



# The Voice of HAVEN

HAVEN OF TIOGA COUNTY  
HELPING ABUSE & VIOLENCE END NOW

Summer 2011

## Domestic Violence in Rural PA Communities... Should we get involved?

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Millions of American women in this country and tens of thousands in this commonwealth are physically and emotionally abused by their husbands or partners each year. Chances are, someone you know – your mother, sister, friend, co-worker or neighbor – is a victim of domestic violence.

All intimate relationships have their problems, and sometimes it's difficult for others to decide when it's appropriate to get involved. Maybe your family member or friend has mentioned "trouble" at home, and you've dismissed her comments by saying all couples have problems. Ask yourself how you've reacted in the past to these possible signs that your family member or friend is being abused and needs your help:



- Have you readily accepted her explanations for visible injuries, such as black eyes, bruises or broken bones?
- Do you tend not to press her further about frequent "accidents" that cause her to miss work?
- Does her partner exert an unusual amount of control over her activities? Are you reluctant to discuss his control over family finances, the way she dresses and her contact with family and friends?

- If her partner ridicules her publicly, do you and others ignore his behavior or join in the laughter at her expense? Think about why you might not be willing to stand up for her. Do you already sense the explosive nature of his comments?

Have you noticed changes in her or her children's behavior? Does she appear frightened, exhausted or on edge? Do the children seem to be easily upset? Are they experiencing problems in school or with other activities?

Perhaps you feel her problem will "work itself out." Nothing could be further from the truth. The violence will not end until someone takes action to stop it. Your support and encouragement can be of tremendous value to a family member or friend involved with an abusive man. You can ease the isolation and loss of control she may feel by listening to her, providing her with more information on domestic violence and helping her explore her options.

## Bullying and Domestic Violence

A recent study done by the Harvard School of Public Health found that there is a link between bullying and domestic violence. According to the study, boys who bully are almost four times as likely to grow up and physically or sexually abuse their female partners. The current study was only performed with men and so the results may not carry over to female bullies.



### Why do kids bully?

Kids bully for all sorts of reasons. Some do it to exert power and control over another individual (very similar to domestic violence perpetrators). Some bullies were or are bullied themselves. Others do it because they think it will improve their status with their peers. Unfortunately, kids who bully often have trouble empathizing with their victims.

### So what should a parent do if their child is a bully?

**Acknowledge the problem:** Talk to your child. Tell them that you are aware of the behavior and that you take it seriously. Let them know that you will not tolerate the behavior.

**Be a hands-on parent:** Talk to your child and be ready to listen. Be familiar with your child's friends. Pay attention to their activities. Work with the school and keep communication lines open. Learn about the school's prevention program if they have one.

**Decrease violence at home:** Turn off violent TV and video games. Also, monitor your own behavior. Pay attention to how you deal with your own anger. Are you role modeling good behavior for your child?

**Teach positive behaviors:** Reinforce positive behavior. Teach your child empathy. Provide opportunities for cooperation. This can be done by allowing your child to care for a pet or enrolling them in activities that foster cooperation and friendship.

**Seek professional help, if needed:** Sometimes the behavior is more than you can handle. Bullying can often be a sign of more serious problems and if left unchecked can result in some serious consequences down the road.

Remember, bullies are not born. They are made. You can help your child by paying attention to their behaviors and getting them help.

If you have questions, please contact HAVEN at 570-724-3549.

Falb, K., McCauley, H., Decker, M., Gupta, J., Raj, A., & Silverman, J. (2011). School bullying perpetration and other childhood risk factors as predictors of adult intimate partner violence perpetration. *Archives of pediatrics and adolescent medicine*, 165, E1-E4. doi:10.1001/archpediatrics.2011.91

Pertler, J. (2010). Not my kid: What to do if your child is a bully. Retrieved from <http://www.education.com/magazine/article/what-to-do-if-your-child-is-a-bully/>.

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# HAVEN Volunteers Recognized!

We would like to thank each volunteer for all their hard work, dedication, support, and advocacy during the past year. This year our volunteers helped out by serving on the Board of Directors, providing direct service to shelter clients and hotline callers, repairing our shelter, assisting with clerical work at our office, fundraising, and participating at our community awareness events. Each volunteer will be receiving an appreciation gift with a card. If you happen to see one of our volunteers, please say thank you. We would not be able to function without them. For more information about volunteering for HAVEN, please call 570-724-3549 or check out our website at [www.havenoftiogacounty.org](http://www.havenoftiogacounty.org).

THANK YOU SO MUCH!

Brittany Bonomo  
Rebecca Charles  
Rick Joachim  
Susan Koury  
Lauren Morral  
Matt Rendos  
Barbara St. John White  
Lucy Whitney

Donna Burrous  
Lynne Hammann  
Deb Knecht  
Rick Mihalik  
Theresa Paris  
Pat Russell  
Kristen West  
Susan Ziemak

**Want to help  
HAVEN?  
Make a monetary  
contribution! Your  
contribution can  
even be given in  
memory or in  
honor of someone.**

HAVEN of Tioga County is a private non-profit agency that provides free and confidential services to victims of domestic and sexual violence. HAVEN runs primarily through the funding of grants and charitable donations. If you would like to contribute to HAVEN, please detach this form and send it and your check, made payable to HAVEN of Tioga County to: 6 Old Tioga St., Wellsboro, PA 16901.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

I am interested in volunteering.

I am interested in a speaker for my church, school, community group or work place.

We thank you for your gift. HAVEN of Tioga County is a 501 (c) (3) corporation. All gifts are tax deductible. A copy of our official registration and financial information may be obtained from the PA Dept., of State by calling toll free within PA: 1-800-732-0999. Registration does not imply endorsement.

## Domestic Violence in Rural PA Communities... Should we get involved?



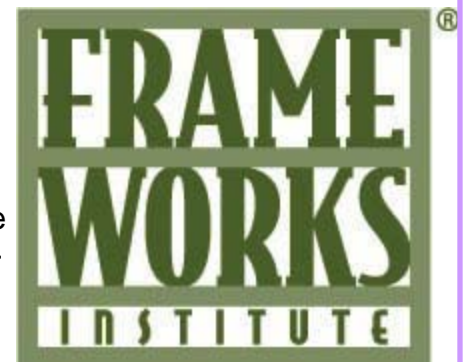
Domestic violence is not just a family problem. It is a crime that could be deadly for your family member or friend. Domestic violence affects her, her children and the entire community. It is probably difficult for her to talk about and may be dangerous for her to even reach out for help. You should get involved.

Start by referring her to call her local domestic violence center, in Tioga County that would be HAVEN of Tioga County. Each county has center, and HAVEN can provide you with the local center contact information.

This material was reprinted in part from the Pennsylvania Coalition Against Domestic Violence publication entitled *Helping Battered Women and Their Children in Rural Communities: A Guide for Family and Friends*.

## American Perceptions of Sexual Violence

The National Sexual Violence Resource Center and the FrameWorks Institute are researching communication about sexual violence and its prevention. The research project will take place in three phases and should be completed by the end of 2012. The first phase of the project was conducted in 2010, where researchers were able to identify what the gaps of miscommunication about sexual violence are. The second phase is still in its primitive stage, as it only started at the beginning of 2011. This phase will test new models to see which ones are effective in presenting information appropriately. In 2012, new messages will be developed to better convey education of sexual violence issues.



Since sexual violence issues are not always clear cut, this research will help experts understand where gaps are in the understanding of the issues. By knowing what the general public perceives as sexual violence, experts and advocates will be able to provide better resources and informational materials to better convey sexual violence information.

Throughout 2010 researchers began to get a feel for how Americans think about sexual violence. In order to find out what the public's and the advocate's perceptions on sexual violence are and where misconceptions may be, interviews were conducted throughout the year. During 2010, researchers conducted in depth interviews with an extensive amount of members from the American general public and professional sexual assault experts and advocates. In order to gather genuine responses, interviewees were not aware of the discussion topic prior the interview. Here are some examples of the questions asked and responses that were given:



Question	Most common responses given by sexual assault experts	Most common responses given by general public
What is sexual violence?	There is a wide continuum. It is physical, non physical, emotional, verbal, etc.	Physical harm, lack of consent, violence in physical harm.
Who are the perpetrators?	It can be anyone, 'regular' people, they are not distinguishable, there are power differentials such as age, profession, and types of status.	Monsters, deranged, it's obvious who they are, people to be avoided at all costs.
What causes people to commit sexual violence?	Cultural context, gender role expectations, media, all forms of oppression.	A bad upbringing, mental illness, deranged, parents raising bad boys and weak girls.
Where does sexual violence occur?	Anywhere, even places considered to be safe.	Poor urban areas, dark allies, night time, obvious dangerous places.
What is healthy sexuality?	Lots of responses involving ideas of respect and boundaries.	Absence of STDs.
Is sexual violence preventable?	Yes. With social construct, clear policies and laws, better and more opportunities, education, and early intervention.	No. Perpetrators need to be locked up, They are bad people who are not going to change, and should be castrated.
What about gender?	The body is objectified, sexism, and power differential in our culture.	Males have brute strength.

As a result of the interviews, researchers found that there are obvious gaps between what messages the experts and advocates are trying to communicate and how they are being perceived by the general public. It was evident that the general public, for the most part, have a surface understanding of the issues, but experts have not yet clearly identified all aspects and dynamics. By the end of 2012, new models should be in place to better clarify current misconceptions in order to bridge the gaps in understanding.

~If you would like to follow the research project, each phase's research report will be available for review at [www.frameworks.org](http://www.frameworks.org).

**HAVEN OF TIOGA COUNTY  
HELPING ABUSE & VIOLENCE END NOW**

6 Old Tioga Street  
Wellsboro, PA 16901  
havenoftioga2@epix.net

Office Hours  
8:30am-4:30pm Mon-Fri  
570-724-3549

24-Hour Hotline  
1-800-550-0447

*“All people have the right to live in a safe, non-violent environment. Through prevention and intervention services, HAVEN of Tioga County strives to reduce domestic and sexual violence.”*

This newsletter was made possible by funds from:

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# Hope House Wish List

Please bring all donations to HAVEN's office: 6 Old Tioga Street  
Wellsboro, Pa 16901  
570-724-3549

We are in need of the following items for our shelter:

Air Freshener

Band-Aids

Canned food items

Deodorant

Dryer Sheets

Garbage Bags

Laundry Baskets

Mop

Paper Towels

Sanitizing Spray

Swiffer Wet Jet Pads

Tissues

VCR

Gift Cards for Grocery Stores, Hair Salons, Gas Cards, etc.

Baby Wipes

Batteries

Coffee

Diapers (Sz: 4,5,6)

Feather Duster

Hair ties

Latex Gloves

Over the Counter Pain Relievers

Plastic Wrap

Sponges

Swiffer Wet Jet Cleaning Solution

Toilet Paper

Ziplock Reusable Containers



We gladly welcome green and energy efficient products!