

HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

Victims of domestic violence are not alone

BY KERRI ASHURST

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Domestic violence is a pattern of behaviors used by one person to get or maintain power or control over another person in a relationship. It can be physical, emotional, financial, or sexual. Often, more than one of these is happening at the same time. The small lists of examples included with each type of abuse are all parts of much larger and more detailed lists. Please see the websites listed in Other Resources for the full lists.

Physical abuse

Here is a small list of examples of physical abuse. Physical abuse may not always cause visible damage.

- Pushing and shoving
- Slapping
- Punching
- Throwing objects to hurt or scare
- Disrupting sleep to make someone feel exhausted

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Emotional abuse

Here are a few examples of emotional abuse. Emotional abuse controls a person or damages their self-worth. Emotional abuse can be verbal or nonverbal.

- Yelling in someone's face
- Name-calling
- Intimidating or humiliating
- Standing in a controlling way, such as blocking off a door
- Manipulating someone's children
- Threatening to harm or take away someone's children or pets
- Not responding to or listening to someone
- Twisting someone's words
- Monitoring phone calls, texts, and computer use
- Following someone or putting GPS tracking software on someone's car or cell phone

Financial abuse

Here are just a few examples of financial abuse. Financial abuse happens when a person makes someone dependent on them for all financial needs. It results in someone having no power or voice about finances in the relationship.

- Controlling all the money
- Not allowing someone to work or attend school
- Damaging a vehicle to keep someone from getting to work
- Destroying class assignments or doing other things to harm someone's education
- Running up debt in someone's name

Sexual abuse

Here is a small list of examples of sexual abuse. Sexual abuse involves sexual contact or behavior that happens without consent. Sexual abuse can occur in relationships and marriages.

- Rape
- Forcing or pressuring someone to do unwanted, painful, or degrading sexual acts
- Taking advantage of someone while they are drunk or unable to give consent
- Taking any kind of sexual pictures or film of someone without consent
- Threatening to break up with someone if they refuse to do something sexual

An abuser may enjoy the feeling they get from feeling like

OTHER RESOURCES

GET HELP:

The National Domestic Violence Hotline is open all the time at <https://www.thehotline.org> or **1-800-799-SAFE (7233)**. If you are scared an abuser will hear you, you can text the phrase **LOVEIS** to **22522**.

Domestic violence – what is it? (full article):

<https://fcs-hes.ca.uky.edu/files/domestic-violence-what-is-it.pdf>

Abuse defined (article):

<https://www.thehotline.org/is-this-abuse/abuse-defined>

What is domestic violence? (article):

<https://centerforfamilyjustice.org/faq/domestic-violence>

they have power over someone. They believe their feelings and needs should be the top priority. Abuse is not love and comes in many forms not listed here. Abuse is one person in a relationship having power and control over another. Abuse is never okay, so please see our Other Resources box (above) if you are concerned for yourself or someone you love.

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Self-expression through art can be relaxing. Painting, drawing, sculpting, and other forms of art use supplies many of us already have at home.

Save money and relax by rediscovering hobbies

BY KELLY MAY

Senior Extension Associate for Family Finance and Resource Management

AND BY JEANNE BADGETT

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Hobbies can help you relax, take your mind off worries, or fill extra time. Save money by rediscovering old hobbies and using what you already have.

Scrapbooking can be a way to both pass the time and enjoy your favorite memories. Use printed photos and paper craft supplies to make a traditional scrapbook. Or create digital photo albums using online services and have the finished glossy book shipped to your door. Look for discount coupon codes to reduce the cost of printing or shipping.

If organizing your thoughts makes you feel more in control of life, try making a bullet journal. It's like a cross between a scrapbook and a day planner. Journaling and creative writing can be a helpful way to process your thoughts. Supplies can be as simple as a blank notepad, pen, and your imagination.

If you love to sew or quilt, you probably already have some



supplies. Work on a project that is at the right skill level to keep you engaged without being frustrating. This can be the perfect opportunity to complete any unfinished sewing or quilting projects.

Self-expression through art can also be relaxing. Painting, drawing, sculpting, and other forms of art use supplies many of us already have at home. Again, keep the skill level of the project in mind. Most people who have a smartphone have a camera, so consider photography.

Resources to learn new skills abound online. Or use digital

library accounts. If you do need supplies, many hobby supply stores offer coupons or discounts and occasionally run promotions for free shipping on online orders.

OTHER RESOURCES

Related item:

<https://youtu.be/8Ju93fsrhk4>

Full article:

<https://fcs-hes.ca.uky.edu/files/rediscovering-hobbies.pdf>



BY RACHEL NOBLE

Extension Specialist for 4-H Youth Development

The Kentucky 4-H International Program is hosting the 1,000 Paper Cranes Project. The project was the idea of Kentucky 4-H'er Lily Martin from Webster County who brought the idea to the Kentucky 4-H State Teen Council.

The Japanese culture refers to cranes as the “bird of happiness.” Japanese people believe the wings of the crane carry souls up to paradise and that the birds symbolize hope

and healing during challenging times (JCC Origami Crane Project, 2011). Many Japanese give this as a symbol of friendship and hope for good fortune. Japanese mothers pray over their children, “O flock of heavenly cranes, cover my child with your wings.”

4-H Clubs and partner organizations from all over the country and world have committed to reaching the goal of folding 1,000 paper cranes by June 1. Everyone is invited to participate! If you would

like to join in celebrating hope and happiness during this challenging time in our world, please reach out to Rachel Noble, Extension Specialist for 4-H Youth Development, at rachel.noble@uky.edu.

OTHER RESOURCES

Fun indoor activities for your children (article):

<https://fcs-hes.ca.uky.edu/files/fun-indoor-activities-for-your-children.pdf>

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