



NYC Healthy Relationship Training Academy Newsletter

What will you do this October for Domestic Violence Awareness Month?

October is Domestic Violence Awareness Month, which is a great opportunity to engage in public education efforts and plan ways that you can help others learn how to prevent and respond to domestic violence. Raising awareness is an important way to let people know what abuse entails (see the article on page two!), that abuse can happen to anyone, that everyone deserves a healthy relationship, and there are services available for someone who is experiencing violence. Your organization can help get the message out there in October!

Some ideas for recognizing Domestic Violence Awareness Month include:

- ★ Host a Workshop on Dating Violence and Healthy Relationships! ([click here](#) for more information)
- ★ Distribute brochures and other educational materials.
- ★ Put up a poster in your building.
- ★ Post on your social networking site.
- ★ Hold a panel discussion about domestic violence.
- ★ Attend an event hosted by another organization.

You can find out more about what is happening in your community by checking out OCDV's Calendar of Events, which will be posted on [our website](#) on September 28th.



Our Latest Numbers

As of September 1 2012, we have held **1,455** workshops, reaching **28,567** youth since the Academy's inception in 2005!



Is your organization hosting a public event in October? Tell us about it!

We would like to include your event in OCDV's Domestic Violence Awareness Month Calendar of Events!

[Click here](#) to submit information about your event. (Submissions will be accepted through the end of September. Contact our office if you have questions.)



OCDV is hosting a Financial Fraud Forum on September 27, 2012 and you are invited!

Learn about the impact financial fraud can have on victims of domestic violence.

Topics will include:

- Credit Awareness & Repair
- Financial Safety Planning
- Fraud Prevention
- Identity Theft
- Family Fraud
- Risk Factors for Seniors
- Reporting
- Immigration Scams & Concerns

The NYC Mayor's Office to Combat Domestic Violence will host a half-day forum on financial fraud on **Thursday, September 27th, 9:00am—1:30pm**. This is a great opportunity for providers to learn more about financial abuse and identity theft in domestic violence and elder relationships.

Registration is free, and includes a light breakfast. [Click here to register](#). For more information, contact Christina Loughrey at (212) 788-2774 or cloughrey@cityhall.nyc.gov.



NYC Healthy Relationship Training Academy

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Abuse is not so Black & White! Recognizing abusive behaviors

The Academy's Peer Educators begin our Signature workshop on Dating Violence and Healthy Relationships with a brainstorm activity about "What is Dating Violence"? Many of the workshop participants are able to quickly identify the abuses that make news headlines and TV shows, such as physical violence, homicide, sexual violence, and verbal abuse. However, it can be more challenging to identify the more subtle forms of abuse, and our workshops are designed to help participants expand their viewpoint on what abuse can entail. We hope that by teaching participants about the variety of abuse tactics, some of the more severe, life-threatening abuses can be prevented.

What makes abuse tough to identify?

One of the reasons that abuse is difficult to identify is that a partner is rarely abusive right away. Abuse often presents itself later on in a relationship, months or even years after two people have started dating. In addition, abusive behaviors are not always violent. A partner can sound very caring when in fact he/she is being controlling. For example, a partner that says, "I love you so much, I'll take care of you- you don't need to work, I'll pay for everything!" could be trying to intentionally limit someone's access to financial resources

so that he/she is reliant on the abuser. Another example is if a partner discourages their boyfriend/girlfriend from spending time with their friends or family members because, "I'm all you need- you don't need anyone else but me." In fact, that person could be isolating their partner from a valuable social support network. These behaviors could be interpreted as expressions of love, however in reality could be ways of exerting power and control over a partner.

What abuse tactics are difficult to pinpoint? Some abuses are more easy to identify than others. Be on the lookout for these behaviors:

- Minimizing: "Oh that's no big deal"
- Blaming: "It's your fault I hit you"
- Threats, even if told as a joke: "I'll post that picture if you don't call me back right away"
- Sexual coercion: "We've been dating for so long, it's about time we had sex"
- Financial manipulation: "I'll pay for your phone so you can text me all the time"
- Jealousy: "I want to be the only one to talk to you"

Abuse is not just physical!
There are many types of abuse, including:

Verbal	Sexual
Emotional	Technological
Financial	Physical

Dating Violence is a **PATTERN** of behaviors used to exert **POWER** and **CONTROL** over an intimate partner.

How can you tell? Since it's not that easy to tell, it's important to take concerning behaviors seriously. If someone's behavior is causing concern, think about these questions:

- ❗ What is the intention behind the behavior? Is this person trying to be controlling?
- ❗ How often is this happening?
- ❗ What feelings does this behavior evoke?
- ❗ What are the next steps?

We want everyone to think critically about their relationships, and whether their relationship behaviors are healthy or unhealthy (or somewhere in between). So, encourage people to think about the question, "*How healthy is your relationship?*"

Peer Educator Spotlight: Natalie Marrero

Natalie Marrero joined the Academy as a Junior Peer Educator in August 2011, and was recently promoted to Peer Educator. Since starting with the Academy, Natalie has facilitated 22

workshops. Her coworkers describe her as energetic, bright, and welcoming. Natalie can make anyone smile, even when talking about the difficult topic of dating violence. As Jordana Schacht-Levine, Senior Peer Educator, says, "Natalie is spunky and it is hard not to love being around her! In a work environment she is a great pleasure to work with."

When she is not using her positive energy to teach young people about healthy relationships, Natalie is a

student at the New School studying Dance and Urban Studies. Natalie has worked with youth in many capacities, and her enthusiasm has been a welcome addition to the Academy.



Natalie Marrero,
Peer Educator

One workshop host commented,

"Our participants learn best when they are excited and motivated to listen and learn. Natalie's high energy was contagious and she inspired everyone through her body language, tone of voice and wonderful attitude!"

-Greater Ridgewood Youth Council-