ADDRESSING FAMILY VIOLENCE

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Native people come from greatness.

We have great heritage, great history, great cultures, and great people!

Understand, if we came from greatness we must return back to greatness.
Goodness Before Greatness

You must allow goodness into your life. Why?

• If goodness is not present, you cannot share it or give it.
• You cannot give something you do not have.
• You must learn to stand on your own goodness.
Native American men make great husbands, fathers, & leaders

Native American women make great wives, mothers, & leaders

Gratitude is the beginning of greatness

A grateful man is a smart man
Alert

As a result of family violence and addictions our great Native Nations are quickly becoming cultures of rejection.
What Is Family Violence?

- Family violence is **intentional** violence or abuse of a family member to impose power and control or harm to another.
- Family violence is a **people** problem not a **gender specific** problem.
- It’s a form of oppression, a forced process of submission to bring someone under their control.
  - Their power lies in the submission.
- Oppression is destructive to the body, mind, and spirit and directly affects ones **self worth** and personal **identity** (both to children and adults).
What Is Family Violence? (contd.)

- It includes physical, verbal, emotional, and sexual abuse.
- In addition NAFFA includes abandonment, neglect, molestation or harm to any family member, especially children.
- There is a direct relationship between family violence and child abuse.
What Is Family Violence? (contd.)

• Violence between family members is not limited to only parents but includes siblings, elderly and extended family.
• Unfortunately, child or elderly abuse are often considered separately by professionals.
• Children affected by violence in the home, either as a victim or a witness, are negatively impacted and this can be considered a form of emotional child abuse.
Family Violence and Abuse

- Cheats and robs yourself and loved ones
- Leads others to feel left out
- Points loved ones in the wrong direction
- Creates stress and pressure for the whole family
- Can have long term harmful effects on the child and the family
NAFFA Defines Domestic/Family Violence as **True Identity Theft**

- Simply and plainly put: Identity theft is a crime.
- Starts with criticism and escalates
- Reckless words and actions destroy self-worth and people become lost
• It’s a form of stealing someone’s identity which robs others of happiness and their potential.
• Personal identity deserves to be protected
• First understand you are a victim
• Often it will take years to restore self-worth and confidence
• Many people do not realize how easily it is stolen
• It is stolen by lies, deception, and criticism
• Can suffer adverse consequences. It is not often known by the victim that this is happening, but others can see it.
Rejection: Non-verbal rejection and verbal rejection are similar in impact. Both hurt.

The recipient is not able to connect.
Rejection Causes Feelings of:

- Loneliness
- Hurt/pain/sorrow
- Worthlessness/feeling unwanted
- Inferiority/diminished confidence
- Lack of importance/not feeling valued
- Anger/resentment/bitterness
- Seeking attention in negative ways
- Being unlovable
Acceptance Creates Feelings of:

- Safety
- Motivation
- Caring/enjoyment
- Needed/wanted
- A sense of fairness
- Acceptance of rules
Acceptance Creates Feelings of:
(contd.)

• Belonging/strong identity
• Happiness/well-being/success
• Personal worth/confidence
• Ability to recognize good and bad decisions
• Ability to make changes and open to learning
Family Violence & Abuse

NAFFA strongly condemns family violence and abuse in any form.

• Family (domestic) violence: **INTENTIONAL** abuse of a family member to impose power and control over another.

• Violence is a **people** problem not a **gender specific** problem.
Any Type of Relationship can Become Abusive

WHY?

Because when emotions are left unchecked people can hurt others:

• Verbally
• Emotionally
• Sexually
• Physically
Violence or abuse may have touched you personally or may have touched someone you love.

• It causes much suffering but can be overcome.
• It attacks your personal freedom & violates your right to choose.
• This destructive behavior sets a pattern for the whole family to follow.
The Abuser

- Condemns truth
- Has no confidence in you
- Creates inequality through unfair rules
- Will endlessly lie and cheat you
- Loves wrong and bad things
- Does not understand love at all
- Becomes a stranger to the family
- Does not know good from evil
- Will steal and lie to feed their selfish ambitions
Power & Control

Power & control can be associated with:
- Employment
- Finances
- Education
- Status & position
- Skills: technical, communication, interpersonal, etc.
- Family structure

Violence is based on power & control
- Who in the family has more power & control?
- Who is the aggressor?
- Who is afraid of whom?
Tyrant: Someone Who Brutally and Harshly Uses Power and Authority to Oppress Others

Tyrants control by power or any means available. Some men and women are tyrants in their own homes. Through this behavior, personal choice is taken away. The right to choose is an important and valued belief that runs deeply through Native American cultures.

*Choice is necessary for us to progress as a people.*
Without Freedom Of Choice, You Will:

• Never know true happiness
• Never grow or develop
• Become dependent upon others
• Limit or lose opportunities in life
• Lose confidence and the ability to act for yourself
• Become a victim of power, manipulation, and control
Violence & Abuse

• Destroys the personal liberties and freedoms of others.
• Disregards, disrespects, and slowly destroys the entire family.
• Brings suffering, misery and can eventually bring destruction (captive).
• Love and mercy are gone.
• Greatly distorts perception of life.
More than 4 in 5 American Indian and Alaska Native women (84.3%) have experienced violence in their lifetime. This includes:

- 56.1% have experienced sexual violence.
- 55.5% have experienced physical violence by an intimate partner.
- 48.8% have experienced stalking.
- 66.4% have experienced psychological aggression by an intimate partner.
More than 4 in 5 American Indian and Alaska Native men (81.6 %) have experienced violence in their lifetime. This includes:

- 27.5 % have experienced sexual violence.
- 43.2 % have experienced physical violence by an intimate partner.
- 18.6 % have experienced stalking.
- 73.0 % have experienced psychological aggression by an intimate partner.
Imagine an iceberg:

- The tip of the iceberg we see above the water represents the violence that is reported.
- The iceberg below the water’s surface represents the violence we do not see nor address.
Major Factors Contributing to Family Violence

• Modeling of violence and control in childhood
• Low self-esteem: linked to self-confidence
• Low self-worth: linked to self-respect
• Apathy: lack of feeling of concern, emotion, or interests
• Lack of self-control: emotions control the person, rather than the person controlling their emotions
• Limited coping skills: unwilling and unable to solve problems respectfully and non-violently
Major Factors Contributing to Family Violence

• Although domestic violence occurs across income brackets, it is most frequently reported by low-income individuals who more often rely on the police for dispute resolution. Victimization surveys indicate that lower-income women are, in fact, more frequently victims of domestic violence than wealthier women.
Major Factors Contributing to Family Violence

• Domestic violence is the leading cause of injury to women between the ages of 15 and 44 in the United States, more than car accidents, muggings, and rapes combined.

• Recent survey research, inclusive of a wide range of racial groups, finds that American Indian/Alaskan Native women experience significantly higher rates of physical abuse than white women.
Major Factors Contributing to Family Violence

• A verbally abusive partner is one of the most robust risk factors for intimate partner violence.

• Women whose partners are jealous or tightly controlling are at increased risk of intimate violence and stalking.

• There is a strong link between threat of bodily injury and actual bodily injury, suggesting that abuser threats should be taken seriously.
Choice

• Next to life, the greatest possession we have is the right to choose
• Choice: freedom to act for yourself
• Self-respect: the right to make your own choices
• Respect for others: allowing others to make their own choices

When there is violence, choice has been taken away.
Personal Pride

• Difficult to accept authority and prone to rebellion
• Not interested in changing ideas or opinions
• Ungrateful, selfish, unforgiving, & withholds love
• Goal is to win and to rule
  • Not interested in what is right, because they are always right
  • Use their knowledge, wealth, talents, position, & other strengths
Selfishness creates:

• Self-centeredness, self-importance, self-pity, self-fulfillment, & self-gratification
• Lack of understanding in relationships
• Lack of tolerance
Criticism

- Harsh & Unfair
- Put others down (shames them out)
- Holds others back
- Refuses to accept rules
- Causes others to be left out
- Finds faults with or makes fun of others
Defensive

- Argumentative
- Threatens others
- Unwilling to draw close to others or solve problems
- Controls, judges, and attacks individuals instead of the problem.
- Does not look at the whole picture only their point of view
Jealousy

• Distrustful
• Suspicious
• Possessive
• Close Minded
• Holds Grudges
• Wants to get even
• Brings fear to others
• Believes rumors, gossip and lies
• See things that are not real or true
• Wants to control other person or situation
Lying and Deception

- Condemns truth
- Listens to and believes lies
- Speaks badly of others
- Does not keep promises
- Hides hate and anger with lies
- Turns back on loved ones
- Willfully and knowingly destroys others
- Does not know how to love
- Pretends to be spiritual or religious
- Lives a double life
Anger

• NAFFA identifies anger as an addiction
• Lose control of emotions
  • No one can make you angry unless you let them
• Most problems today that involve violence are linked to anger
• Anger does not solve anything; it builds nothing, but can destroy everything
• Anger leads to hatred, revenge, and injustice
A helpful technique to reduce anger is to make a distinction between reacting to a problem and responding to a problem. When we react, our body takes over our emotions and we just act out our anger.

When we respond to a problem, our brain takes over our emotions and we consciously decide how we will act. It’s similar as to when we go to the doctor for medication. If we react to our meds, that’s bad news. If we respond to our meds, that good news.

It’s the same with our anger. Respond. Do not react.
Goodness brings great rewards to yourself, family, and community.

Stand on your own goodness.

Be a force of goodness. Why? Because you might be an answer to someone’s prayer.
“I know of no Native American tradition, belief, ceremony, or teaching, that allows family members to abandon, abuse, neglect, ignore, harm, injure, or molest other family members, specifically children.”

-Albert M. Pooley

The natural order of our Native ways is to help one another, watch over one another, and to comfort one another.

There is nothing more important and precious than family.
Contact Us:

Like us on Facebook: Native American Fatherhood & Families Association
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