

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

KNOW THE WARNING SIGNS OF ABUSIVE BEHAVIOR

October is Domestic Violence Awareness month. It was created in 1987 to connect and unify individuals and organizations that work on domestic violence issues. It serves to mourn those lost to intimate partner abuse and celebrate survivors of abuse. It is also a time to bring awareness to this societal problem and advocacy of ending this behavior in relationships.

The Los Angeles County Probation Department has a new email for victim assistance questions or concerns regarding probation client matters for staff and victims.

The email address is : Prob-VictimsAssistance@probation.lacounty.gov

Probation News

For anonymous, confidential assistance 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY)

Peer support is available for Probation employees :

PROB-PeerSupport@probation.lacounty.gov

VictimsAssistance@probation.lacounty.gov



In Support of DV Awareness Month in October, keep in mind:

There is no one distinctive personality of an individual who chooses to use violence in a relationship. However, there are common characteristics that are displayed:

- Often denies the existence or minimizes the seriousness of the violence, its effect on the victim and other family members.
- Objectifies the victim and often sees them as their property or sexual objects.
- Has low self-esteem and feels powerless and ineffective. He or she may appear successful, but internally, they feel inadequate.
- Externalizes the causes of their behavior, blaming use of violence on circumstances such as stress, their partner's behavior, a "bad day," alcohol, drugs, or other factors.
- The individual may be pleasant and charming between periods of violence and is often seen as a "nice person" to others outside the relationship.



Red flags and warning signs of an abusive behaviors include but are not limited to:

- Extreme jealousy
- Possessiveness
- Unpredictability
- A bad temper
- Cruelty to animals
- Verbal abuse
- Extremely controlling behavior
- Antiquated beliefs about roles of women and men in relationships
- Forced sex or disregard of their partner's unwillingness to have sex
- Sabotage of birth control methods or refusal to honor agreed upon methods
- Blaming the victim for anything bad that happens
- Sabotage or obstruction of the victim's ability to work or attend school
- Controls all the finances
- Abuse of other family members, children or pets
- Accusations of the victim flirting with others or having an affair
- Control of what the victim wears and how they act
- Demeaning the victim either privately or publicly
- Embarrassment or humiliation of the victim in front of others
- Harassment of the victim at work