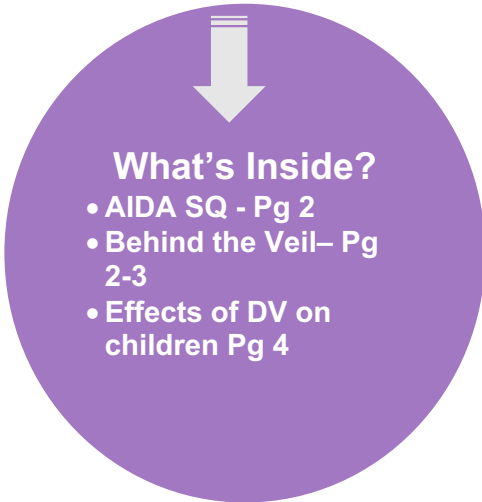


Awareness Into Domestic Abuse-AIDA 501c3 is a non-profit organization that seeks to bring awareness to communities. AIDA Chronicles consists of testimonials of past participants, articles, domestic violence statistics and facts. Our goal for the reader is to gain a greater insight into the ongoing work 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.



What's Inside?

- AIDA SQ - Pg 2
- Behind the Veil- Pg 2-3
- Effects of DV on children Pg 4

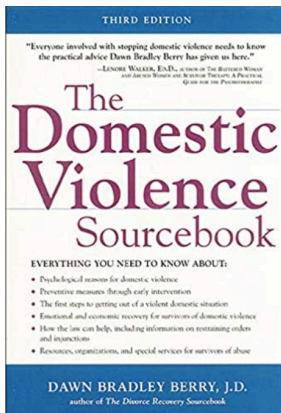
When Writing Us

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



Suggested Book Reading!

The Domestic Violence Sourcebook

By: Dawn Bradley Berry, J.D.

DID YOU KNOW?



1 in 4 women will be victims of severe violence by an intimate partner in their lifetimes.



1 in 7 men will be victims of severe violence by an intimate partner in their lifetimes.

▲ **3 to 4 X**

Men who were exposed to domestic violence as children are three to four times more likely to perpetuate intimate partner violence as adults than men who did not experience domestic violence as children.



Domestic violence is the third leading cause of homelessness for families.

AIDA Group CTF

Congrats to the participants who have successfully completed a cycle of AIDA. The facilitators are doing an extraordinary job at eradicating domestic abuse from the inside-out, this work could not be done without them!

Understanding the Cycle of Violence Correspondence Course!

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

With Much Gratitude

Thank you to everyone who has supported AIDA throughout the year. 2021 has definitely been a year of growth which none could have been done without you. We are excited for 2022 and more so to have you as part of our team. The work we do could not be done without your generosity and support. Since our last chronicles many members made a monetary donation, there are too many to name, but you know who you are, and we thank you. AIDA is a currently an organization ran solely by volunteers, so any donation made goes directly back to our members through the work we do.

We wish everyone a New Year filled with joy, peace and good health! We can't wait to see what the year will bring.

Team AIDA



Photo: Phoenu You, SQNews

Michael Beaudette, Harry Goodall Jr., Floyd D. Collins, Steven Warren, Jesus Escobar, and Jerry Gearing. Not pictured Vince O'Bannon, Michael Shukry and Timothy Ross.

The Awareness Into Domestic Abuse (AIDA) program of San Quentin held its first Domestic Violence Workshop on SQ's lower yard on October 23, 2021.

Written by: Vincent O'Bannon

AIDA San Quentin members gathered on the lower yard to an impressive turnout of interested individuals, some of whom were surprised that domestic violence entailed more than just physical abuse.

The two hour workshop, in collaboration with the AIDA non-profit 501c organization, covered topics that included; what is domestic violence? The cycle of violence; Domestic violence relapse prevention; and how to support Team AIDA moving forward.

The workshop was the first of its kind in SQ prison history.

AIDA Co-founder and San Quentin organizer Floyd D. Collins began the workshop with a personal testimony.

Floyd gave participants the history of AIDA's Purple Ribbon, then relinquished the floor to a host of speakers including keynote speaker Larry Johnson, who shared his heartfelt testimony of domestic violence/abuse and the effects that it has on victims.

"I learned so much by attending this workshop today," said Patrick Baylis. "I had no idea that domestic violence had so many other components to it. I always thought it was just physical. To learn that it can also be emotional, financial, psychological, and surprisingly, even verbal, makes me really re-evaluate how I view relationships going forward."

The workshop ended with 50 individuals signing up to participate in the AIDA by Mail Correspondence Course. Thank you Team AIDA SQ for your commitment in providing assistance in making the workshop a success.

Behind the Veil: Inside the Mind of Men Who Abuse

Domestic violence and unmasking the terror of Dr. Jekyll and Mr. Hyde.

By: John G. Taylor, MA

Domestic violence is the leading cause of injury to women, sending more than 1 million every year to doctor's offices or emergency rooms. This violence isn't occurring from the hands of a stranger but from the hands of the man who said *I love you*. Let's take a look inside the minds of men who abuse.

I want to share the knowledge and experiences that I've had facilitating groups and counseling more than 1,000 men who have abused their intimate partners. There are too many women and men dying, people being injured, far too many children growing up in violent homes to later become victims or abusers themselves.

What Is Domestic Violence?

Domestic violence happens when a partner physically, verbally, emotionally, and sexually abuses their intimate partner by exerting power and control over them. Domestic violence occurs in all cultures, races, religions, classes, as well as same-sex relationships. We find that domestic violence is perpetrated by men and women, 95 percent of reported domestic violence cases are men abusing women and 5 percent of reported domestic violence cases are women abusing men.

National Stats

1. Every 12 seconds a woman is abused by her intimate partner in the U.S.
2. 37 percent of pregnant women are battered during pregnancy, including blows to the abdomen
3. There are more animal shelters than there are shelters for victims of domestic violence in the U.S.

These numbers are staggering and they are growing. However, this is only what is reported, imagine how many more women are being abused but never report the incident.

The Cycle of Violence

Phase 1: Tension building; usually there is tension building within the batterer and there is usually an argument
Phase 2: Explosion; where the assault happens
Phase 3: Honeymoon; the abuser apologizes for his behavior buying the victim gifts or flowers

Continue on pg. 3

The cycle of violence will not end until one partner leaves or seeks treatment.

There are five common types of abuse and they usually start with the less noticeable first and become more obvious as the abusive relationship continues.

The Five Common Type of Abuse

1. Emotional; playing mind games
2. Verbal; name-calling
3. Technological; GPS tracking, Facebook sabotaging
4. Sexual; forcing sex while partner is asleep or basing sex on the Bible
5. Physical; physical harm such as punching, choking, even murder

[AIDA would like to also highlight]

6. Economic: Withholding or using money for control
7. Isolation: Removing victim from their friends or family
8. Minimizing, Denying/Blaming: Making the abuse seem like it didn't occur or is their fault
9. Control: Not allowing them their freedom of choice/Invasion of privacy, using the children to control the victim parent

Would you know an abuser by looking at him? What makes them tick? What are the signs of a batterer? You can't tell if a person is an abuser by looking at them. Yet there are some tell-tale signs and behaviors. Here are a few:

Profile of an Abuser

1. Jealous; questioning partner constantly about whereabouts, jealous of the time she spends away from him
2. Controlling behavior; the victim cannot get a job, leave the house, or bathe without permission
3. Isolation; makes partner move away from family and friends so that she depends on him solely for support
4. Forces sex against partner's will
5. Holds very rigid gender roles; partner's job is to cater to the abuser

Men who abuse are clever, smart, and extremely charming. Most of these men have a personality that draws people in, he is adept at charming, deceiving and manipulating. When a victim reports an assault, she is not easily believed. People normally say: "Not him, he is so nice." "You are so lucky."

He gets people outside of the home to buy into his deceit, and the victim has little to no support. Most batterers are seen as Jekyll and Hyde because of the stark contrast in their public and private selves. When we look into the mind and behaviors of batterers, the DSM cites these criteria:

Diagnosis of Abusers

1. Antisocial Personality Disorder; deceitfulness, repeatedly lying, use of aliases or conning others for personal profit or pleasure
2. Borderline Personality Disorder; a pattern of unstable and intense interpersonal relationships by alternating between extreme idealizations and devaluation
3. Narcissistic Personality Disorder; a grandiose sense of self-importance

When we look at the profile and characteristics of batterers or abusers we can clearly see how the diagnosis will be found in this population.

Treatment for this population

Group therapy is important because it allows the batterer to be confronted by his peers on his behavior. I've facilitated groups with 16 men, which can become confrontational. But it's important for the men to be held accountable for their behavior by other men and group facilitators. Group therapy focuses on respect, effective communication skills, honesty, non-violence, and emotion regulation.

Individual therapy is a good form of treatment because it gives the batterer more time to express himself without the interruption of others, but even in this therapy, the batterer has to be strongly confronted and held accountable for his behavior. Sometimes the batterer will want to bring his partner to the sessions. I strongly advise against this until both parties have had individual sessions.

Batterers can stop their behavior. I have seen many men change, I remind myself that people aren't their behavior, it's just what is manifested on the surface and we must get beneath that and deal with the root cause. We can't afford to have women and children living in fear. Let's shout it from the highest heights: "There is No Excuse for Domestic Violence."

Source: <https://www.psychologytoday.com/us/blog/the-reality-corner/201302/behind-the-veil-inside-the-mind-men-who-abuse>



Effects of domestic violence on children

Many children exposed to violence in the home are also victims of physical abuse. Children who witness domestic violence or are victims of abuse themselves are at serious risk for long-term physical and mental health problems. Children who witness violence between parents may also be at greater risk of being violent in their future relationships. If you are a parent who is experiencing abuse, it can be difficult to know how to protect your child.

Children in homes where one parent is abused may feel fearful and anxious. They may always be on guard, wondering when the next violent event will happen. This can cause them to react in different ways, depending on their age:

- **Children in preschool.** Young children who witness intimate partner violence may start doing things they used to do when they were younger, such as bed-wetting, thumb-sucking, increased crying, and whining. They may also develop difficulty falling or staying asleep; show signs of terror, such as stuttering or hiding; and show signs of severe separation anxiety.
- **School-aged children.** Children in this age range may feel guilty about the abuse and blame themselves for it. Domestic violence and abuse hurts children's self-esteem. They may not participate in school activities or get good grades, have fewer friends than others, and get into trouble more often. They also may have a lot of headaches and stomachaches.
- **Teens.** Teens who witness abuse may act out in negative ways, such as fighting with family members or skipping school. They may also engage in risky behaviors, such as having unprotected sex and using alcohol or drugs. They may have low self-esteem and have trouble making friends. They may start fights or bully others and are more likely to get in trouble with the law. This type of behavior is more common in teen boys who are abused in childhood than in teen girls. Girls are more likely than boys to be withdrawn and to experience depression.⁴
- More than 15 million children in the United States live in homes in which domestic violence has happened at least once.⁵ These children are at greater risk for repeating the cycle as adults by entering into abusive relationships or becoming abusers themselves. For example, a boy who sees his mother being abused is 10 times more likely to abuse his female partner as an adult. A girl who grows up in a home where her father abuses her mother is more than six times as likely to be sexually abused as a girl who grows up in a non-abusive home.
- Children who witness or are victims of emotional, physical, or sexual abuse are at higher risk for health problems as adults. These can include [mental health](#) conditions, such as [depression](#) and [anxiety](#). They may also include [diabetes](#), obesity, [heart disease](#), poor self-esteem, and other problems.

Each child responds differently to abuse and trauma. Some children are more resilient, and some are more sensitive. How successful a child is at recovering from abuse or trauma depends on several things, including having:⁸

- A good support system or good relationships with trusted adults
- High self-esteem
- Healthy friendships

Although children will probably never forget what they saw or experienced during the abuse, they can learn healthy ways to deal with their emotions and memories as they mature. The sooner a child gets help, the better his or her chances for becoming a mentally and physically healthy adult.

[Talk to your kids about abuse. You're their greatest asset.]

Source: [womenshealth.gov/relationships-and-safety/domestic-violence/effects-domestic-violence-children](https://www.womenshealth.gov/relationships-and-safety/domestic-violence/effects-domestic-violence-children)



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