

Familial Violence

Department of Mental Health

County of Los Angeles

Mental Health Promoters

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家庭暴力

Department of Mental Health


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心理健康推廣專員計畫

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AGENDA

- ▶ Welcome
 - ▶ Topic presentation: Familial Violence
 - ▶ Facts and Impact of Familial Violence
 - ▶ Group Activity (myths and realities of Familial Violence)
 - ▶ The Cycle of Domestic Violence
 - ▶ Helpful guide for victims of Domestic Violence
 - ▶ The Impact of Domestic Violence on children and adolescents
 - ▶ Practical Advice
 - ▶ Reflections /Closing
- 

議程

- ▶ 歡迎
- ▶ 主題: 家庭暴力
- ▶ 家庭暴力的現況和影響
- ▶ 團體活動 (家庭暴力的迷思和真相)
- ▶ 家庭暴力的循環
- ▶ 家庭暴力受害者的幫助指引
- ▶ 家庭暴力對兒童和青少年的引響
- ▶ 建議
- ▶ 反省/結束

Familial Violence

Familial Violence refers to violence between family members such as:

- Intimate Partners (also known as Domestic Violence)
- Child Abuse (Parental)
- Elder Abuse
- Sibling Abuse
- Abuse towards a disabled person



家庭暴力

家庭暴力指的是家庭成員之間的暴力，例如：

- 親密伴侶 (也稱為家庭暴力)
- 虐待兒童 (父母)
- 虐待老人
- 虐待兄弟姊妹
- 虐待殘疾人士



Group Activity

Brainstorm

- ▶ Discuss in groups what you understand about family violence and provide examples



團體活動

腦力激盪

- ▶ 分組討論你對家庭暴力的了解並且提供例子



Facts about Domestic Violence

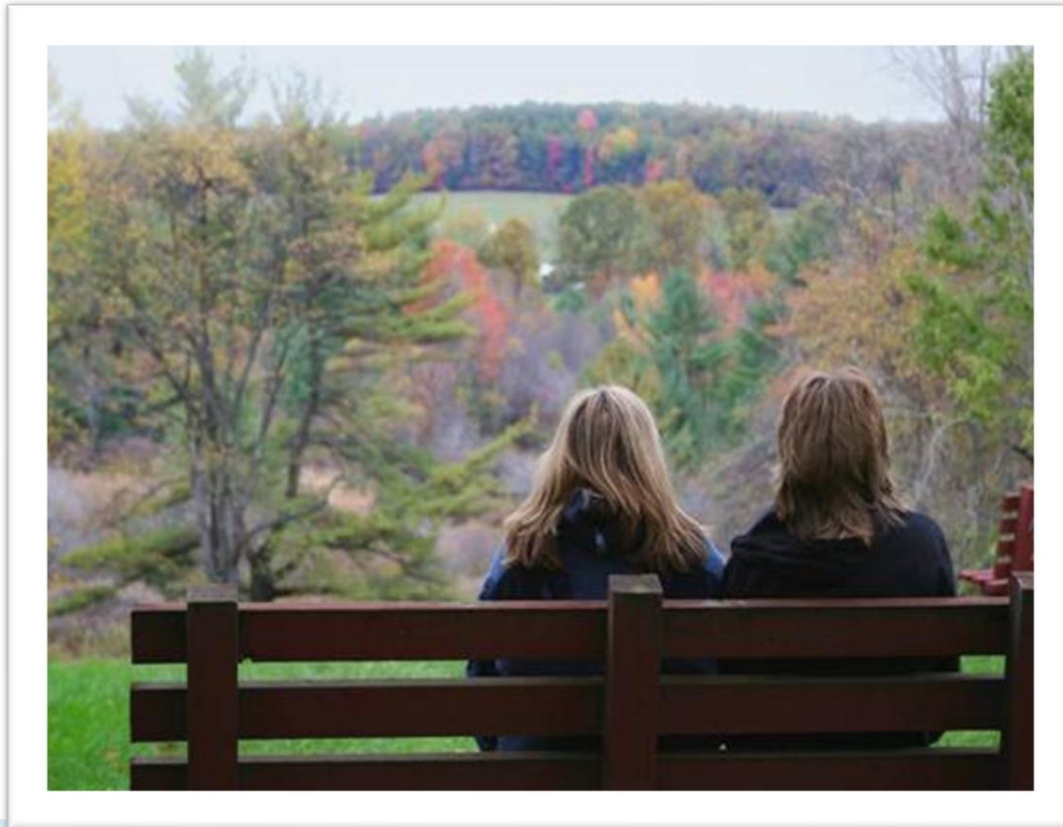
- ▶ In the United States there are over 3 million incidents of Domestic Violence annually. This mean that every 9 seconds someone is being beaten by their partner.
- ▶ Every year more than 4000 victims of Domestic Violence are murdered.
- ▶ 95% of Domestic Violence victims are women. In the United States, Domestic Violence causes more injuries to women between the ages of 15 and 44 than automobile accidents, rapes and assaults combined.

關於家庭暴力的事實 (繼續)

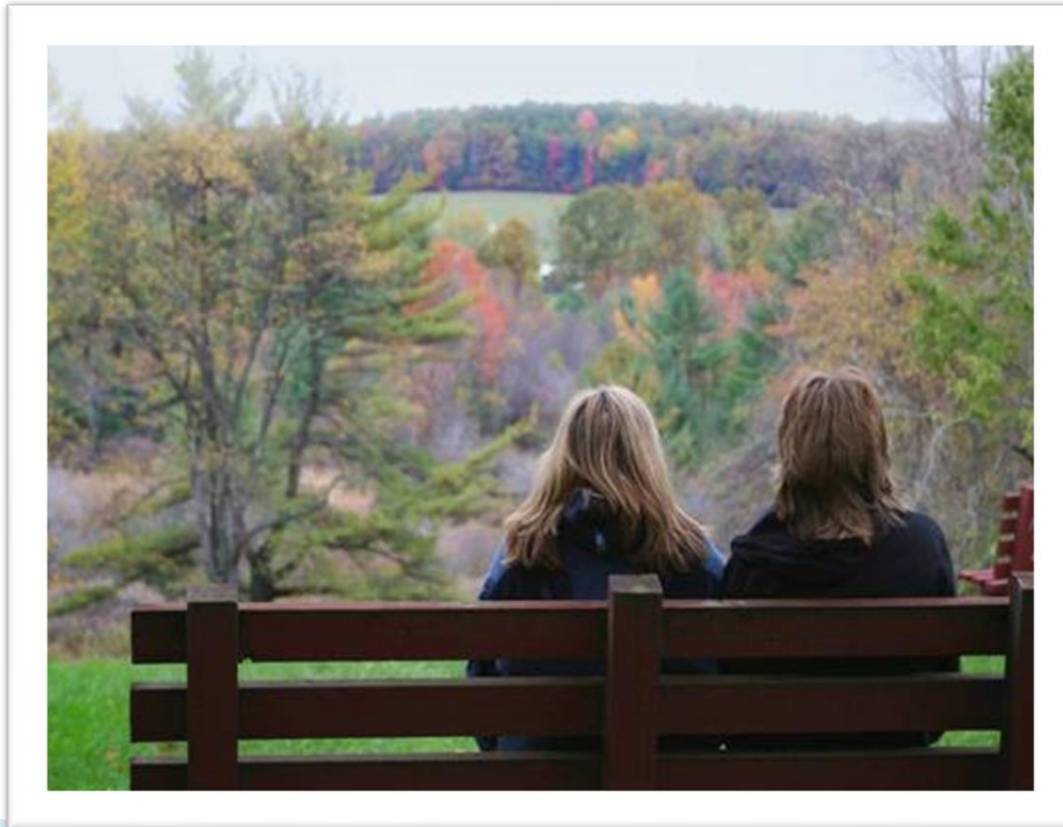
- ▶ 約有三分之一的女性在急診室接受治療的原因是家庭暴力。
- ▶ 少女、孕婦及老年的婦女風險最高。



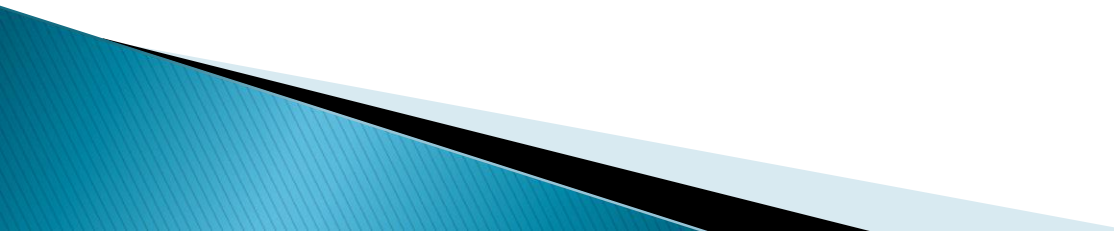
Why do victims stay in the relationship?



為什麼受害者仍留在親密關係中？



Group Activity

- ▶ Discuss myths about domestic violence. Also discuss the realities of the myths.
 - ▶ Write the myths and realities on flipchart paper.
 - ▶ Presentation by groups.
- 

團體活動

- ▶ 討論關於家庭暴力的迷思。並且討論關係的迷思。
- ▶ 在掛圖海報上寫下迷思與現實。
- ▶ 分組介紹。

DOMESTIC VIOLENCE CYCLE

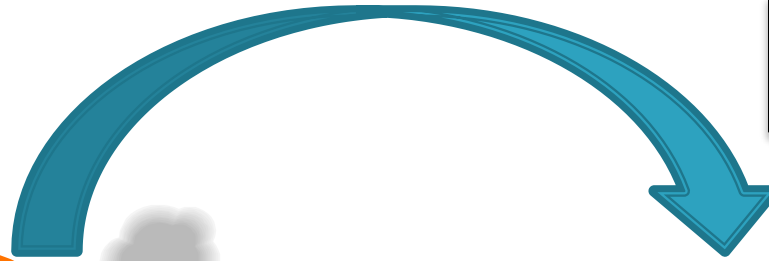
Phase 1: *Tension*
Anger/Arguing



Phase 2: *Violence*
Slaps, kicks etc.



Phase 3:
Honeymoon Stage
Apology, gifts,
flowers etc.



家庭暴力循環

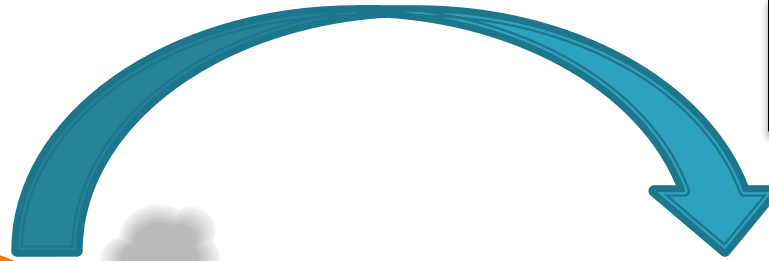
第一階段:緊張
憤怒/爭論



第二階段:暴力
擱掌、拳打腳踢



第三階段:蜜月期
道歉、禮物、花等







What to do if you live in an abusive relationship

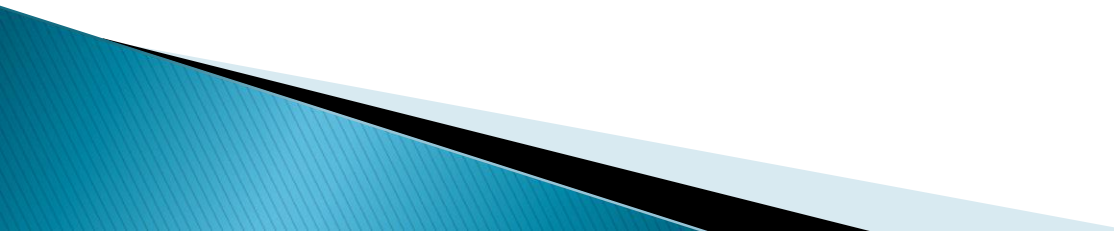
- ▶ Memorize important phone numbers of friends and relatives whom you can call in an emergency and or call 911.
- ▶ Save important documents in a safe place that you can get to when needed.
- ▶ If you can, open your own bank account.
- ▶ Mantain contact with relatives and neighbors.
- ▶ Memorize your escape plan until you know it by heart.
- ▶ Leave a spare set of car keys, money, extra clothes, and copies of the following documents with a friend or relative:

如果你生活在虐待關係中， 你要怎麼辦？

- ▶ **記住重要朋友和家人的電話號碼，以便在緊急狀況下時撥打或打911。**
- ▶ **將重要的文件收在安全的地方，以便在需要時可以隨時取用。**
- ▶ **如果可以，申請自己的銀行帳號。**
- ▶ **與親戚和鄰居保持聯繫。**
- ▶ **記住你的逃生計畫，直到你牢記在心。**
- ▶ **將備用的車鑰匙、錢、額外的衣服和以下的文件副本留一份給你的朋友或親戚：**

What to do if you live in an abusive relationship *(continued)*

Documents to Gather

- ▶ Passports and legal residency documents
 - ▶ Birth Certificates (yours and childrens')
 - ▶ Social Security Cards
 - ▶ Children's school records
 - ▶ Children's medical records
 - ▶ Important addresses and telephone numbers
 - ▶ Bank statements
 - ▶ Identification of any social service agencies
- 

如果你生活在虐待關係中， 你要怎麼辦？(繼續)

要收集的文件

- ▶ 護照和合法居留文件
- ▶ 出生證 (你本人和小孩的)
- ▶ 社安卡
- ▶ 孩子的學校紀錄
- ▶ 孩子的病歷
- ▶ 重要的電話號碼和地址
- ▶ 銀行對帳單
- ▶ 任何社會服務機構的識別資料

What to do when you have left the abusive relationship

1. If you continue to live in the same home, change all the door locks.
2. Install security measures in your home.
3. Advise your neighbors that your ex-partner is not welcome in or around your home. Ask that they call the police should they see him nearby.
4. Make certain that your childcare providers have a clear understanding of who can and cannot pick up your children.

離開虐待關係後該怎麼辦

- 1.如果你繼續住在家中，請更換所有門鎖。
2. 在家中安裝安全措施。Install security measures in your home.
- 3.告訴你的鄰居你的前伴侶在你加重或周圍皆不受歡迎。如果他們在附近看到他，請求鄰居打電話報警
- 4.確保你的托兒中心或學校清楚的了解誰可以接孩子，誰不可以接您的孩子。

What to do when you have left the abusive relationship *(continued)*

5. Get a Restraining Order and provide a copy to friends and neighbors.
6. Let your co-workers know about your situation. Ask that they let you know should they see your aggressor in the area.
7. Avoid going to stores, banks, and businesses that you frequented when you lived with your aggressor.
8. Try to seek counseling, attend workshops, and join support groups. Do everything in your power to develop a support network for yourself and your family.

離開虐待關係後該怎麼辦

(繼續)

5. 獲得禁制令並且提供一份給你的朋友或鄰居。
6. 讓你的同事知道你的情況。如果他們在附近看到侵犯你的攻擊者，請他們立刻讓你知道。
7. 避免去與攻擊者一起生活時經常去的商店、銀行和企業。
8. 嘗試尋求諮商、參加研討會並加入支持團體。盡你所能為你自己及你的家人建立一個支持網絡。

Children and Domestic Violence



K. Haring

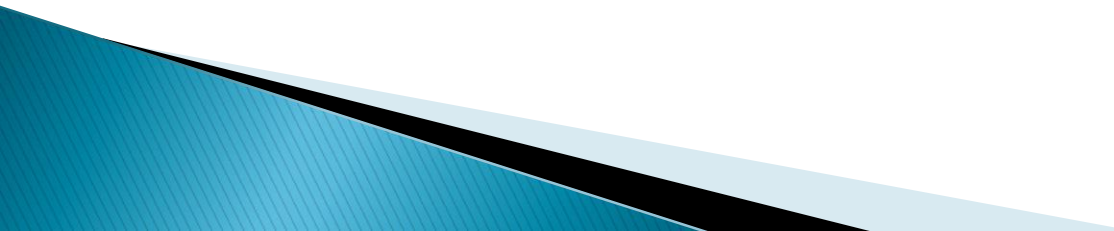
兒童與家庭暴力



K. Haring

Children and Domestic Violence

Children of abused women can exhibit physical and emotional problems and be affected by:

- Depression
 - Anxiety
 - Fear
 - Eating disorders
 - Sleeping problems
 - Regressive behaviors
 - Guilt
- 

兒童與家庭暴力

受虐婦女的子女可能會出現身體和情感問題，並受到以下因素影響：

- 憂鬱
- 焦慮
- 害怕
- 飲食失調
- 睡眠問題
- 回歸行為 Regressive behaviors
- 罪惡感

Factor 1: Severity, Proximity, Duration and Frequency of Domestic Violence

A child directly exposed to the continuous abuse of domestic violence will be more emotionally damaged.



因素1: 家庭暴力的嚴重程度、間距、持續時間和頻率

直接遭受家庭暴力持續虐待的孩子，在情感上會受到更大的傷害。



Factor 2: The Gender of the Child

Boys and girls can be affected in different ways

How do you think they can be affected differently?



因素2: 孩子的性別

男孩和女孩會以不同的方式受到影響

你認為他們會受到怎樣不同的影響？



Factor 3: The role of the child within the family

Children exposed to Domestic Violence can take on different roles within the family.



- Rescuer
- Victims' confidant
- Referee etc.

因素 3: 孩子在家庭中的角色

身置家庭暴力的孩子們,在家中扮演其他不同的角色。 Children exposed to Domestic Violence can take on different roles within the family.



- **拯救者 Rescuer**
- **受害者的知己 Victims' confidant**
- **裁判等 Referee etc.**

Factor 4: Presence or absence of a loving adult

The presence or absence of a loving adult can make the difference in how a child reacts to and manages episodes of domestic violence.



因素 4: 孩子身邊是否有關愛的大人

孩子身邊是否有關愛的大人，會影響孩子對家庭暴力事件的反應和處理方式。



Factor 5: Response from support systems

The understanding and training of professionals who can effectively respond and help families exposed to domestic violence is very important.



因素 5: 支持系統的回應

了解和陪訓能夠有效的應對並且幫助遭受家庭暴力的家庭的專業人員非常重要

- The understanding and training of professionals who can effectively respond and help families exposed to domestic violence is very important.



了解家庭暴力對兒童的影響的簡單方法就是看這張圖片。

八歲的小孩被要求畫出他眼中的父親。



“這就是我看到的父親，因為他很高興、喝醉了並且眼睛變紅了。his is how I see my father because he is very grouchy and he gets drunk and his eyes become red”

A simple way of understanding the effects of Domestic Violence in children is looking at this picture

A child of 8 was asked to draw a picture of his father.



“This is how I see my father because he is very grouchy and he gets drunk and his eyes become red”

Adolescents exposed to Domestic Violence can result in:

- Drug and Alcohol use
- Injury as a result of intervening in an episode of Domestic Violence
- Demonstrating attitudes that support domestic Violence
- Becoming violent in their romantic relationships

遭受家庭暴力的青少年會有:

- 藥物和酒精濫用的情況
- 因干預家庭暴力事件而受傷
- 表現出支持家庭暴力的態度
- 在戀愛關係中出現暴力

Support for Children affected by Domestic Violence



支持受家庭暴力影響的兒童



Parents and /or Family Members can provide children with support by:

- Creating a predictable environment.
- Establishing a consistent structure and clear expectations.
- Paying close attention to non-verbal signs and behaviors.
- Modeling healthy and respectful relationships.

父母或家庭成員可以透過以下的方式為孩子提供支持:

- 創造一個可預測的環境
- 建立一個很一致有結構並且明確的期望
- 密切關注非語言的特徵(如表情、口氣、身體語言)和行為。
- 以身教示範健康和尊重的關係

Important

- ▶ Report Domestic Violence
- ▶ Seek help
- ▶ Have a safety plan for you and your children
- ▶ Obtain a Restraining Order
- ▶ Keep important information in a safe place
- ▶ Look for a shelter
- ▶ Seek treatment for you and your family (*Family Therapy*)
- ▶ Look for Domestic Violence support groups in your community

“We all deserve to live a life free of violence”

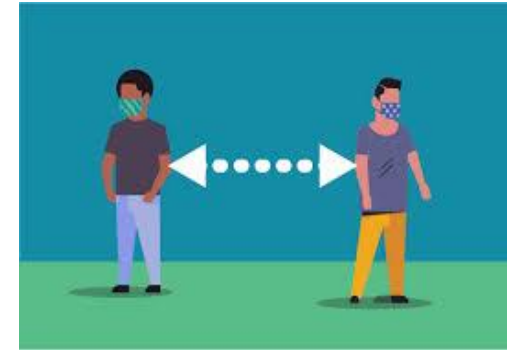
重要

- ▶ 舉報家庭暴力
- ▶ 尋求協助
- ▶ 為您及您的孩子制定一個安全計畫
- ▶ 獲得限制令
- ▶ 將重要信息保存在安全的地方
- ▶ 尋找庇護所
- ▶ 為您和您的家人尋求治療 (家庭治療)
- ▶ 在你的社區中尋找家庭暴力支持團體

“我們都應該過一個沒有暴力的生活。 We all deserve to live a life free of violence”

HOW TO PROTECT YOURSELF AND PROTECT OTHERS

The use of masks is now mandatory to leave the house and enter any establishment



Be careful not to touch your face with the gloves and remove them carefully



Never touch your face before washing your hands



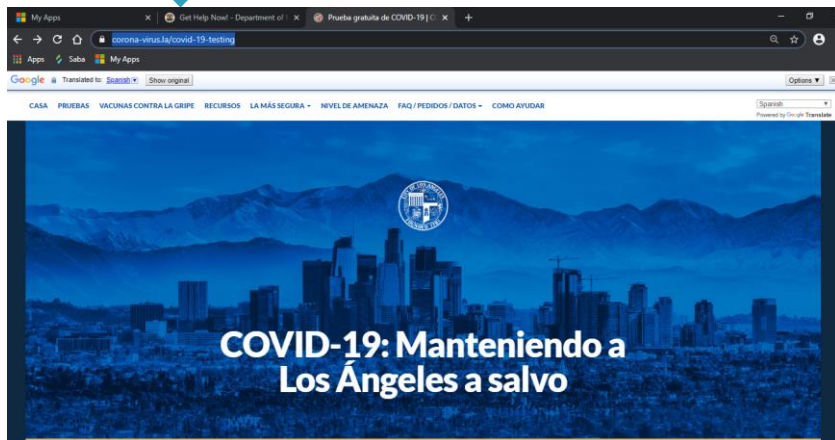


TESTING FOR COVID-19

The test is free to any Los Angeles County resident

Click here for updated information on testing

coronavirus.lacity.org/testing, or call 211



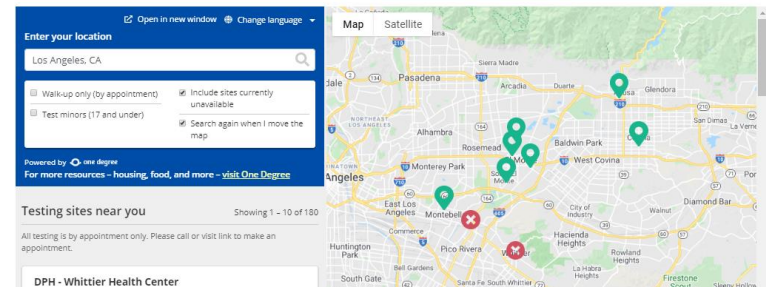
Click here to find a test center

<https://corona-virus.la/testing-center-map>



Mapa del centro de pruebas

Las citas para todos los centros de pruebas operados por la ciudad se pueden hacer en LA City | Prueba de COVID-19. Puede seleccionar entre más de 100 otros centros de pruebas utilizando el mapa interactivo a continuación. Tenga en cuenta que estos centros pueden tener diferentes requisitos de elegibilidad para las pruebas y métodos de prueba.



Resources from the Department of Mental Health for COVID-19

- ▶ You can stay updated on COVID-19 developments
- ▶ on our website: <https://dmh.lacounty.gov/covid-19-information/>
- ▶ **The number for our DMH Access line is: 1-800-854-7771**



Need to be connected to mental health services?

Call 800-854-7771
(ext. 1) for mental health referrals and crisis services.



Your emotional wellbeing is our top priority.

Call 800-854-7771



Need resources for veterans and their families?

Call 800-854-7771
(ext. 3)





Stigma and Discrimination Reduction (SDR) Survey



SDR Program Questionnaire (English)

Stigma and Discrimination Reduction Program Participant Questionnaire



To help us improve, please tell us what you think!

- ***SDR is anonymous and voluntary***
- ***Please click on the link in the chat box and fill in:***

Program:

“Family Violence Prevention During COVID-19”

(9th on dropdown list)

Presenters:

My name is ...

Date:

Today is ...

All other questions are optional. Feel free to skip any questions you do not wish to answer.

Closing

Questions or reflections?

