



# HARBOR LIGHTS

Fall 2005

## MISSION

*To lead a community wide partnership in the awareness and prevention of domestic violence and abuse and to offer safety and support to diverse families in crisis.*

## EFFECTS ON CHILDREN EXPOSED TO DOMESTIC VIOLENCE

All children who live with domestic violence are affected by the experience. The severity of the effects vary greatly. Some children are severely traumatized by their exposure to domestic abuse, particularly if they are among the many who are also victims of child abuse. Children who have a resilient temperament, an otherwise stable life and a nurturing support system may suffer minimal harm. Support from their non-abusing parent and their community can greatly contribute to resiliency.

The potential effects on children that witness domestic violence can be characterized as *externalizing* or *internalizing* symptoms. Externalizing symptoms are more visible and often manifest as behavioral problems. Internalizing symptoms are less visible and more likely to be characterized as mental health problems.

### Externalizing Symptoms of Exposure to Domestic Violence

- Aggression, including a greater likelihood to use violence
- Anger
- Poor social adjustment, including less empathy with others and aggressive or passive problem solving skills
- Noncompliance and Behavioral Disorders
- Delinquency
- Impaired cognitive functioning and difficulties in school
- Immaturity, delays in development and regression to earlier developmental stages
- Health problems, and psychosomatic

complaints, resulting in school absence and more hospital admissions

- Domestic violence related injuries, either as indirect victims or while trying to defend their battered mothers
- Greater likelihood that they will grow up to abuse their partners (boys) or become victims themselves (girls)

### Internalizing Symptoms of Exposure to Domestic Violence

- Depression and sadness
- Anxiety, worry and hyper-vigilance
- Fearful, withdrawn and inhibited behavior
- Nightmares and sleep disorders
- Lower self esteem
- Shame and feeling responsible for the abuse
- Unresolved conflicts and ambivalence about their parents

### Variables and Factors Affecting Resiliency

- Not all children experience the same effects, and some are affected much more than others.
- Exposure to domestic violence combined with child abuse increases the severity of problems.

*Continued on Page 2*

## CONTENTS

1- Effects on Children  
Harbor House

2- Continued...  
Effects on Children

2- Urgent Needs

2- What Can I do?

3- Golf Updates

4- Upcoming Events

Back Page:  
Volunteer Opportunities

Just wanted you to know when I stayed at Harbor House your staff and volunteers made me feel so welcome. Finally I was not alone. It was so comforting knowing the people I trusted and confided in knew just how I felt. Everyone here was very supportive of me no matter what my decision. Thank you for being there.  
—Former Resident

## URGENTLY NEEDED ITEMS

CHILDREN'S UNDERWEAR-ALL SIZES  
CHILDREN'S SOCKS-ALL SIZES  
CHILDREN'S PAJAMAS-ALL SIZES  
CHILDREN'S COLD & FLU MEDICINE  
DISPOSABLE THERMOMETERS  
RID HEAD LICE TREATMENT  
NEW PILLOWS

We hope that you can help us with the following items to best serve the needs of children while they stay in shelter. Please call Cheri 832-1667 to make an appointment to drop off your donation. Thank you.



## October is Domestic Violence Awareness month

### What can I do to help stop violence against women?

- ◆ Listen to and believe victims
- ◆ Offer assistance to battered women
- ◆ Value diversity: All violence is based in the oppression of one group over another, whether oppression is based on race, religion, sex, ability or sexual orientation.
- ◆ Be a peaceful role model for children.
- ◆ Support or initiate "zero tolerance" policies in schools: Find out if a violence prevention curriculum is being taught in your child's school.
- ◆ Respect yourself and others: Teach children that violence is never o.k.,
- ◆ **Support legislation:** Support legislation that works to maintain the safety of victims within their communities, and to keep perpetrators accountable to the crime. Visit [www.700women.org](http://www.700women.org) to find out how you can help!
- ◆ Focus on the perpetrator: Do not blame the victim.
- ◆ Understand our own attitudes and actions that perpetuate sexism and violence toward women. Work to change them....
  - ⇒ Confront sexist jokes and remarks
  - ⇒ Confront all forms of oppression—racism, homophobia, and sexism
  - ⇒ Don't fund sexism—don't buy magazines, rent videos, or buy music that portray women in a degrading manner.
- ◆ And VOLUNTEER (See back page for Harbor House Volunteer Opportunities)

## EFFECTS ON CHILDREN EXPOSED TO DOMESTIC VIOLENCE (*continued from Page 1*)

- Effects of witnessing domestic violence are most severe in younger children and those who experienced prolonged exposure.
- Fewer negative effects for children who can distance emotionally, soothe themselves and don't feel responsible for the abuse.
- Greater negative effects for children who have difficulty regulating their emotions, see themselves as powerless and feel responsible for the abuse.
- Boys exhibit more externalizing problems; girls exhibit more internalizing problems.
- Few differences based on race and ethnicity
- Children cope better if they receive support from their family and their community.
- Strength of the mother-child relationship can be a stressor or source of strength.
- Additional stressors include poverty, community violence, parental substance abuse or mental illness and disruptions in family life.

*Sources: Edleson, Jeffrey L., Children's Witnessing of Adult Domestic Violence, University of Minnesota, [www.mincava.umn.edu/papers/witness.htm](http://www.mincava.umn.edu/papers/witness.htm). Meurer, Tess and Webster, Kathryn, Effects of Domestic Abuse on Child Witnesses, Wiley Family Law Update, Chapter 9, Aspen Publishers, 1997.*

## STATISTICS ON CHILDREN, YOUTH AND DOMESTIC VIOLENCE

- ⇒ 3 million American children are exposed to domestic violence in their homes each year.
- ⇒ Studies have shown that 25% of domestic homicides are witnessed by the children of the victim.
- ⇒ 63% of all males ages 11-20 who are serving time for homicide in the U.S. are incarcerated because they killed their mother's abusers.
- ⇒ Although many adults believe that they have protected their children from exposure to domestic violence, 80-90% of children in those homes can give detailed descriptions of the violence experienced in their families.
- ⇒ 40% of teenage girls know someone their age who has been hit or beaten by a boyfriend.
- ⇒ Fathers who batter the mother of their children are twice as likely to seek sole custody than are nonviolent fathers, and are three times as likely to be in arrears in child support.

**2 Contact us at 920-832-1667 or 1-800-970-1171 Email: [hhdap@athenet.net](mailto:hhdap@athenet.net)**

# GOLF FUNDRAISERS



Kimberly-Clark Tee Off—Organized by KC Interns & Co-ops who raised over \$11,500 for Harbor House! Pictured... Matthew Surbrook, Stephanie Cenal, Emily Shafron, Peter Peschong and Harbor House board member Shannon Kennedy



John Schreiner-Board Chair, Donna Van Vreede, Chris Marten, and Peter Gianopoulos help Altrusa raise over \$11,000 for Harbor House and other charities at the annual golf fundraiser.

# UPCOMING EVENTS!



**Sunday, November 13**

**TIME: 10AM-2PM**

**Fourth Annual  
Cut-A-Thon**

**Now at 3 Locations**

**Styles, Etc—3505 Commerce Court-Appleton  
Tangles-W6141 County KK-Darboy**

**Hair & Nails Unlimited-2145 W. Spencer-Appleton**

\$10 for kids \$15 or higher donation for haircut

All proceeds go to Harbor House.

There will be a bake sale and door prizes!

Call Kathy at (920) 882-6476 for more info.

THRIVENT is co-sponsoring this event.

We are thrilled to report that our Cut-A-Thon has grown from one participating salon to three in this annual fundraiser to 'cut out' domestic violence. Many thanks to Mary Selig, one of the owners of Styles, Etc. and Committee Chair.

Hair stylists have a very important role to play in helping to end violence against women. Some reasons why hair salons should care about domestic violence:

- ⇒ Salon professionals often see their clients regularly, month after month, year after year.
- ⇒ They build relationships with their clientele and can often spot troubling patterns of behavior or changes in a client's behavior.
- ⇒ Salon professionals are experienced listeners.
- ⇒ In addition, the salon may be one of the few places a battered woman can go without the abuser.



**EVERY GIRL'S A PRINCESS!**

**A fun-filled event ideal for girls 3-10 years old**  
"A day to show every girl that she is a special person with her our unique 'princess' qualities."

**WHEN: Saturday, October 15<sup>th</sup> 9 a.m. – 3 p.m.**

**Sunday, October 16<sup>th</sup> 10 a.m. – 3 p.m.**

**WHERE: Thrivent Financial For Lutherans  
RSVP REQUIRED:**

**Call (920) 731-4696 today!**

**\$25 per child (parent/adult must attend)**



*Princess Erica Selwitschka (8) and her sister Princess Jordin (3) at 2004 Every Girl's A Princess Event*

The Princesses **NEED YOUR HELP** to make their day special:

**Formal dresses\*** (such as prom, bridesmaid, etc.) and **costume jewelry** are needed. *Please make sure dresses are clean.* Please call Harbor House at (920) 832-1667 to arrange a drop-off time for donations.

**We also need volunteers!:**

High School and Middle School girls are needed as **ROYAL DRESSERS**. (Girls, this is a great opportunity to get some of those required volunteer hours.) Adults are needed to help our little princesses at the crown, wand and royal snack tables.

Please call Mary at 832-1667 if you are interested.



Harbor House Domestic Abuse Programs  
 720 West Fifth Street  
 Appleton, WI 54914

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 U.S. Postage  
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 Permit No. 312  
 Appleton, WI.  
 54911

domestic abuse programs

**RETURN SERVICE REQUESTED**



Harbor House is supported by United Way

**VOLUNTEER OPPORTUNITIES**

Harbor House is currently looking for people interested in participating in the following Board committees: Public Relations, Fundraising, Finance, Human Resources, and Long Range Planning. These committees offer a wonderful opportunity to learn new skills, meet new people and work to benefit a dynamic non-profit agency providing services to victims of domestic abuse. As always we have particular interest in adding people to our board who have diverse backgrounds, experiences and skills. Call Beth Schnorr, Executive Director, at 832-1667 or email [hhbeths@athenet.net](mailto:hhbeths@athenet.net).

**CALLING ALL TEENS!!**

**TEEN VOLUNTEERS (14-18 years old)** are needed to help with childcare Monday-Thursday between the hours of 6-8 PM. This is an excellent way for teens to obtain the volunteer hours required by their school for graduation. Please contact Mary Buser, Volunteer Coordinator, at 832-1667 or email [hhmary@athenet.net](mailto:hhmary@athenet.net) for more information.