



Help end violence by

# Starting Within

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CALIFORNIA BLACK WOMEN'S  
HEALTH PROJECT



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◆ ANTI-VIOLENCE VENTURES ◆

DOMESTIC | FAMILY | COMMUNITY  
DV | FV | CV  
BLACK MEN & BOYS TAKE A LEAD

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*Standing against violence is standing for freedom*

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# About California Black Women's Health Project (CABWHP)

California Black Women's Health Project is the only statewide, non-profit organization that is solely committed to improving the health of California's 1.2 million Black women and girls through advocacy, education, outreach and policy. CABWHP seeks to empower women and girls to become active participants in improving their health status.

## About Anti-Violence Ventures (AVV)

Anti-Violence Venture (AVV) "Black Men & Boys take a Lead" is an innovative anti-violence social intervention model that focuses on the intrinsic links between three types of violence that are prevalent among Black couples, families and in Black neighborhoods – domestic, family and community violence. Through AVV, Black men and boys help determine beneficial solutions and needed changes by collaborating, engaging and talking about violence prevention.

## About *Starting Within*

Black communities and families in the United States are disproportionately affected by violence.<sup>1</sup> To continue to address this disparity and mobilize for this community's freedom, safety and health, CABWHP and AVV, with funding from the Blue Shield of California Foundation, have joined together to create *Starting Within*. *Starting Within* adopts an intersectional approach and seeks to foster understanding and awareness that can lead to a reduction in domestic violence and more efficient connection to wellness, resource and recovery services for Black adults, children, families and communities afflicted by violence. To support the anti-violence work, CABWHP and AVV encourage individuals, families and communities to start within.

# Violence and abuse can occur in different forms, including:

- Physical violence
- Sexual violence
- Sexual coercion
- Digital abuse
- Financial abuse
- Cultural violence
- Reproductive coercion
- Emotional or verbal abuse
- Psychological violence
- Spiritual violence
- Neglect
- Stalking

To learn the definitions of these forms of violence and abuse see pages 5 & 6

To learn abuse warning signs see page 7

To learn about recovery and healing resources available see pages 9 & 10

**"Abuse and neglect negate love.  
Care and affirmation, the opposite of abuse  
and humiliation, are the foundation of love.  
No one can rightfully claim to be loving when  
behaving abusively."**

**- bell hooks**



**Starting Within**



# DEFINING FORMS OF VIOLENCE AND ABUSE<sup>2,3</sup>

## PHYSICAL VIOLENCE

Physical violence occurs when someone uses any part of their body or an object to harm or control another person or animal.

Examples: pulling; punching; slapping; kicking; biting; choking; forced drug or alcohol consumption

## SEXUAL VIOLENCE

Sexual violence occurs when someone is forced to engage in any sexual activity without their consent.

## SEXUAL COERCION

Sexual coercion occurs when someone is pressured, threatened, mislead or forced, without physical violence, to engage in any sexual activity.

Examples: being pressured to change your mind after saying no; being told something good will happen if you consent or something bad will happen if you do not consent

## DIGITAL ABUSE

Digital abuse occurs when someone uses technology to bully, harass, stalk or intimidate another person.

Examples: calling; texting; messaging or engaging on social media

## FINANCIAL ABUSE

Financial or economic abuse occurs when someone uses their power or dominance to control another person's finances.

Examples: controlling a person's bank account, ability to work or invest money; taking someone's money or checks without consent; knowingly having the responsibility and ability to provide financial care, support or assistance for an individual or family but refusing to do so

## REPRODUCTIVE COERCION

Reproductive coercion occurs when one partner strips another of the ability to control their own reproductive system.

Examples: controlling and/or lying about birth control or condom use; forcing a partner to carry out pregnancies or abortions; preventing a partner from receiving medical or reproductive services

# DEFINING FORMS OF VIOLENCE AND ABUSE <sup>3, 4, 5</sup>

## EMOTIONAL OR VERBAL ABUSE

Emotional or verbal abuse occurs when someone says or does something to manipulate, intimidate or maintain power and control over someone.

## PSYCHOLOGICAL VIOLENCE

Psychological violence occurs when someone uses threats and/or intentionally causes someone to be fearful or scared to gain power or control.

## SPIRITUAL VIOLENCE

Spiritual (or religious) violence occurs when someone uses a person's spiritual beliefs or practices to manipulate, dominate or control them.

## NEGLECT

Neglect occurs when someone knowingly has the responsibility and ability to provide care, support or assistance for an individual but does not.

## STALKING

Stalking occurs when someone is being followed, harassed and/or watched repeatedly.

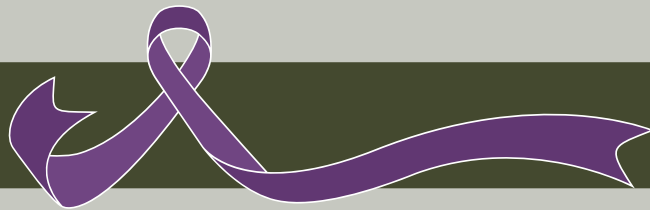
**THERE IS  
HELP, HOPE  
& HEALING**

**To learn about recovery and healing  
resources available see pages 9 & 10**

# Warning signs of abuse<sup>12</sup>

Know the signs, change a life.

- When a person is frequently being told they are a failure, useless or always wrong
- When someone spends time with family or friends and their partner exhibits or expresses extreme jealousy
- When someone is encouraging or causing an individual to isolate themselves from family, friends or peers
- When a person is insulting, demeaning or shaming another, especially when other people are present
- When someone is controlling of how another person carries out their daily tasks or routines



- When someone is pressured to engage in activities they are not comfortable with (i.e. sexual activities or drug or alcohol use)
- When someone is threatened, verbally or nonverbally
- When someone uses weapons to intimidate another person
- When someone destroys or takes another person's belongings without consent
- When someone controls the finances of a household or another person without discussion or consent
- When someone is punished (i.e. being ridiculed or given the silent treatment) after displeasing another person



**I am so much more  
than you told me I was.**

**I deserve so much  
better than the pain  
you gave me.**

**Starting Within**



# There is help, healing and hope.

## Online Resources

**Domestic Violence Hotline**

[www.thehotline.org](http://www.thehotline.org)

800.799.SAFE (7233)

**Faith Trust Inc. (Faith and domestic and sexual violence)**

[faithtrustinstitute.org](http://faithtrustinstitute.org)

**National Center for Victims of Crime**

[victimsofcrime.org](http://victimsofcrime.org)

**National Organization for Victim Assistance**

(800) TRY-NOVA

[trynova.org](http://trynova.org)

**National Organization of Sisters of Color Ending Sexual Assault**

[sisterslead.org](http://sisterslead.org)

**Rape, Abuse, Incest National Network (RAINN)**

[www.RAINN.org](http://www.RAINN.org)

800.656.HOPE

**SNAP - Survivors Network of those Abused by Priests**

[snapnetwork.org](http://snapnetwork.org)

**Suicide & Crisis Lline**

Call or Text 988

Online Chat: [988lifeline.org](http://988lifeline.org)

**Therapy for Black Girls**

[therapyforblackgirls.com](http://therapyforblackgirls.com)

**Therapy for Black Men**

[therapyforblackmen.org](http://therapyforblackmen.org)

## California-based Resources

Anti-Violence Ventures

[antiviolenceventures.org](http://antiviolenceventures.org)

California Coalition Against Sexual Assault (CALCASA)

[calcasa.org](http://calcasa.org)

California Youth Crisis Line

[calyouth.org](http://calyouth.org)

800.843.5200

Child Abuse Reporting - Los Angeles County

800.540.4000

Jenesse Center Inc.

[jenesse.org](http://jenesse.org)

800.479.7328

Riverside Area Rape Crisis Center

[rarcc.org](http://rarcc.org)

24/7 Hotline & Advocacy: 951.686.7273

Sexual Assault Crisis Agency, Long Beach

562.989.5900

Sisters Mentally Mobilized

[cabwhp.org/sisters-mentally-mobilized](http://cabwhp.org/sisters-mentally-mobilized)

STOP Violence Program (Los Angeles LGBT Center)

[STOPviolence@lalgbtcenter.org](mailto:STOPviolence@lalgbtcenter.org)

Warmline: 323.860.5806

# The Violence Pandemic

Violence is a pandemic and a public health crisis.

**pandemic** | noun |

an epidemic occurring worldwide, or over a very wide area, crossing international boundaries and usually affecting a large number of people <sup>6</sup>

**public health crisis** | noun |

something that impedes individuals and communities from being healthy <sup>7</sup>

**As a result of the domestic violence crisis being neglected systematically, Black children, adults, families and communities are suffering, greatly and disproportionately.**

## The Facts:

Young Black Americans (ages 15 to 34) experience the highest rates of gun homicides across all demographics. <sup>8</sup>

More than 40% of Black women will experience physical violence from an intimate partner. This is the highest rate across all other ethnic/racial groups of women in the United States. <sup>9</sup>

Black adults and adolescents previously subjected to violence or abuse have a heightened risk of criminalization. <sup>9</sup>

Black women have the highest age-adjusted death rate from homicide <sup>10</sup> and are twice as likely as white women to be fatally shot by an intimate partner. <sup>8</sup>

Black Americans are three times more likely than white Americans to be fatally shot by a person of authority. <sup>8</sup>

# Violence & The COVID-19 Pandemic

The "shadow pandemic" (the highest recorded instances of domestic violence) emerged as the world worked to navigate the COVID-19 pandemic.<sup>11</sup>

Quarantines, stay-at-home orders and lockdowns have all been used to support public health and safety during the COVID-19 pandemic. However, these same practices, mandates and efforts have resulted in a drastic increase of women and girls who are harmed or abused, particularly while at home.<sup>11</sup>

## The Facts:<sup>11</sup>

### Since the pandemic:

- 45% of women reported that they or another woman they know have been harmed or abused.  
-----
- 40% of women reported feeling greater fear or discomfort while in public and 50% reported feeling unsafe when walking alone at night.  
-----
- More than 50% of women reported feeling less safe at home and 25% said that conflicts in their household increased.  
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- 6 in 10 women reported that being harassed sexually while in public has increased.  
-----
- 70% of women reported that verbal or physical violence and abuse by a partner has become more frequent.  
-----
- Women aged 18-49 years and women with children have been the most vulnerable groups to experience violence or abuse.

# Breaking the cycle

"Abuse is a learned behavior. Some people witness it in their own families growing up; others learn it slowly from friends, popular culture or structural inequities throughout our society. No matter where they develop such behaviors, those who commit abusive acts make a choice in doing so – they also could choose not to." <sup>13</sup>

## Breaking the cycle tips for adults

- Talk to a trusted health care provider, peer, family member or friend about abuse and concerns
- Utilize mental health, medical and domestic violence support services
- Remember that everyone deserves to have violence-free, abuse-free, healthy and loving relationships—no matter what



## Tips for supporting children & adolescents

- Ensure children and adolescents who were exposed to violence or abuse receive mental health, medical and/or domestic violence support services
- Engage in conversations with children and adolescents about how healthy and loving relationships should look and feel



**"Revenge and retaliation  
always perpetuate the cycle  
of anger, fear and violence."**

**- Coretta Scott King**



**Break the cycle by starting within.**



Starting  Within

**We repeat what we don't repair.**  
**We repeat what we don't repair.**  
**We repeat what we don't repair.**  
**We repeat what we don't repair.**

# Mobilizing and engaging community

Holding space for engaged and informational discussions about the importance of supporting anti-violence efforts is an effective way to help reduce the devastating rates of violence within the Black community.

## **Tips to use when supporting these efforts:**

- Start with your own community, family or group of peers
- Research violence and abuse topics and statistics before holding conversations
- Compile a list of mental health, medical and healing/recovery resources to share with others

**Policies and systematic changes are necessary to support long-term and sustainable reductions in violence and to ensure medical and recovery services are accessible and effective.**

## **Tips to use when supporting these efforts:**

- Contact your local (city, county and state) policymakers and legislators to request more be done to address the violence pandemic
- Stay knowledgeable about initiatives and policies that will support or impede violence reduction

# My Wellness Worksheet

One thing that I can do to show myself love this week is:

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One quote, song lyric, phrase or saying that reminds me that I deserve to be happy and healthy is:

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If I feel down or discouraged this week, one thing that I can do to help myself recover is:

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Starting  Within

# The Happiness & Wellness Challenge

**You deserve to be happy and healthy.**

**Describe what being happy and healthy looks like to you.**

**What resources can you use to help you improve or maintain your happiness and health?**

[illegible]

I deserve to thrive.

I deserve to thrive.

I deserve to thrive.

I deserve to thrive.

I deserve to thrive.

I deserve to thrive.

I deserve to thrive.

**I will start within.**



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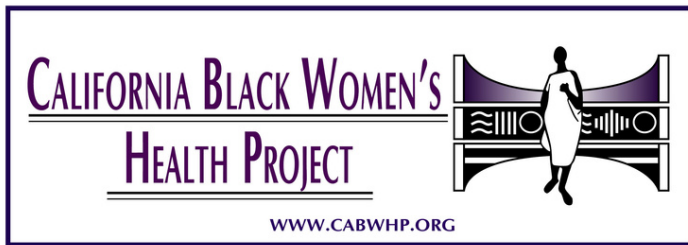
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## ◆ ANTI-VIOLENCE VENTURES ◆

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[bit.ly/cabwhp-yt](https://bit.ly/cabwhp-yt)

## Connect with AVV online!



[antiviolenceventures.org](http://antiviolenceventures.org)



[bit.ly/avv--fb](https://bit.ly/avv--fb)



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