



How You Can Support Survivors of Domestic Violence During COVID-19

nocovidabuse.org

**First, let's thank our essential workers!
We are in this together!**

LOOK FOR THE HELPERS



"When I was a young boy and would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people that are willing to help.' - Fred Rogers



C. FAHEY 2020
Crucial designs

Look for the Helpers retrieved from <https://www.liherald.com/wantagh/stories/baldwin-teacher-thanks-essential-workers-with-illustration,123502>

HAWC: Who We Are

The Houston Area Women's Center works to end domestic and sexual violence and supports all in building safe and healthy lives through advocacy, counseling, education, shelter and support services.

Our services are free, confidential and available to everyone.



Help is available during
COVID-19



HAWC support is still a phone call away

24/7/365 HOTLINES
713-528-2121 | 713-528-7273

Virtual Services:

- **Support and safety planning**
- **Counseling intakes and appointments**
- **Hospital accompaniment**
- **Housing**
- **Legal advocacy**
- **Case management**

HAWC Essential Services:

- **Shelter**
- **Safe harbor hotel program**

What is domestic violence?

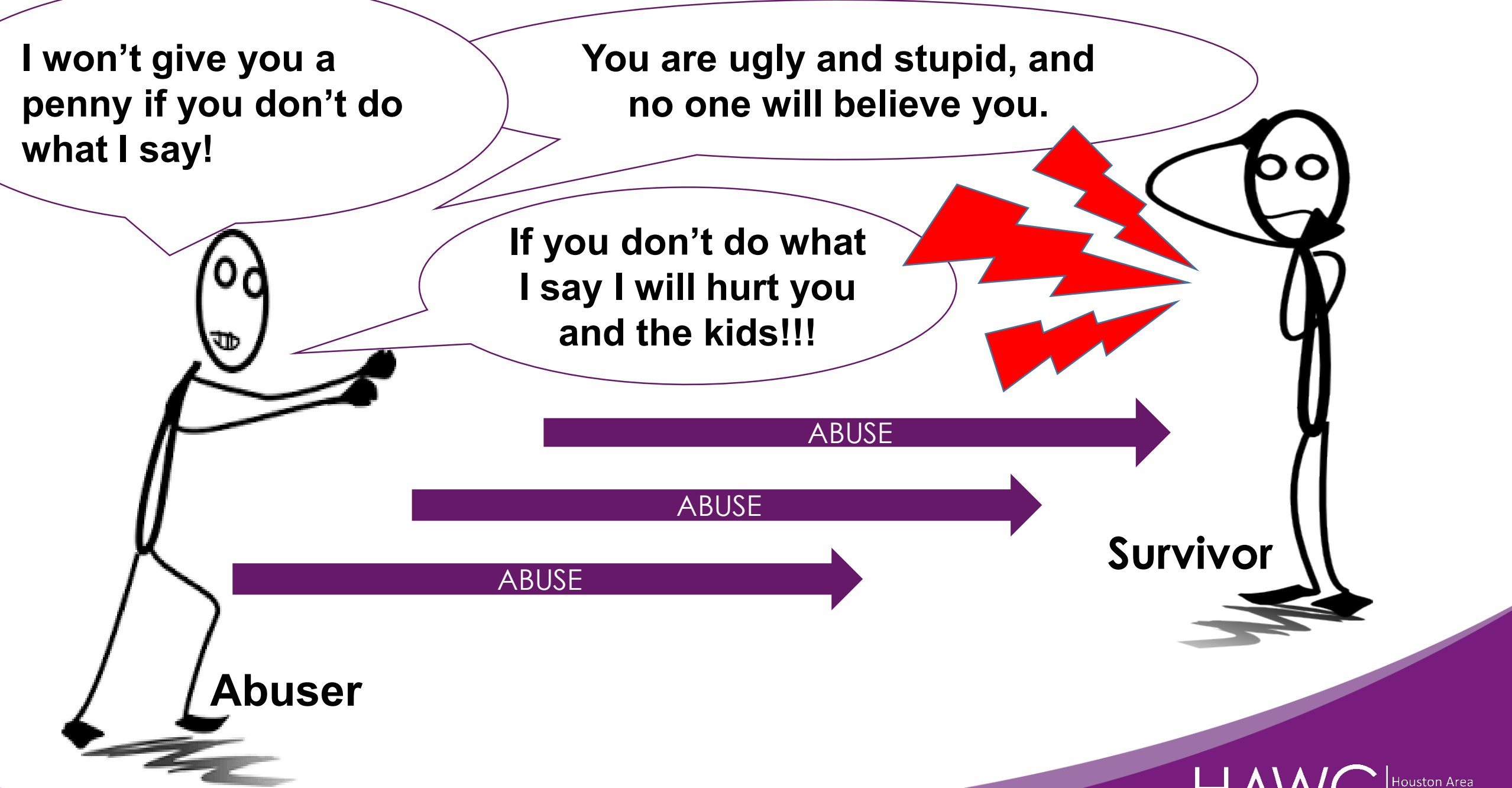


When a partner uses

- threats**
- intimidation**
- coercion**
- force**

to gain

**POWER & CONTROL
over their spouse/partner**



Who experiences domestic violence?

***Domestic Violence
can happen to anyone***

- **All genders and sexualities**
- **Across ethnicities, cultures, religions, races, ages, socio-economic backgrounds, etc.**



Image retrieved from <https://www.sfmcc.org>

Domestic violence impacts the whole community

- **Children**
- **Pets**
- **Bystanders**
- **Leading cause of injury and death – impacts access to and cost of healthcare**
- **Lost wages, jobs due to abuse**
- **Community trauma**



A “horrible surge” of domestic violence during COVID-19

- Quarantine traps survivors in unsafe homes
- Isolation increases survivors' vulnerability
- Increased social & economic risk factors used by abuser to escalate violence
- Less accountability for abusers (limited court access)
- Unpredictability & escalation of gender-based violence during times of crisis -- natural disasters, epidemics, wars



Image retrieved from <https://momentousinstitute.org/blog/when-home-is-not-a-safe-place>


Bullets 2 – 4 retrieved from https://www.huffpost.com/entry/domestic-violence-coronavirus_n_5e6a6ac1c5b6bd8156f3641b
Last bullet from Time retrieved from <https://time.com/5803887/coronavirus-domestic-violence-victims/>

Real accounts of abusers using COVID-19 to excuse and escalate their violence:

- *A husband threatened to throw his wife out into the street if she coughed*
- *Strangled by their partner, but feared going to the hospital because of the threat of coronavirus*
- *An immunocompromised man called in after his emotionally abusive girlfriend began hiding cleaning supplies and hand sanitizer from him*
- *Awakened from bed because she had a fever and wasn't feeling well. Her abuser threw her out of the front door and kept their child.*
- *Kept home against her will after being threatened by her abuser with a hammer and an unregistered gun. He was using the pandemic as an excuse to stop her from leaving him.*

Fielding, S. (2020, April 3). In quarantine with an abuser: surge in domestic violence reports linked to coronavirus. The Guardian. U.S. Edition. Retrieved from <https://www.theguardian.com/us-news/2020/apr/03/coronavirus-quarantine-abuse-domestic-violence>

Leaving does not equal safety



**Leaving is the most
dangerous time**

What you can do to support survivors

USE THE COMMUNITY ADVOCATES' "3Rs"

- **RECOGNIZE** Listen empathetically

"You do not deserve to be treated this way."

- **RESPOND** Accept and validate

"I believe you, what can I do to support you?"

- **REFER** Provide resources (911, hotlines)

"I am concerned for your safety, help is available."

If you know someone who is being abused

Do



- Listen
- Validate
- Respect their privacy
- Offer resource options

Don't



- Give advice
- Judge them
- Tell them to “work it out”
- Question their story or experience

Help is just a phone call away

24/7/365
HAWC Domestic
Violence Hotline
713-528-2121



24/7/365
National Domestic
Violence Hotline
1-800-799-7233

24/7/365
HAWC Sexual
Violence Hotline
713-528-7273

**Remember, we are in this together!
From our HAWC family to yours...
Thank you!**

