Resources for Professionals and Consumers

Managing Violence

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Abstract

Childbirth educators are in a unique position to offer individuals and families a helpful amount of resource information on violence prevention and awareness. Internet-based resources on managing violence are especially abundant. Educators can learn from these web sites and pass along the information to their class participants.

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Violence affects each one of us. Reports in both the professional literature and the media indicate that violence is increasing. Violence occurs among families, individuals, intimate partners, and strangers and pervades all racial groups and social classes.

Expectant families are not immune from violence. During pregnancy, families often experience a stressful point in their lives; there may be tension and anxiety related to the impending birth, financial strain, or the overwhelming amount of advice prospective parents receive from well-meaning individuals. Many abused women suffer from an increase in abuse during pregnancy. For more detailed information on violence among expectant families, please see two articles previously published in this journal.*

Health care providers are in a key position to assist

*Betts-Cobau, T., & Hoyer, P. P. (1997). Part I—Domestic violence: Are professional pledges such as the “Nightingale Pledge” Obsolete? *Journal of Perinatal Education*, 6(4), 18-27.

Gaines, K. A. (1997). Abuse and Pregnancy: What every childbirth educator/nurse should know. *Journal of Perinatal Education*, 6(4), 28-34.

individuals to deal with the violence around them and to help control their own anger and prevent violence within themselves. Since they come into contact with many individuals and their families over a course of time, childbirth educators are presented with an excellent opportunity to share more information on violence prevention and awareness. Therefore, the childbirth educator must be well informed regarding available resources for her own professional practice and for the victim of domestic violence.

The purpose of this article is to provide professionals and consumers with Internet-based resources regarding violence so that each may contribute to the control of violence in their lives and the lives of others.

Resources for Consumers

Safe Horizon Domestic Violence Shelter Tour and Information Site (www.dvsheltertour.org)

This is a comprehensive resource for women who need information regarding domestic violence. The site is sponsored by Safe Horizon of New York. Information provided in the site is accurate and current. Highlights of this site include a tour of the shelter, information on finding help, links to domestic violence resources throughout the world, a listing of events and conferences, a comprehensive-issues section that addresses all types of domestic violence, and a quick-access section on how a battered woman can make a plan and how police can help victims of domestic violence. The site also features an e-mail response mechanism where individuals can have questions answered. Information is presented at an average writing level.

American Psychological Association Public Communication: Violence on Television (www.apa.org/pubinfo/violence.html)

The American Psychological Association Public Communication web site is intended for consumers. The information provided on the site is accurate and complete. Some of the best features include short questions and answers to common concerns regarding violence and television, current research, real-life examples, debate topics, what parents can do to help, additional resources, and contact information. The format is easy to read, and the language level is simple to average.

Mothers Against Violence in America (www.mavia.org)

Mothers Against Violence in America (MAVIA) is dedicated to preventing violence by and against young people through education, outreach, and advocacy. The site is consumer-oriented, but it may also be helpful to health care providers. Information provided on the site is current and accurate. Features include political information, news, programs and events, education outreach, Students Against Violence Everywhere (SAVE) information, victim awareness programs, and much more. Contact information for MAVIA is also provided. Special sections feature the following topics: understanding the video game rating system, violence in schools, and the family education network (an interactive communication tool to help busy parents help their children succeed). The site is easy to use and provides average level information.

Resources for Professionals and Consumers

American Bar Association: Domestic Violence (www.abanet.org/domviol/)

The American Bar Association section on domestic violence is written at a level that is appropriate for both consumers and health care providers. Detailed information is provided on legal matters relating to domestic violence. The information is accurate and current. Probably the most significant feature of this site is the section detailing how an abuser can track Internet use. Additional sections include information on publications, legal research, links to other sites, and teaching others about domestic violence. An e-mail response service for legal questions is also provided, along with hotline phone numbers and a listing of pro bono programs. Information is available on current statistics, safety planning, and professional fund-raising events. Materials provided on the site may be distributed without permission for noncommercial informational or educational purposes, as long as the American Bar Association Commission on Domestic Violence is acknowledged.

Domestic Violence Hotlines and Resources (www.feminist.org/911/crisis.html)

The Domestic Violence Hotlines and Resources link on the Feminist Majority Foundation's web site is a comprehensive listing of state and national coalitions regarding

violence. The information is current and accurate and the site is easy to use.

***United States Office of Personnel Management:
Dealing with Workplace Violence
(www.opm.gov/workplac/)***

This web site is intended to assist individuals who are responsible for establishing workplace violence prevention initiatives and to help individuals deal with violence or the threat of violence in the workplace. Information is current and accurate and geared toward both professionals and consumers. Highlights from the site include sections on case studies, prevention, program development, and writing policy statements. Detailed information is provided on threat investigation, employee relations, workplace security, and organizational recovery following an incident. Resources for additional information are also available. The site is easy to use and is presented at a simple level.

Violence Policy Center (www.vpc.org)

The Violence Policy Center (VPC) is a national nonprofit organization that provides research, education, and ad-

vocacy to fight firearms violence. As a gun control think tank, the VPC analyzes a wide range of current firearms issues and provides information to policy makers, journalists, public activists, and members of the general public. Information on this site is accurate, current, and appropriate for both health care professionals and consumers. One of the site's highlights is a link to information on current legislation to regulate the gun industry, which includes the Firearms Safety and Consumer Protection Act and litigation against the gun industry. The site offers current reports on a variety of issues, including safety and regulatory information, statistical data on firearms violence, firearms industry, pro-gun special interest groups, federal policy issues, state policy issues, and product liability. Fact sheets are also available on specific groups, including women and firearms violence, youth and firearms violence, and the elderly and firearms violence. Additional information is provided on the National Rifle Association opinions and controversies. The web site contains a search mechanism, news, press releases, and publications. It is easy to use and provides information at an average level.

The card below may be cut out and laminated for wallet/purse use. The card may be copied for distribution to colleagues and consumers. (Posting the card inside women's restroom stalls is sometimes recommended for women who may not feel safe to publicly view this material.)

Resources to Manage Violence

DOMESTIC:	www.dvsheltertour.org www.feminist.org/911/crisis.html
GUN:	www.vpc.org
LEGAL:	www.abanet.org/domviol
TELEVISION:	www.apa.org/pubinfo/violence.html
WORKPLACE:	www.opm.gov/workplac
YOUTH:	www.mavia.org

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Caution: Web usage can be tracked by a knowledgeable user.