are the king/queen and she/he is your servant; treating your partner like a child, especially in front of your children; "changing the rules"; making trivial demands-bring me a drink, meal, etc.; making partner anticipate my every need, making sure meals are on the "minute"; making partner "be there" when I decide to call- (partner better not have the phone busy or will pay the consequence).

SYSTEM ABUSE: Calling child protective services with false claims to harass my partner; making multiple Court continuances or hearings to "wear them down", countering with a restraining order request even though I am not afraid or in need of the order; calling police to arrest my partner even though I am not injured or concerned of future abuse.

USING MANIPULATION: Giving gifts, attention, apologies after the assault to "manipulate" partner not to leave; manipulating my partner with "I love you, I need you, I can't live without you, you're the only one that understands me"; finally giving my partner what they want, but only to keep them "in line"-not sincere.

CONTROLLING OR STALKING BEHAVIOR: Checking the mileage; listening in on phone calls, tapping the phone; searching belongings (purse, phone records) in order to control them and know what they are doing or where they have been; preventing my partner from sleeping or waking them up whenever I feel like it; using computer software or cellphone applications to track my partner's activities and whereabouts; putting GPS trackers on their vehicle.

I have read and understand these definitions. I understand that I will be held accountable for any threats or acts of domestic violence that I commit consistent with these definitions.

I agree to the goal of eliminating relationship aggression and abuse from my life.

Signature: _____ Date: _____