



DOMESTIC VIOLENCE AWARENESS MONTH

Guide










24/7 CRISIS HOTLINE:

(559) 233-HELP 4357 help@mmcenter.org



Marjaree Mason Center is Fresno County's only provider of comprehensive domestic violence services. We provide:

-  24/7 CRISIS SUPPORT
-  LEGAL ASSISTANCE
-  SAFE HOUSING
-  EDUCATION & TRAINING
-  COUNSELING
-  CHILDREN'S ENRICHMENT
-  LIFE TRANSITION

OUR MISSION

Marjaree Mason Center supports and empowers adults and their children affected by domestic violence, while striving to prevent and end the cycle of abuse through education and advocacy.

CONTACT

Business Center: 559.233.4706
24/7 Hotline: 559.233.HELP (4357)

help@mmcenter.org

Website: mmcenter.org

SOCIAL MEDIA

Facebook, Instagram, LinkedIn,
TikTok, Youtube:

[@marjareemasoncenter](https://www.instagram.com/marjareemasoncenter)

Twitter: [@marjareemason](https://twitter.com/marjareemason)

An Overview of Domestic Violence

Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.

Domestic violence can be physical, sexual, emotional, economic, psychological, or technological actions or threats of actions or other patterns of coercive behavior that influence another person within an intimate partner relationship.

This can include any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or hurt someone.

NATIONAL STATISTICS

Data provided by the National Coalition Against Domestic Violence State-by-State statistics on domestic violence.

1 in 3 women experience domestic violence (stalking, physical, emotional, financial, sexual, etc.)



1 in 4 men experience domestic violence (stalking, physical, emotional, financial, sexual, etc.)



1 in 3 teens experience teen dating violence (stalking, physical, emotional, financial, sexual, etc.)

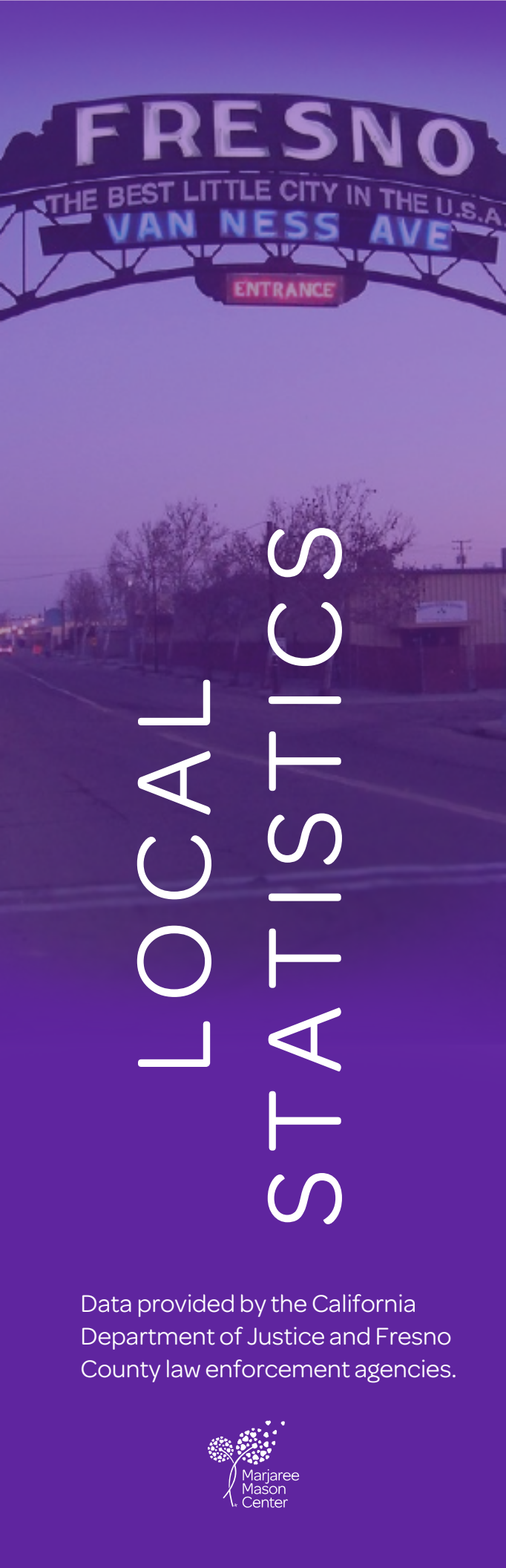


An estimated **3.3 million-10 million** children are exposed to violence against their mothers or female caretakers by family members each year.

Half of adolescent girls whose mothers were abused will be in abusive relationships later on in life.

Young boys who are abused are **three times more likely** to become violent offenders.

Young boys who witnessed DV in the home are **six times more likely** to become violent offenders as adults.



LOCAL STATISTICS

Data provided by the California Department of Justice and Fresno County law enforcement agencies.



Last year, local law enforcement agencies responded to over 11,000 calls reporting abuse; this reflects a 36% increase compared to the previous year.



Of the ten most populated counties in the State of California, Fresno has the highest per capita calls to law enforcement for domestic violence, according to the California Department of Justice.



The next highest county is San Diego with only 534 per capita calls, vs. 1,112 in Fresno County.

Fresno County has experienced **16 homicides** that were directly linked to domestic violence since the beginning of 2021.

28% of all local domestic violence victims over the last six months were under the age of 25.

12% were under the **age of 18** .

Nearly **21%** of all local victims are male.

Only **10%** of local domestic violence cases reported occurred between married spouses... the majority are occurring within dating, or formerly dating, relationships. **25%** were unknown.



WHY WOULD
SOMEONE
HURT
SOMEONE
THEY LOVE?

Domestic violence is a learned behavior. Those who are abusive learn to abuse through observation, experience, and reinforcement.

Abusive individuals come from all economic classes, races, religions, and occupations. The abuser may be a "good provider" and a respected member of his or her church and community.

Typically, abusive individuals deny that the abuse is happening, or they minimize it. They often blame their abusive behavior on someone or something other than themselves.

They may tell their partner, "You made me do this."

WHY WOULD
SOMEONE
STAY
WITH SOMEONE
WHO IS
HURTING THEM?

Many individuals stay with their abusive partner primarily out of fear. Fear that they will lose the person they love, fear that they will lose their children, their financial resources, or the life they've built.

When the first violent act occurs, it is common for the victim to hope and believe that it will never happen again, as their abusive partner pleads and promises to change.

When it does—many individuals believe that if they just act differently, they can stop the abuse. They may be ashamed to admit that the person they love is treating them in a harmful manner.

For many experiencing abuse, the emotional and psychological trauma impacts their ability to understand the severity of their situation.

How to Support Survivors and Raise Awareness

At Home

- Talk to your teens or teenage family members/friends/ students about healthy relationships.
- Make sure your teens know about consent.
- Be a role model for healthy relationships (with your partner, friends, and family).

*Talking to teens about healthy relationships, (not just romantic relationships) can help your teen avoid unhealthy and abusive relationships in the future.

Even if your children are too young to date, you can still model what a healthy relationship looks like.

At School

- If you are a teen in a Fresno County high school, you can apply to join our [kNOw MORE®](#) program to raise awareness and prevent teen dating violence.
- Check if your school district has a policy on intimate partner violence.

At Work

- Review your employee handbook to review your employer's domestic violence policy and provide a refresher meeting and/or send a reminder email.
- Order a window sticker from MMC that includes our hotline and place it at the entrance of your business.



How to Support Survivors and Raise Awareness (continued)...

In Government

- Call your representatives
- Make sure the candidates you vote for will support legislation that protects survivors and funds safety and support programs
- Contact your school board for policies on teen dating violence

In the Media

- Do not refer to MMC as a “women’s shelter” (we provide services to survivors of all genders and sexual orientations)
- Refer to MMC as a domestic violence agency
- Refer to people who experienced DV in the past as survivors – not victims

*In media such as TV and film, domestic violence is typically shown with an abusive male partner and a female victim, but the reality is that domestic violence affects people of all genders and sexual orientations.

Raising awareness can make it easier for victims of all kinds to reach out for help.

On Social Media

- ALWAYS ask if you can tag someone in a photo or post (you never know if the person you are with is being tracked by their current or former dating partner.)



When Someone Asks for Help

- Separate individuals for counseling prior to recommending couples counseling.
- Screen for Red Flags of abuse.
- Provide each person with equal-level counsel.
- Refer them to the Marjaree Mason Center.
- Assist the person in getting medical treatment if needed.
- Allow the person to make their own decisions.
- Listen. She/he needs the affirmation that you hear them and believe them.
- Be patient. The first disclosure may not provide complete details.

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- Never counsel a victim and abuser together.
 - Never go to the scene of an incident in progress.

THINGS TO SAY:

- I hear you.
 - I believe you.
 - You are not alone.
 - I am concerned for your safety.
 - What do you see as the next step?
 - What can I do to help you right now?
 - What do you need?
-

THINGS NOT TO SAY:

- What did you do to cause this?
- It will get better.
- We all have burdens.
- It could be worse.
- You must forgive and take your partner back.
- You're being dramatic
- Just try to tread lightly when they're in that kind of mood.

If there is an immediate threat of violence call 9-1-1!

If the violence occurred in the past, ask the individual if the police have been called, if she/he would like to contact police or file for a protective order. If the person doesn't want to contact the police or obtain a protective order, respect that choice.



HOW TO PARTICIPATE... DOMESTIC VIOLENCE AWARENESS MONTH



October Activities

Get Trained...

Get yourself trained to earn 40-hour DV certification at our next training in order to become an on-site resource person or to volunteer. The course is offered three times per year. Our next session will be held in January. Please reach out to us for details.

To learn more about our education and training opportunities scan this QR code



On Social Media...

- Share the MMC 24/7 hotline phone number and email address.
- Follow us on social media and share what you learned from our posts.
- Wear purple on Purple Thursday, October 19, and tag us in your purple selfies to raise awareness.

In the Community...

- Consider hosting a donation drive for items listed on the MMC Wish List, or partnering during other specialty campaigns throughout the year (Valentine's Day, Easter, Mother's/Father's Day, Back-to-School, Thanksgiving, Christmas).

DAILY ACTIVITIES

You can take action every day to raise awareness and help prevent domestic violence. Need some ideas? Follow along with our DVAM Daily Activity Calendar. [Click here to download our calendar.](#)

DVAM DAILY ACTIVITY CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Download the DVAM Guide & Share this calendar	2 Wear a purple ribbon all month to show your support for ending violence 40 HR Training	3 Subscribe to receive MMC's Newsletter at mmcenter.org Fresno State S.A.F.E. Group	4 Share Emergency Alert System Test Information (2:20 PM) Reedley College Healthy Relationships	5 Talk to someone about what safety planning is Fresno City College Healthy Relationships	6 Last day to order an MMC Wear Purple Shirt Share the MMC Wish List	7 Share ways that DV can affect teenagers in their future relationships
8 Self-Care Day: Do something to take care of yourself and invite someone else to do the same	9 Support MMC all year long - set up a recurring monthly donation of any amount	10 Share a Survivor Story video from the MMC YouTube page Fresno State S.A.F.E. Group	11 Last day to get tickets to Top Ten Event Reedley College Healthy Relationships	12 Parlier Unified Parent Presentation Fresno City College Healthy Relationships	13 Check in with at a teenager in your life and talk to them about healthy relationships	14 Check in with at least 3 women
15 Check in with at least 4 men	16 Pick a new book to read on the subject of DV. Need a suggestion? Crazy Love	17 Remind 4 people to wear purple on Thursday Fresno State S.A.F.E. Group	18 MMC Top Ten Event! Reedley College Healthy Relationships	19 Purple Thursday! Fresno City College Healthy Relationships	20 Organize a moment of silence in honor of victims/survivors Selma Neighborhood Resource Presentation	21 Purchase and donate a Halloween costume for MMC kids
22 Offer words of encouragement on social media for victims to seek help or talk to someone they trust	23 Ask if your employer(s) have a domestic violence policy; if not, encourage them to create one	24 Share the MMC 24/7 hotline number Fresno State S.A.F.E. Group	25 Donate to MMC at mmcenter.org Reedley College Healthy Relationships	26 #Makeup Free For MMC Fresno City College Healthy Relationships	27 Red Flag Friday: Share some warning signs of an unhealthy relationship	28 Research if your child's school has a policy on teen dating violence and write a letter to your principal or school Board
29 Check in with a friend who might be struggling. Offer to bring them a meal.	30 Share information about MMC's new Community Resource Center and Courage Takes Root Campaign	31 Share something new you learned this month about DV Fresno State S.A.F.E. Group				

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WEBSITE:
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NOTE: This calendar ONLY includes activities that are exclusive to Domestic Violence Awareness Month. It does not include our normal supportive services such as our weekly Legal Options Class, S.A.F.E. group, DV Support Group and more. To learn more about these, visit our website or call our 24/7 hotline listed above.

Many victims feel alone, but you can show them that they are not alone and that there are resources to help them.

Daily activities such as check-ins or sharing resources online can make a difference in someone else's life.

QUESTIONS?

If you have questions or comments, feel free to reach out to us at communications@mmcenter.org or DM us on Facebook or Instagram.

