This October we also were at area farmers markets, where we requested art inspired by our DVAM theme of Love in Our Community. At the Fremont, U District, and Shoreline markets, we tabled with a variety of fun art supplies and blank postcards for people to draw on (like the postcards shown here). Follow us on our Instagram and Facebook pages to see the submissions we’ve received displayed for the rest of the year!

Domestic Violence and its many forms

October is Domestic Violence Awareness and Action Month and our theme this year was Love in Our Community. We recognize that systems of power, privilege, and violence create the environment for gender-based violence to thrive. But love in all of its many forms – care, service, activism, education, outreach, and much more – can counteract and dismantle these systems.

As you know, abuse is too often imagined as a man physically assaulting his female partner. Bruises, black eyes, and the fear of more physical harm...this is what comes to mind when people hear “domestic violence.” But, we know there are so many different ways perpetrators of all genders exert power and control over a survivor. It’s domestic violence when an abuser:

- Calls the cops on their partner because she doesn’t have secure immigration status,
- Threatens to tell their boyfriend’s family he’s gay knowing that will destroy his relationships with them,
- Denies their husband access to his mobility devices, leaving him completely dependent and unable to meet his own needs, or
- Insists on being the only one with access to money because “he’s a man so he’s better with finances.”

Because our culture doesn’t talk as much as we should about different types of domestic violence, it’s easy to be confused about what abuse exactly is.

Inside you’ll learn about the different ways power and control are used to perpetuate abuse, and the ways we’re counteracting that power and control with knowledge and love with you by our side.
Understanding Domestic Violence Dynamics through The Power and Control Wheel

The Domestic Violence Power and Control Wheel was developed by survivors to outline their shared experiences in abusive relationships to help others identify abusive behaviors. Though the wheel does not include every behavior used by abusers to gain power and control, it is inclusive of many survivors’ experiences.

We share this wheel—and a few example stories—to show the complicated dynamics of domestic violence and how New Beginnings can help.

**USING PRIVILEGE**
A survivor’s husband threatens to leave them and take custody of their three children. He controls the money, so she worries that he might hire a lawyer and make this a reality, keeping her in the relationship for longer. After working with a legal advocate at New Beginnings, this survivor could determine their legal rights as a parent and feel empowered to leave their marriage.

**EMOTIONAL AND VERBAL ABUSE**
A survivor and his boyfriend never have physical fights, but when they do argue, his boyfriend stands over him when he’s angry, throws things around their house, or hits the wall near where the survivor is standing. The boyfriend never hurts the survivor’s dog, but he also talks about different ways the dog could get hurt and die. By having a safe place to live away from his boyfriend and a survivor advocate to help, the survivor (and his dog) could live more peacefully and figure out their next steps.

**USING INTIMIDATION**
A survivor doesn’t think they’re being abused, because their partner never hits them. She does yell at her though, and constantly demeans the survivor’s abilities to do anything “right.” The abuser almost never uses her partner’s name, and calls her “stupid” regularly. By talking with a survivor advocate and seeing the power and control wheel, this survivor could recognize that her partner is abusive and that her relationships don’t have to look this way.

**MINIMIZING, DENYING, BLAMING**
Anytime a survivor talks to her partner about his behavior, he says he doesn’t know what she’s talking about. He says she’s too sensitive, or that it was her fault. Whether she wasn’t being supportive enough, she was talking too much, or she wasn’t talking enough, she could never do anything “right.” If she attended a New Beginnings’ support group, she could hear the experiences of other survivors and recognize that her partner’s behavior is a tactic of abuse and unacceptable for a healthy relationship.

Your investment has allowed countless survivors to access services and programs they need to regain control of their lives!
This October we also were at area farmers markets, where we requested art inspired by our DVAM theme of Love in Our Community. At the Fremont, U District, and Shoreline markets, we tabled with a variety of fun art supplies and blank postcards for people to draw on (like the postcards shown here). Follow us on our Instagram and Facebook pages to see the submissions we’ve received displayed for the rest of the year!

Love in Our Community Art Series

This October we also were at area farmers markets, where we requested art inspired by our DVAM theme of Love in Our Community. At the Fremont, U District, and Shoreline markets, we tabled with a variety of fun art supplies and blank postcards for people to draw on (like the postcards shown here). Follow us on our Instagram and Facebook pages to see the submissions we’ve received displayed for the rest of the year!

Domestic Violence and its many forms

October is Domestic Violence Awareness and Action Month and our theme this year was Love in Our Community. We recognize that systems of power, privilege, and violence create the environment for gender-based violence to thrive. But love in all of its many forms – care, service, activism, education, outreach, and much more – can counteract and dismantle these systems.

As you know, abuse is too often imagined as a man physically assaulting his female partner. Bruises, black eyes, and the fear of more physical harm...this is what comes to mind when people hear “domestic violence.” But, we know there are so many different ways perpetrators of all genders exert power and control over a survivor. It’s domestic violence when an abuser:

- Calls the cops on their partner because she doesn’t have secure immigration status,
- Threatens to tell their boyfriend’s family he’s gay knowing that will destroy his relationships with them,
- Denies their husband access to his mobility devices, leaving him completely dependent and unable to meet his own needs, or
- Insists on being the only one with access to money because “he’s a man so he’s better with finances.”

Because our culture doesn’t talk as much as we should about different types of domestic violence, it’s easy to be confused about what abuse exactly is. Inside you’ll learn about the different ways power and control are used to perpetuate abuse, and the ways we’re counteracting that power and control with love with you by our side.

Giving Tuesday is November 30, 2021.

November 30th is Giving Tuesday, a movement for generosity facilitated by people and organizations to transform their communities. As you know, we all continue to be deeply impacted by COVID-19, including survivors of domestic violence. Participants at New Beginnings rely on the services and stability we provide.

Our direct service staff provides resources and counsel when healing is not a linear path and so much in the outside world is up in the air. New Beginnings is only able to provide these essential services in partnership with community members like you, so please mark your calendars for this special day!

Due to the sensitive nature of this material, all names and identifying details have been changed to protect the confidentiality of survivors; these blended stories represent the challenges and successes of many survivors who have used our programs. In addition, stock photography is used in most cases to further protect the ongoing safety of our current and past participants.