

Awareness Into Domestic Abuse-AIDA 501c3 is a non-profit organization that seeks to bring awareness to communities. AIDA Chronicles consists of testimonials of past participants, articles, domestic violence statistics and facts. Our goal for the reader is to gain a greater insight into the ongoing work of men transforming themselves and their inferior belief systems. AIDA hopes that all who read the AIDA Chronicles will gain insight into ending the abuse of women in America.

Happy Birthday AIDA!

Awareness Into Domestic Abuse Turned 3 on June 19th

Thank you to all our members who have supported us throughout the years. We have grown quite a bit and excited for the next chapter.

AIDA BOOK CONTEST

Thank you to everyone who participated in the contest. Winner will be announced in our October Chronicles and their work will be published as well.

Jpay/GTL Tablets

As you may have heard Jpay and CDCR ended their contract. AIDA is transitioning over to the new program to stay in touch with our inside members. If your facility does not have tablets yet, please continue to correspond via mail.



NEW COURSE IS HERE!

Understanding the Cycle of Violence Correspondence Course

If interested in this course, please write us and we will send you information on how to sign up.

When Writing Us

Don't forget AIDA is not:

- Pen-Pal Agency
- Legal Assistance Program
- We cannot write support letters at this time.

The postal service will return mail if it is not address to the organization directly. Be sure to address it as follow

Awareness Into Domestic Abuse

ATTENTION:

If you have moved housing units or facilities, please communicate this so we can update your contact info on our database.

When You Can Expect the AIDA Chronicles



Submit your writings/photo, drawings, or poem for a possible print in one of our future AIDA Chronicles.

Domestic Violence a Learned Behavior

By: Benito Zavala Espinoza- CTF Soledad

Currently serving time for attempted murder, he is in his 20th year of a 35-year sentence.

I was just a child when I experienced domestic violence. I was approximately 7-10 years old when I first saw my father beating my mother badly. When my brothers and I witnessed this, we would just cry. I knew it was bad because my father was hurting my mother. What I didn't understand at that time was why my father was doing that. Back then I didn't know that my father was an abuser or committing domestic violence and I also didn't know all the different forms of abuse until 2018 when I started to participate in Awareness Into Domestic Abuse-AIDA's self-help group. My father continued beating my mother so often, sometimes almost every week. In fact, sometimes when my father was beating my mother, I started to feel so much hate, resentment, frustration and anger towards my father. I really wanted to fight him or say something to him, but I was also scared – I was too little. However, I would just hold and save all those thoughts and feelings in my heart.

My father was a hardworking man, he had no education at all, although he always provided for our family. He worked here in the U.S. for so many years in a landscaping company. He would work 1 ½ to 2 years and then returned to Mexico for 6 to 12 months, then return to work in the U.S. I experienced so much violence from my father towards my mother that when my father would return from the U.S. I was not happy to see him. In my mind I was wishing he would stay longer in the states, so my mother could be safe and not to be treated in such a horrible manner by my father. For so long I thought my father was the only man with this behavior later I found out that it wasn't only him, but this behavior was portrayed by my brothers, uncles, neighbors, people in my hometown and even on T.V I noticed how men would behave with so much violence towards women as my father would.

This is where my belief came about that a man is not supposed to cry, nor be scared or show fear of anything. That a man is to only provide, and a woman's place is doing all the domestic work and being submissive to her man. I grew up with these kinds of false destructive beliefs and seeing so much violence and so many people abusing their partners I started to believe that it was normal to behave towards women in this manner. At the age of 15 I migrated to the U.S. These beliefs I adopted I applied them to my relationship with my wife years later after getting myself established in Sacramento. I met my wife Mariana and a year later our son Andrew was born, we then got married. She was a good wife, always treated me good but I instead treated her in the most cowardly manner. I feel so much shame and guilt for the way I treated her. At that time, I wanted to be in control of our relationship just like I grew up seeing my father, uncles, and others who I thought were successful in their relationship.

I do not blame no one or the way I grew up for the poor choices I made. I am the only one responsible for my actions. Although I abused Mariana she stayed with me. In the past I thought that she stayed with me because she loved me, but I believe that it was out of fear. Even though I mistreated her, caused her shame, or never respected our marriage. I treated her as if she had no value, as if she didn't matter. I objectify her, I was disrespectful towards her family. When I would drink, I would bully her, call her names, I chose her friends and chose how she dressed. Thanks to God that I opened my eyes and seen all the damage that I was causing her. Through AIDA I was able to learn and understand the different forms of abuse. I learned the cycle of violence which is tension, explosion, and honeymoon phase. Today I understand what a man is; a man can cry because we have feelings. Men make mistakes because we are not perfect. A real man follows the law as any other citizen, a real man not only provides but shares responsibilities at home with his wife. A man is honest, kind, sincere, and has equality at home.

Through AIDA I was able to learn how to maintain a healthy relationship so I cannot hurt no one ever again. Applying the following will help me build a strong and healthy relationship which is grounded in love, communication, trust, honesty, integrity, sincerity, kindness, equality, and respect. In conclusion, I have made a commitment to honor Mariana and other domestic violence victims around the world by working hard to eradicate domestic abuse and share my story to help others understand that women nor any human being should not be abused under any circumstance. I vow to teach others about the different forms of abuse and live a life that respect everyone with love and kindness.

Living with domestic abuse as an ACE (adverse childhood experience)

Growing up in an environment where domestic violence and abuse (DVA) occurs is likely to be a traumatic and stressful negative experience. Children growing up in these environments can experience feelings of blame and responsibility, and negative impact on their social development and relationships that can lead to lasting harms such as the uptake of risk-taking behaviors (e.g. smoking and alcohol use). Yet children exposed to DVA may have also experienced other stressful adversities in their lifetime.

An increasing number of studies around the world have identified that certain adverse experiences during childhood can have long-term negative impacts on our health and wellbeing. The term adverse childhood experiences (ACEs) is used to describe these and includes experiences that directly hurt a child (e.g. physical, sexual or emotional abuse) or affect them through the environment in which they live. This includes growing up in a household where: domestic violence, parental separation, mental illness, alcohol abuse, or drug abuse is present, or where someone has been incarcerated.

The early years of our lives are critical for our development, including brain development and how we learn empathy and trust. If children experience chronic stress and trauma, the way their brain develops is altered as they become 'locked' into a higher state of alertness in preparation for experiencing future trauma. This can result in: a 'wear and tear' effect on their body thus increasing risks of disease; psychological problems such as anxiety; and the adoption of harmful behaviors such as smoking, heavy alcohol consumption and early sexual activity. Children raised in environments where violence, assault and abuse are common will often come to believe this behavior is normal and therefore find it difficult to establish and maintain healthy relationships.

There is a cumulative impact of ACEs. Compared to someone with no ACEs, someone with 4 or more is more likely to experience a range of negative outcomes in adulthood. For example, they are 16 times more likely to perpetrate violence and 20 times more likely to be incarcerated at some point in their lifetime.

Many people experience ACEs but go on to lead productive and healthy lives. Protective factors (i.e. that mitigate risks), such as one or more stable caring child-adult relationship, feeling you can overcome hardship and guide your own destiny, feeling involved and connected with others, and having the skills to manage your own behavior and emotions can build resilience, which allows individuals to grow and endure crisis and stress. Enhancing these protective factors, and taking a trauma-informed approach (i.e. understanding and integrating knowledge on the trauma a person has experienced) in response to individuals experiencing ACEs including DVA, has been shown to mitigate and prevent negative outcomes.

https://safelives.org.uk/practice_blog/living-domestic-abuse-ace-adverse-childhood-experience

A Rude Awakening

Jose A. Navarro, CTF-Soledad

In his 8th year of a life sentence for attempted murder. He shares, that his old false beliefs, selfishness and not knowing how to control his anger and emotions is what led him to commit this senseless and immoral crime.

I had this belief that domestic violence only happened at homes where drugs and alcohol were involved in the relationship. Through my journey of self-help groups and gaining knowledge about domestic violence. I realized that it's more common than I was aware of. The line between a violent relationship and a healthy one is so narrow. There are all kinds and types of violence such as physical, emotional, sexual, and financial abuse. The best way against abuse and power is by always staying alert and being aware that it might happen in any type of relationship.

When I clearly understood the line between a healthy and an abusive relationship, I came to realize that I can always be a better and kind human being. Be of service to others, peaceful, a good father, husband, and a neighbor. All of this is possible only when I decided to change my old false beliefs that I grew up with. Which was that we as men can do whatever we want at any time we want. Today, I have learned to respect, be honest, and make healthy agreements with my wife. Honesty and good communication are the foundation for a long lasting and healthy relationship, filled with love and peace.

RESOURCES



Partnership for Reentry Program (PREP)

PO BOX 77850 Los Angeles, Ca. 90007

Write them directly for information on their courses:

Domestic Violence

Wellness & Recovery

Gang Awareness & Recovery

Cellphone

Survivors

Victim Impact Program

And more...

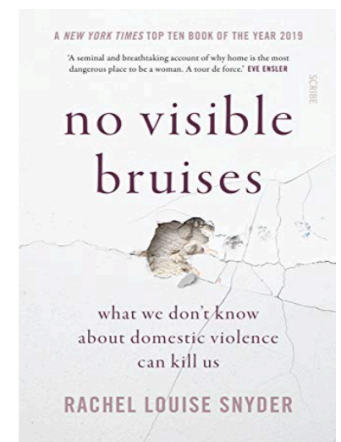
Become an Active Mentor Leader and Facilitate a group

Kindful Vow:
I intend to be Mindfully Kind to myself
I Intend to be Kind in all my relationships
I intend to expand the reach of my Kindfulness

TO ENROLL:
Write to
Mindful Kindness Program:
MKP
PO Box 4760
Riverside, CA 92514
or
Call: (805)622-7747 or
(805)203-3159

Suggested Book Reading!

No Visible Bruises
By: Rachael Louise Snyder



Awarenessintodomesticabuse.com



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4