



Domestic Violence Awareness

RESOURCE GUIDE

TABLE OF CONTENTS

ALPHA CHI OMEGA AND DOMESTIC VIOLENCE AWARENESS	3
STAFF SUPPORT AT ALPHA CHI OMEGA	5
ALPHA CHI OMEGA RESOURCES AND DOCUMENTS	6
DOMESTIC VIOLENCE NATIONAL ORGANIZATIONS	7
UNDERSTANDING DOMESTIC VIOLENCE	8
WARNING SIGNS OF ABUSE	9
DOMESTIC VIOLENCE AND THE LAW	10
DOMESTIC VIOLENCE AND COLLEGES AND UNIVERSITIES	11
DOMESTIC VIOLENCE FACTS	12

ALPHA CHI OMEGA AND DOMESTIC VIOLENCE AWARENESS

In support of our national altruism, Alpha Chi Omega members are dedicated to raising awareness and educating others about domestic violence. The 1992 Alpha Chi Omega National Convention marked the adoption of domestic violence awareness, an issue that affects people – and primarily women – all over the world, as our national philanthropy. As champions of change, our leadership around this issue is creating lasting impact in our local communities and the world.

ALPHA CHI OMEGA'S MISSION STATEMENT: DOMESTIC VIOLENCE

Alpha Chi Omega and its members work together to raise domestic violence awareness and provide support and education to help those in their local communities build healthy relationships and fight against unhealthy ones.

EDUCATION

- **Alpha Chi Omega provides resources that help our sisters deal with and support each other through issues of domestic violence.** Domestic violence impacts people of every background, geography and economic status. Because it is a difficult and emotional topic to broach, we provide our members with tools to help support each other if and when an issue arises.
- **As real, strong women dedicated to effecting real change, we are taking on the challenge of this complicated issue.** Domestic violence awareness is our national philanthropy, and we have developed and launched groundbreaking programming and initiatives to support our advocacy efforts.
- **In addition to education and programming, we lead and participate in public awareness campaigns to prevent sexual assault, promote healthy relationships and raise domestic violence awareness.** These include: Healthy Relationships Week, Sexual Assault Awareness Month and Domestic Violence Awareness Month.

SUPPORT

Just as we are stronger with our sisters, we are stronger when we work with like-minded partners. We seek out partnerships that help us to further the impact of our work across our campuses, our communities and our world.

LOCAL IMPACT

Our members remain committed to issues that affect women and remain dedicated to advocating for domestic violence awareness as alumnae. The contributions of our collegiate and alumnae members — whether through their time, talent or treasure —

and their collective impact are invaluable to furthering our cause and making the world a better place.

ALPHA CHI OMEGA CATEGORIZES DOMESTIC VIOLENCE IN FOUR AREAS

1. **Intimate partner violence** describes physical, sexual or psychological harm by a current or former partner or spouse. This type of violence can occur among couples of any sexual orientation and does not require sexual intimacy.
2. **Dating violence** is defined as the physical, sexual or psychological/emotional violence within a dating relationship, as well as stalking. It can occur in person or electronically and may occur between a current or former dating partner.
3. **Sexual assault** can be verbal, visual or anything that forces a person to join in unwanted sexual contact or attention. It includes:
 - Inappropriate touching
 - Vaginal, anal or oral penetration
 - Sexual intercourse that one person says no to
 - Rape
 - Attempted rape
 - Child molestation
4. **Hazing** is any action or situation, with or without consent of the participants, which recklessly, intentionally or unintentionally endangers the mental, physical or academic health or safety of a member.

STAFF SUPPORT AT ALPHA CHI OMEGA

Alpha Chi Omega headquarters is able to serve as a great resource as you begin planning events, education and activities surrounding domestic violence awareness.

EDUCATION AND LEADERSHIP INITIATIVES (ELI) DEPARTMENT

Questions? Contact eli@alphachiomega.org or call 317-579-5050.

ELI is equipped with a number of resources that will help you make domestic violence awareness a significant part of your chapter's activities.

ELI is a great resource for all things related to hosting a program. With fliers, handouts and fully developed programs on file, the department is sure to find something that will help you make your next event a success. In addition, if you have your own idea for a program and would like help taking it from a thought to a successful event, ELI is happy to be a part of the planning process.

ALPHA CHI OMEGA FOUNDATION

Questions? Contact foundation@alphachiomega.org or call 317-579-5050.

The Alpha Chi Omega Foundation supports domestic violence awareness initiatives administered nationally such as Let's Talk Love and Healthy Relationships Week through grants provided to the Fraternity. In addition, the Foundation assists chapters in fundraising for local initiatives on your campus and in your community.

The [Community Impact \(CI\) program](#) (formerly known as Local Philanthropic Initiatives, or LPI) provides Alpha Chi Omega collegiate and alumnae chapters the opportunity to support local nonprofits, including local domestic violence awareness agencies, while also supporting the Alpha Chi Omega Foundation. Benefits of participating in the CI program include:

- Ability to accept tax-deductible donations (donations to the chapter are not tax-deductible)
- Ability to use the Foundation's online fundraising platform to promote your event, sell tickets and accept credit card donations at no cost to you
- Chapter receives Alpha Chi Omega Foundation recognition for the total amount raised

ALPHA CHI OMEGA RESOURCES AND DOCUMENTS

[RESPOND AND SUPPORT A SURVIVOR](#)

[IDEAS FOR PHILANTHROPY EVENTS AND PROGRAMMING](#)

[INCORPORATING EDUCATION INTO PHILANTHROPY EVENTS: DOMESTIC VIOLENCE](#)

[INCORPORATING EDUCATION INTO PHILANTHROPY EVENTS: SEXUAL ASSAULT](#)

[INTENTIONAL PHILANTHROPY](#)

[PHILANTHROPY RISK MANAGEMENT GUIDELINES](#)

[COMMUNITY IMPACT PROGRAM](#)

[EXAMPLE DONOR FORM](#)

[EXAMPLE EVENT SOLICITATION](#)

[EXAMPLE SPONSORSHIP PACKET](#)

[EVENT PLANNING GUIDE](#)

[PROGRAMS WITH PURPOSE](#)

The following are the Programs with Purpose specifically for philanthropy and service.

- Alpha Chi Omega in the Community
- Communicating Effectively in Relationships
- Communication is Key
- Decoding Digital Abuse
- Domestic Violence and Oppression
- Evaluating Relationships
- Ingredients for a Healthy Relationship
- It's Never as Easy as "Just Leave"
- Let's Get Clear on Consent
- Love Labyrinth
- Resolving Conflict in Relationships
- Stepping In: Unhealthy Relationships
- Talking about Domestic Violence Awareness
- The Relationship Spectrum

DOMESTIC VIOLENCE NATIONAL ORGANIZATIONS

The following organizations are a great starting point to learn more about domestic violence awareness and how you and your chapter can get involved in the movement. These are also good places to start when seeking out relevant information and materials to build programs within your own chapter.

[NATIONAL DOMESTIC VIOLENCE HOTLINE](#)

Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline (NDVH) provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers to the hotline at 800-799-SAFE (7233) can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information, educational services and referral services in more than 200 languages. On its website, you can find information about domestic violence, online instructional materials, safety planning, local resources and more.

[LOVEISRESPECT](#)

Highly trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. The organization also provides information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365. Text LOVEIS to 22522.

[ONE LOVE FOUNDATION](#)

One of Alpha Chi Omega's national partnerships, One Love educates young people about healthy and unhealthy relationships, empowering them to identify and avoid abuse and learn how to love better. Learn more about One Love's work and how you can get involved. Its website is full of workshops, films and other ready-to-use education tools!

[RAINN \(RAPE, ABUSE & INCEST NATIONAL NETWORK\)](#)

One of Alpha Chi Omega's national partnerships, RAINN made Alpha Chi Omega its first national sorority partner. RAINN is the nation's largest anti-sexual violence organization and hosts the sexual assault hotline. Its website is full of statistics and useful resources for your chapter to utilize.

[NATIONAL COALITION AGAINST DOMESTIC VIOLENCE](#)

The NCADV site provides contact information for the Coalition Against Domestic Violence in each state. Use these resources to find more information about local organizations that your chapter might partner with.

UNDERSTANDING DOMESTIC VIOLENCE

Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Domestic violence does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim – or perpetrator – of domestic violence. It can happen to people who are married, living together or dating. It affects people of all socioeconomic backgrounds and education levels.

Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and/or economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship (Source: NDVH).

POWER AND CONTROL WHEEL

The power and control wheel is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors used by abusers to establish and maintain control over their partners both within and following a relationship. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified yet firmly establish a pattern of intimidation and control in the relationship.



As shown in the wheel, abuse is cyclical. There are periods of time when things may be calmer, but those times are followed by a buildup of tension and abuse, which usually results in the abuser peaking with intensified abuse. The cycle then often starts to repeat, commonly becoming more and more intense as time goes on. Each relationship is different, and not every relationship follows the exact pattern. Regardless, abusers purposefully use numerous tactics of abuse to instill fear in their victims and maintain control over them (Source: NCADV).

WARNING SIGNS OF ABUSE

It's not always easy to tell at the beginning of a relationship if it will become abusive.

Possessive and controlling behaviors don't always appear overnight but rather emerge and intensify as the relationship grows. Domestic violence doesn't look the same in every relationship because every relationship is different. But one thing most abusive relationships have in common is that the abusive partner does many things to have more power and control over their partner.

SOME OF THE SIGNS OF AN ABUSIVE RELATIONSHIP INCLUDE A PARTNER WHO

- Tells you that you can never do anything right
- Shows extreme jealousy of your friends and time spent away
- Keeps you or discourages you from seeing friends or family members
- Insults, demeans or shames you with put-downs
- Controls every penny spent in the household
- Takes your money or refuses to give you money for necessary expenses
- Looks at you or acts in ways that scare you
- Controls who you see, where you go or what you do
- Prevents you from making your own decisions
- Tells you that you are a bad parent or threatens to harm or take away your children
- Prevents you from working or attending school
- Destroys your property or threatens to hurt or kill your pets
- Intimidates you with guns, knives or other weapons
- Pressures you to have sex when you don't want to or do things sexually you're not comfortable with
- Pressures you to use drugs or alcohol
- Threatens to reveal your sexual orientation/gender identity
- Ridicules your gender or sexual identity

Remember, no one deserves to experience abuse of any kind, for any reason. If you have concerns about what's happening in your relationship, [contact the National Domestic Violence Hotline](#).

DOMESTIC VIOLENCE AND THE LAW

Domestic violence is an issue that spans the nation; many legislators work to bring awareness to the strong effects it has on individuals. Many laws exist to protect individuals against violent relationships and crimes, and many government entities and individuals fight daily for more visibility of the issue.

THE OFFICE ON VIOLENCE AGAINST WOMEN (OVW)

The Office on Violence Against Women (OVW) provides federal leadership in developing the national capacity to reduce violence against women and administer justice for and strengthen services to victims of domestic violence, dating violence, sexual assault and stalking.

THE VIOLENCE AGAINST WOMEN ACT (VAWA)

The Violence Against Women Act (VAWA) is a landmark piece of legislation that sought to improve criminal justice and community-based responses to domestic violence, dating violence, sexual assault and stalking in the United States.

The passage of VAWA in 1994 and its reauthorization in 2000, 2005 and 2013 have changed the landscape for victims who once suffered in silence. Victims of domestic violence, dating violence, sexual assault and stalking have been able to access services, and a new generation of families and justice system professionals has come to understand that domestic violence, dating violence, sexual assault and stalking are crimes that our society will not tolerate.

THE FAMILY VIOLENCE PREVENTION AND SERVICES ACT (FVPSA)

First passed by Congress in 1984, the Family Violence Prevention and Services Act (FVPSA) is the primary federal funding stream dedicated to the support of emergency shelter and related assistance for victims of domestic violence and their children. It is administered by the Family Violence Prevention and Services Program, a program of the Family and Youth Services Bureau (FYSB) in the U.S. Department of Health and Human Services.

Along with the Violence Against Women Act (VAWA) and the Victims of Crime Act (VOCA), FVPSA is one of the key pillars in the federal response to domestic violence in the United States.

DOMESTIC VIOLENCE AND COLLEGES AND UNIVERSITIES

[The Dear Colleague Letter](#) was issued in October 2010 by the [U.S. Department of Education's Office of Civil Rights](#) (OCR) to remind colleges and universities that they are obligated to respond to bullying and harassment through strict policies, as this misconduct may also inhibit the victim's civil rights. Furthermore, this letter clarifies the relationship between bullying and discriminatory harassment.

The Dear Colleague Letter affects students on campuses everywhere because these violent acts, including sexual harassment, stalking and other forms of relationship violence that occur between college students, are addressed. It reinforces Title VI of the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color or national origin; Title IX of the Education Amendments of 1972, which prohibits discrimination on the basis of sex; and Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act of 1990, which prohibit discrimination on the basis of disability.

Announced on May 6, 2020 and in effect on August 14, 2020, the OCR issued updates to the [Title IX Rule](#). A [Questions and Answers document](#) derived from email questions regarding the Department's Final Title IX Rule was posted on September 4 for public review.

ADDITIONAL RESOURCES ABOUT DOMESTIC VIOLENCE LAWS

[Womenslaw.org](#) provides a database of information about federal and state laws regarding women and relationship violence, as well as resources for women who need additional legal help in such situations. Visit this site to learn how your state protects its citizens in cases of domestic violence.

[Victimlaw.com](#) is a website designed to inform on the rights of victims of crime, as well as to suggest additional resources for victims.

DOMESTIC VIOLENCE FACTS

GENERAL

- On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States — that's more than 12 million women and men over the course of a year.
- One in four women (24.3%) and one in seven men (13.8%) aged 18 and older in the United States have been the victim of severe physical violence by an intimate partner in their lifetime.
- More than one in three women (35.6%) and more than one in four men (28.5%) in the United States have experienced rape, physical violence and/or stalking by an intimate partner in their lifetime.
- Nearly half of all women and men in the United States have experienced psychological aggression by an intimate partner in their lifetime (48.4% and 48.8%, respectively).
- Females ages 18 to 34 generally experienced the highest rates of intimate partner violence.

SEXUAL VIOLENCE

- Nearly one in five women (18.3%) and one in 71 men (1.4%) have been raped in their lifetime (by any perpetrator).
- 81% of women who experienced rape, stalking or physical violence by an intimate partner reported significant short- or long-term impacts such as post-traumatic stress disorder symptoms and injury. 35% of men report such impacts of their experiences.
- More than half (51.1%) of female victims of rape reported being raped by an intimate partner and 40.8% by an acquaintance. For male victims, more than half (52.4%) reported being raped by an acquaintance, and 15.1% by a stranger.

STALKING

- One in six women (16.2%) and one in 19 men (5.2%) in the United States have experienced stalking victimization at some point during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed or killed (by any perpetrator).
- Two-thirds (66.2%) of female victims of stalking were stalked by a current or former intimate partner.
- Men were primarily stalked by an intimate partner or acquaintance (41.4% and 40%, respectively).

- Repeatedly receiving unwanted telephone calls, voice messages or text messages was the most commonly experienced stalking tactic for both female and male victims of stalking (78.8% and 75.9%, respectively).

CHILDREN

- A child witnessed violence in nearly one in four (22%) intimate partner violence cases filed in state courts.
- 30% to 60% of perpetrators of intimate partner violence also abuse children in the household.
- One study in North America found that children who were exposed to violence in the home were 15 times more likely to be physically and/or sexually assaulted than the national average.

TEENS AND YOUNG ADULTS

- About one in five women and nearly one in seven men who ever experienced rape, physical violence, and/or stalking by an intimate partner first experienced some form of partner violence between 11 and 17 years of age.
- One in 10 high school students have experienced physical violence from a dating partner in the past year.
- 43% of dating college women report experiencing violent and abusive dating behaviors including physical, sexual, tech, verbal or controlling abuse.
- Nearly one in three (29%) college women say they have been in an abusive dating relationship.
- 58% of college students say they don't know what to do to help someone who is a victim of dating abuse.
- 38% of college students say they don't know how to get help for themselves if they were a victim of dating abuse.
- One in three (36%) dating college students have given a dating partner their computer, email or social network passwords, and these students are more likely to experience digital dating abuse.
- One in five college women have been verbally abused by a dating partner.
- One in six (16%) college women have been sexually abused in a dating relationship.
- One in four dating teens is abused or harassed online or through texts by their partners.

Find this information and more at thehotline.org