Core Concepts of Domestic & Intimate Partner Violence

UTAH
DOMESTIC VIOLENCE
COALITION

Who is here?

Name
Share your name and pronouns

Role
Your title, organization, or community

Expectations & Goals
What do you hope you understand or respond to better after today?

Heidi Patterson
Training Coordinator, UDVC

What's UDVC?

- ***Utah Domestic Violence Coalition:*** an independent, nationally recognized, not-for-profit coalition working to improve domestic violence intervention/prevention efforts in the state of Utah
- We represent ***domestic violence service providers*** and community partners across the state who are delivering direct services to those impacted by domestic violence

What do we *do*?

- ***Advocate*** for policies/practices that enhance victim safety and empowerment
- ***Raise awareness*** of the need for prevention/intervention
- ***Partner*** with stakeholders to improve responses to survivors
- Offer ***training*** and technical assistance
- Engage in ***outreach*** strategies and activities
- Serve as an ***information*** “clearing house” for the state

How are we making a difference?

We advocate, collaborate, and educate professionals and community members statewide by:

- Legislative advocacy and policy analysis
- Assisting our programs in acquiring and maintaining funding
- Providing technical assistance and training in partnership with our member organization
- Community education
- Lethality Assessment Protocol
- Education and collaboration with law enforcement officers, judges, and prosecutors
- LINKLine, Utah’s 24/7 statewide DV hotline

Grant Support:

This training is supported by **Grant No. 15JOVW-26-GG-00777-STAT** awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed throughout this training are those of the presenter and do not necessarily reflect the views of OVW.

Let's set some **training norms...**

- ***Self-care's important!*** Take care of you - no questions asked
- ***This is a space for learning & non-judgement!***
- ***Discussion!*** This training is for you, and can be lead by you. If there's a topic you want to go deeper into, let's do it! Don't hesitate to ask question!
- Be mindful of the ***vast experiences, perspectives and identities*** here today.

Just Notice

In Control: Lucy's Story

Let’s Reflect

Myths & Barriers



Common Myths & Barriers

Understanding widespread misconceptions surrounding intimate partner violence.

- Uncommon/rare
- Just a “family matter” or “bad relationship”
- Caused by alcohol/drugs, poverty, mental illness, or anger issues
- Provoked/deserved by the victim
- Always perpetrated by men against a female victim
- Always physical
- Cured by couples’ therapy or “just leaving”
- Black-and-white
- Easy to “fix”
- DV is easy to leave
- Children are not affected if they are not directly abused
- Abusers cannot change
- Doesn’t happen to older adults or those with disabilities



Myth: DV is uncommon/rare

- **Domestic violence is extremely common**: According to the CDC, about **1 in 4 women and 1 in 10 men** in the United States report experiencing intimate partner violence in their lifetimes.
- It occurs **across all communities**, regardless of race, age, gender, socioeconomic status, religion, or education level.
- Many cases go **unreported**, often due to fear, shame, or lack of support, which contributes to the false perception that it's rare.
- The impacts are far-reaching—affecting not only survivors, but also children, families, workplaces, and communities.

Myth: Just a family matter or bad relationship

- **Domestic violence is not typical conflict**—it involves a pattern of power and control, not just mutual disagreements or poor communication.
- Labeling it as a private issue **discourages intervention** and isolates survivors from help.
- Abuse is a **public health and human rights issue** with serious physical, emotional, and societal impacts.
- This myth shifts **blame onto victims** and shields abusers from accountability

Myth: Caused by alcohol/drugs, poverty, mental illness, or anger issues

- **Many people struggle with these challenges and do not abuse others.**
- Domestic violence is a **choice** rooted in the desire to gain or maintain **power and control** over a partner.
- Substance use, financial stress, or mental health issues may **escalate abuse** but they do not explain or justify it.
- Focusing on these factors can **excuse abusive behavior** and ignore the underlying dynamics of control.

Myth:
Provoked or deserved by the victim

- **No one ever deserves to be abused.** Abuse is a deliberate choice made by the perpetrator to control or dominate.
- This myth shifts responsibility away from the abuser and **reinforces shame and silence** for survivors.
- Even if there is conflict or tension in a relationship, **violence is never a justified response**.
- Believing this myth **upholds victim-blaming attitudes** and makes it harder for survivors to seek help or be believed.

Myth: Always perpetrated by men against a female victim

- While the majority of reported cases involve male violence against women, **people of all genders** can be victims or perpetrators, including men, women, and nonbinary individuals.
- **LGBTQIA+ relationships** also experience domestic violence, sometimes at equal or higher rates than heterosexual relationships.
- This myth can **isolate male and nonbinary survivors**, making it harder for them to seek help or be taken seriously.
- It also **reinforces gender stereotypes**, ignoring the complexity of power and control in abusive relationships.

Myth: Always physical

- Domestic violence often includes **emotional, psychological, verbal, sexual, financial, spiritual, and technological abuse**.
- These forms of abuse can involve **manipulation, isolation, threats, control over money, monitoring, or humiliation**, and may not leave visible marks.
- Non-physical abuse often **precedes or accompanies physical violence**, and can deeply impact a person's mental health, sense of self, and ability to seek help.
- Believing abuse is only physical **invalidates survivors' experiences** and makes it harder to recognize and address patterns of coercive control.

Myth: Cured by couples' therapy or "just leaving"

- **Couples' therapy is not appropriate** for abusive relationships because it assumes equal responsibility and can further endanger the survivor.
- Abuse is not a relationship problem—it's a **pattern of control**, and only the abuser can choose to stop.
- Leaving is often **the most dangerous time** for a survivor. They may face increased violence, threats, financial hardship, housing instability, or concern for their children.
- Survivors may also stay because of **fear, love, manipulation, cultural pressures, or lack of resources**.

Myth: Black and white

- Domestic violence involves **complicated dynamics**, including love, fear, trauma bonding, financial dependence, and concern for children or family.
- Survivors may feel **conflicted**, confused, or hopeful that the abuse will stop, and decisions around staying or leaving are rarely clear-cut.
- Every situation is **unique**, shaped by personal, cultural, social, and systemic factors.
- Viewing it in black-and-white terms leads to **judgment, victim-blaming**, and unrealistic expectations of how survivors should act.

Myth: Easy to “fix”

- Domestic violence often involves **long-term psychological, emotional, and physical harm** that requires ongoing support and intervention.
- Healing and change take **time, safety planning, resources, and professional help**—it’s not something that can be quickly or simply resolved.
- Abusers must **take responsibility and engage in sustained behavior change**, which is difficult and not guaranteed.
- Survivors face many barriers, including fear, trauma, financial dependence, and lack of support, making resolution complicated.

Myth: DV is easy to leave

- **Leaving is often the most dangerous time**—many abusers escalate threats or violence when they feel they're losing control.
- Survivors may face **financial dependence, housing instability, fear of losing their children, immigration concerns**, or lack of a support system.
- Emotional ties, trauma bonding, manipulation, or hope for change can make leaving even more complicated.
- Cultural, religious, or community pressures can also **discourage or shame survivors** for wanting to leave.

Myth: Children are not affected if they are not directly abused

- Children who witness domestic violence often experience **emotional, psychological, and behavioral impacts**, even if they are not the direct targets.
- They may suffer from **anxiety, depression, sleep issues, aggression, poor school performance**, or difficulty forming healthy relationships.
- Exposure to violence can affect their **brain development**, sense of safety, and ability to trust.
- Children often **see, hear, or sense more than adults realize**, and they may feel confused, frightened, helpless, or responsible for the abuse.

Myth: Abusers cannot change

- Abusive behavior is a **choice**, not an uncontrollable impulse. Just as it is learned, it can be unlearned—**but only if the abuser genuinely wants to change**.
- Change requires participation in **specialized intervention programs** (not just anger management or couples therapy), a willingness to take full responsibility, and the abandonment of power and control tactics.
- Not all abusers change, and **promises to change are not the same as real change**—especially if made to manipulate a survivor into staying.
- Survivors' safety should **never depend on the hope of change**—support and protection must come first.

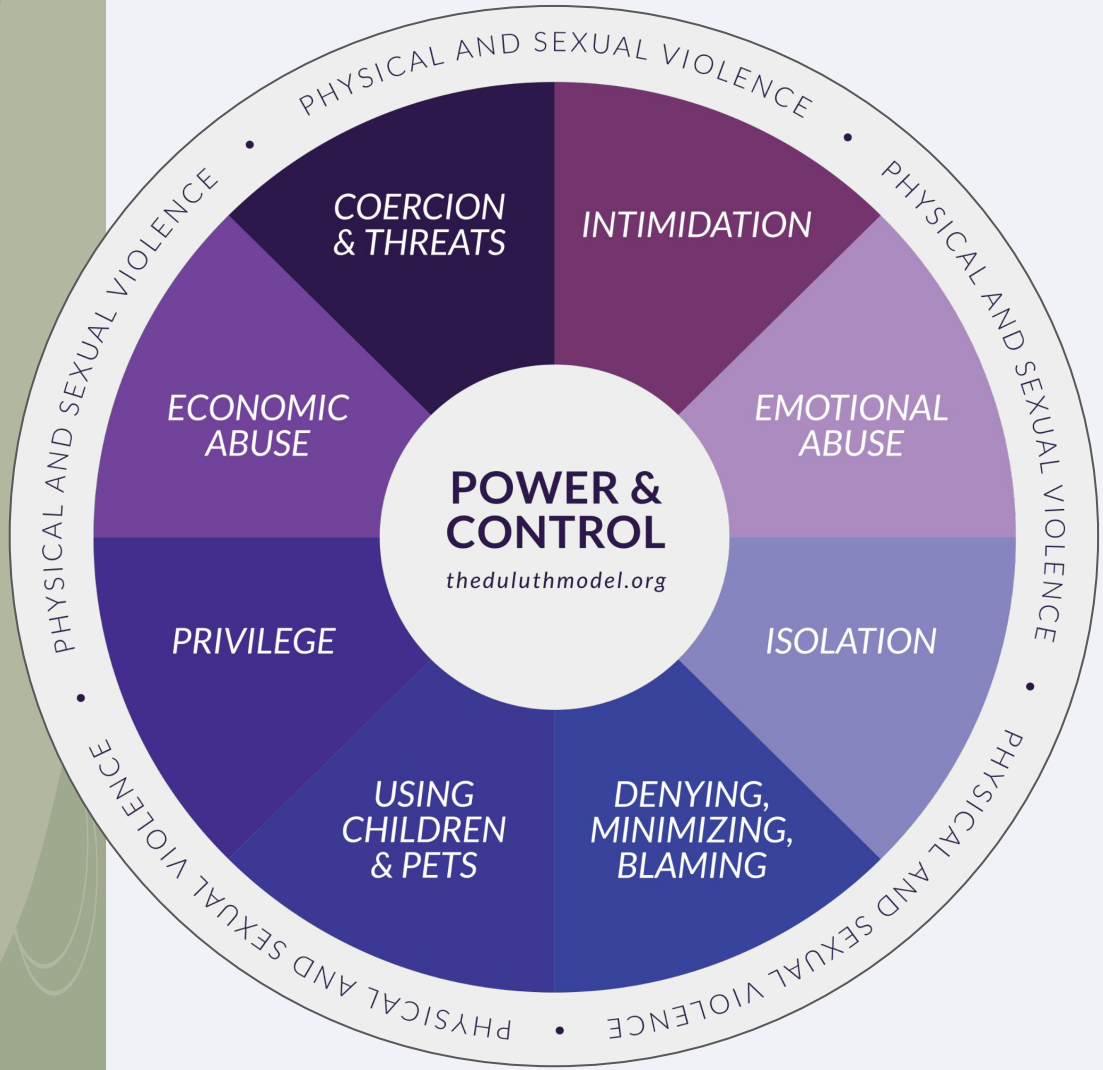
Myth: Doesn't happen to older adults or those with disabilities

- Abuse perpetrated against disabled and older adult (vulnerable adults) is **underreported nationwide.**
- Majority of the research on violence against women is for those aged 18-49. Very little research is available for those 65+.
- Intimate partner violence may have been present for the **entire duration of the relationship** or it may emerge later in life as the couple ages.
- When the abuser is a family member—an adult child, grandchild, nephew, or niece—the older victim often **protects their relative** rather than focusing on their own personal safety.
- Older victims may feel **shame, guilt, and embarrassment** because they are being abused by a family member.

Behind the Myths:

Understanding the Patterns of Power and Control





Power & Control Wheel

Intimidation

Using looks, actions, gestures to instill fear.

Examples:

- Smashing things
- Destroying property
- Abusing pets
- Displaying weapons
- Threatening looks or gestures

Emotional Abuse

Undermining a person's self-worth.

Examples:

- Putting the victim down
- Name-calling
- Playing mind games
- Gaslighting
- Making them feel guilty
- Humiliating them in public or private

Isolation

Controlling what they do, who they see/talk to.

Examples:

- Limiting outside involvement
- Insisting on controlling where they go
- Cutting them off from friends/family
- Saying jealousy is a sign of love

Minimizing, Denying, and Blaming

Making light of abuse or shifting responsibility.

Examples:

- Saying the abuse didn’t happen
- Telling the victim they’re too sensitive
- Saying it’s the victim’s fault
- Denying the impact of their behavior

Using Children & Pets

Manipulating through the children and/or pets.

Examples:

- Making the victim feel guilty about the children
- Using visitation to harass them
- Threatening to take the children away and/or pets
- Undermining parenting

Privilege

Treating the partner as subordinate.

Examples:

- Acting like the “king of the castle”
- Making all the big decisions
- Defining roles rigidly (e.g., “women should…”)
- Demanding obedience

Economic Abuse

Controlling financial access and decisions.

Examples:

- Preventing them from getting or keeping a job
- Giving them an allowance
- Taking their money
- Not letting them know about or access family income

Coercion and Threats

Making or carrying out threats to control behavior.

Examples:

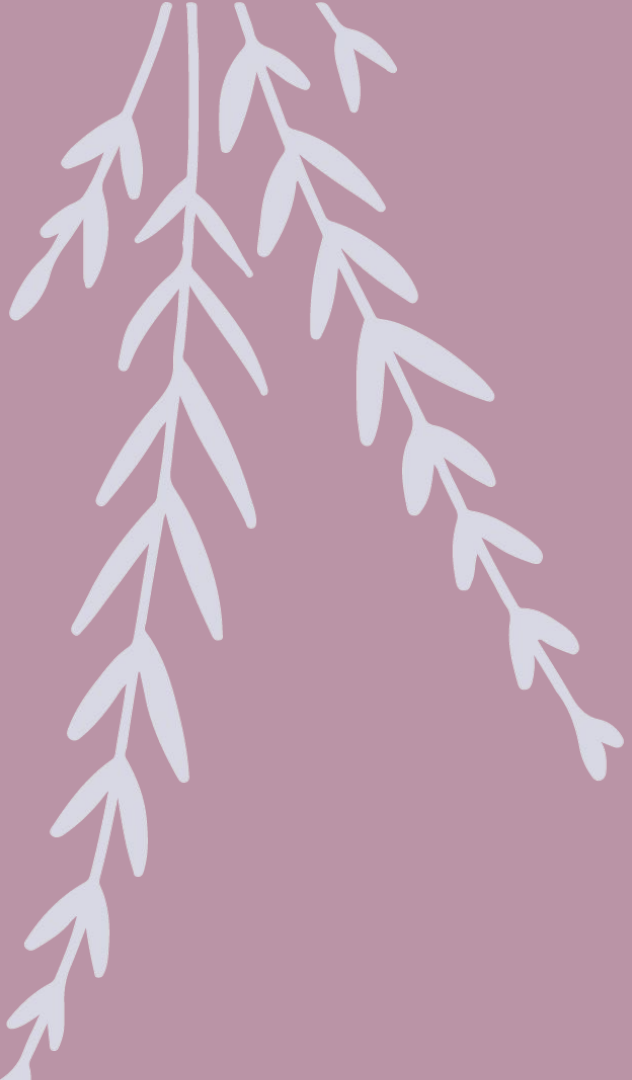
- Threatening to hurt or leave
- Threatening suicide
- Pressuring into illegal acts
- Destroying things they care about
- Threats of deportation or outing

Physical and Sexual Violence

Physical and sexual abuse are the tools that back up and enforce the tactics inside the wheel.

Examples:

- Hitting, choking, restraining
- Rape or sexual coercion
- Threats or acts of violence when other control tactics fail



“There is no real difference between physical, sexual, and emotional abuse. All that distinguishes one from another is the abuser’s choice of weapon.”

—Andrew Vachss, author

Why the Wheel Matters

Key Concepts:

- Abuse is about **power and control**, not anger or loss of temper.
- These tactics are often **systemic and repeated**.
- Survivors may experience **multiple forms of abuse** at the same time.
- Helps advocates, survivors, and communities **name and understand the abuse**.


STAND-OVER
PHASE
The explosion is almost here. The target feels it coming and starts "walking on eggshells" and trying to prevent it from happening. The performer starts using anger to control the target and get their own way but this is not about the target so, no matter what they do, the explosion WILL occur and the cycle will start again.
EXPLOSION
PHASE
In the early stages of the relationship the explosion might be fairly mild. The performer might slam the door on their way out, call the target names, or yell at them. It's usually fairly easy to make an acceptable excuse for the explosions – at first.
BUILD-UP
PHASE
The loving partner act is just that, an act, and the performer can't keep it up forever so, sooner or later, they start to get upset. The target feels the storm brewing but hopes this time there won't be an explosion. The performer promised it wouldn't happen again – right?
CYCLE OF VIOLENCE
Family violence can occur between couples whether they are the same sex or opposite sexes with either, or both, partners being violent. Family violence is not confined to partners. Children can become violent towards parents, grandparents or brothers and sisters. Other adult relatives may enter the home to assault members of the family on a regular basis too.
REMORSE
PHASE
As the cycle becomes more serious the explosions get worse and the performer might have to start working to keep the target from leaving. This involves saying sorry and, usually, blaming someone or something else for the explosion.
HONEYMOON
PHASE
If forgiveness is obtained the performer may try to strengthen the relationship bonds by proving they have changed. For a while they may go back to being the person they were at the start of the relationship. The target often feels all those early "falling in love" feelings again.
PURSUIT
PHASE
The cycle gets worse. It always gets worse! Saying sorry doesn't do the trick any more because the abuse is getting harder to bear. The performer has to work harder to get forgiveness. Pursuit ranges from "I'll go to counselling if you forgive me" to "I'll kill myself (or you / the dog / the kids) if you leave."

Build-Up Phase

Tension gradually builds. The abusive partner starts showing signs of irritability or anger, often over small things. The survivor may feel confused, cautious, or anxious.

This phase often includes emotional or verbal abuse, criticism, unpredictable behavior, and growing hostility. Survivors may feel like they are “walking on eggshells.”

Examples:

- The partner slams doors or gives the silent treatment
- Blames you for things out of your control.
- Makes hurtful comments masked as “jokes.”

Stand-Over Phase

Tension escalates to a point where an explosion feels inevitable. The survivor senses danger and may try to do everything “right” to avoid it.

This phase is dominated by fear. The abuser may be monitoring, controlling, or intimidating. Survivors often feel hyper-vigilant or paralyzed.

Examples:

- The abuser watches your every move, accuses you of lying.
- You feel unsafe, anxious, and unsure when the “blow-up” will happen.
- Threats or intense yelling may start.

Explosion Phase

The violence occurs. It may be physical, sexual, verbal, emotional, or psychological.

This is the actual abusive incident. It can vary from a screaming episode to physical harm or sexual assault. Survivors may be injured, humiliated, or traumatized.

Examples:

- Hitting, choking, or pushing.
- Name-calling, screaming, or threatening your life.
- Smashing property or hurting pets.

Remorse Phase

The abuser may show guilt, offer apologies, or justify their behavior.

They often minimize the abuse, blame the survivor, or external factors (e.g., stress, alcohol). They may beg for forgiveness or promise it won't happen again.

Examples:

- “I didn’t mean to hurt you.”
- “You made me do it.”
- “If you hadn’t said that, I wouldn’t have gotten so mad.”

Pursuit Phase

The abuser tries to prevent the survivor from leaving and may make dramatic promises to change.

They often use manipulation, guilt, or emotional blackmail to regain control. This is not true change—it's part of the cycle.

Examples:

- “I’ll go to counseling.”
- “I’ll hurt myself if you leave.”
- Love bombing: Excessive gifts, affection, or desperation.

Honeymoon Phase

The relationship seems to improve, often with affection, gifts, or promises. The abuser may act like the ideal partner.

Survivors may feel hope, love, or relief. It may feel like the “good times” are back—but this is temporary and part of the cycle.

Examples:

- “Let’s start fresh.”
- Going on dates or taking a trip together.
- Expressing deep love, saying: “You’re my everything.”

Let’s Reflect

Utah Code Definitions of Domestic & Intimate Partner Violence



Definitions - State of Utah

Domestic Violence:
Unhealthy relationship or cohabitant behaviors, between at least 2 individuals within a power dynamic/structure

Intimate Partner Violence:
Is a subset of Domestic Violence, where the perpetrator and involved parties are intimate partners

Intimate Partner:

- Spouse, Fiancé, boyfriend/girlfriend or dating partners, romantic partner, consensual sexual partners
- It does not matter if the couple is currently or has ever cohabitated (lived together)
- Applies to all relationships regardless of gender or sexual identities

Domestic Violence - Utah State Code

Utah Code 77-36-1: "Domestic violence" or "domestic violence offense" means any criminal offense involving ***violence*** or ***physical harm*** or ***threat*** of violence or physical harm, or any ***attempt, conspiracy, or solicitation*** to commit a criminal offense involving violence or physical harm, when committed by one ***cohabitant*** against another.

What is a cohabitant?

An “emancipated person… or a person who is **16 years of age or older** who:

- **is or was the spouse of the other party**
- **is or was living as the spouse**
- is related by blood or marriage
- **has one or more children with the other party**
- **is the biological parent of the other party’s unborn child**
- resides or has resided in the same residence as the other party
- **is or was in a consensual sexual relationship with the other party (added 2018)**

Crimes involving **kids** in Utah are charged as **child abuse**, not DV.

- “Cohabitant” does NOT include:
  - the relationship of natural **parent**, adoptive parent, or step-parent **to a minor**; or
  - the relationship between natural, adoptive, step, or foster **siblings who are under 18 years old**.
    - Utah Code §78B-7-102

Let's Reflect: What is a survivor managing?

What a survivor may be managing:



What would expand a survivor’s options?

Support can expand options:



Trauma Stacking



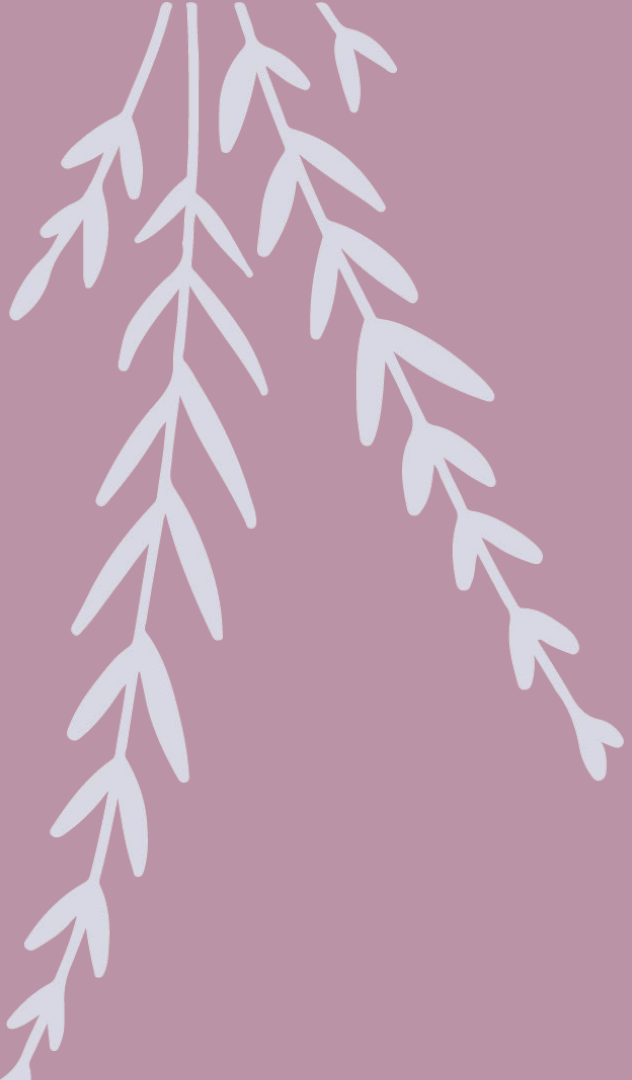
Trauma often times places an individual in a situation that *exceeds* their current coping capabilities.

Crisis



Crisis

Adapted from Natural Mental Health



“An abnormal reaction to an abnormal situation is *normal* behavior.”

—Viktor Frankl, psychotherapist

Impact of Domestic Violence



DV Leads to Adverse Health Consequences

Physical

- Injury/Disability
- Eating disorders
- Sleeping disorders
- Pregnancy complications
- Substance Abuse
- Headaches
- Chronic Illnesses
- Autoimmune Diseases

Mental

- Depression
- Anxiety/Panic Attacks
- PTSD
- Suicidal
- Addiction disorders
- Personality disorders
- Trauma Response
- Withdrawn

DV Leads to Adverse Health Consequences

Social

- Isolated/alienated from family and friends
- Removed from religious and cultural practices
- Lack of participation in activities
- Prevented from learning English

  Limited Social Media

Economic

- Inability to work
- Lose job or miss work
- Lengthy and costly court battles
- Loss of housing and property
- Increased health care costs

Domestic Violence impacts all of us.
It is important to understand it's complexities.
You can be the one person
to empower the survivor to change their life.

Trauma-Informed Care



The 4 R's of the Trauma-Informed Approach



Realize

Realize many people are affected by trauma.

Recognize

Recognize signs and symptoms of trauma.

Respond

Respond with effective methods of care.

Resist

Resist retraumatizing and retriggering people.

Six Principles of Trauma-Informed Care

SAFETY	TRUST & TRANSPARENCY	PEER SUPPORT	COLLABORATION & MUTUALITY	EMPOWERMENT & CHOICE	CULTURAL & HISTORICAL
Safety in physical settings and interpersonal interactions	Operations are conducted and decisions are made with transparency, consistency, respect, and fairness.	Support from individuals with lived experiences of trauma and their family members.	Partnering and leveling power differences between staff and clients.	Individual strengths and experiences are recognized and built upon.	Organization actively moves beyond cultural stereotypes and biases.

Responding to a DV Disclosure

STEP 01 **LISTEN**	*“Tell me what has been happening.”*
STEP 02 **VALIDATE**	*“That sounds frightening / exhausting / difficult.”*
STEP 03 **GET CURIOUS**	*“What are you most concerned might happen?”*
STEP 04 **FOLLOW PRIORITIES**	*“What would be most helpful right now?”*
STEP 05 **OFFER OPTIONS**	*“I can explain some options. You can decide what feels right for you.”*

Responding Without Reinforcing Shame

“I know you're probably going to tell me to leave. I can't.”

“You have 30 seconds. What do you actually say next?”

“I keep answering his calls. I know that's stupid.”

“How do we respond without reinforcing the shame?”

The goal isn't one perfect answer. Good responses might sound like:

APPROACH 01

“It sounds like answering may be one of the ways you've been trying to manage what happens next.”

or

APPROACH 02

“You know the situation better than I do. Can you tell me what tends to happen when you don't respond?”

Core Response Framework

PRINCIPLE 01
SEE THE PATTERN

Look beyond individual incidents.

PRINCIPLE 02
UNDERSTAND CONTEXT

Ask what the survivor is experiencing and managing.

PRINCIPLE 03
RESPOND WITH SKILL

- Listen.
- Validate.
- Get curious.
- Offer options.
- Preserve choice.

Collaboration is KEY

Advocates and Services Provided (1/2)

Systems-based (governmental)

- Helps victims with all types of crimes, especially with ***reporting/prosecuting***
- ***Protects*** victim rights through criminal justice process
- Confidentiality less legally protected
- ***Balances*** victim's needs with needs of police, lawyers, and courts

Community-based (non-profit)

- Helps specific types of victims (domestic violence, sexual assault, etc.) with ***finding resources***
- Helps victims to ***be safer***, even if they don't use the criminal justice process
- Legally required to have ***strict confidentiality***
- Often available 24/7

Advocates and Services Provided (2/2)

Education-based/Military

- Helps affiliated students or military members ***find resources*** and ***navigate reporting*** within their organization
- Advocates provide ***more confidentiality than regular faculty/ military personnel,*** who may be required to report incidents

Religious-based

- Help both victims and offenders of all types of crimes, with ***spiritual counseling/guidance***
- ***Highest degree of confidentiality*** of all advocates in 1-1 discussions with offenders
- May be required to report incidents when reported by victim/3rd party

DV Service Providers: Purpose and services provided

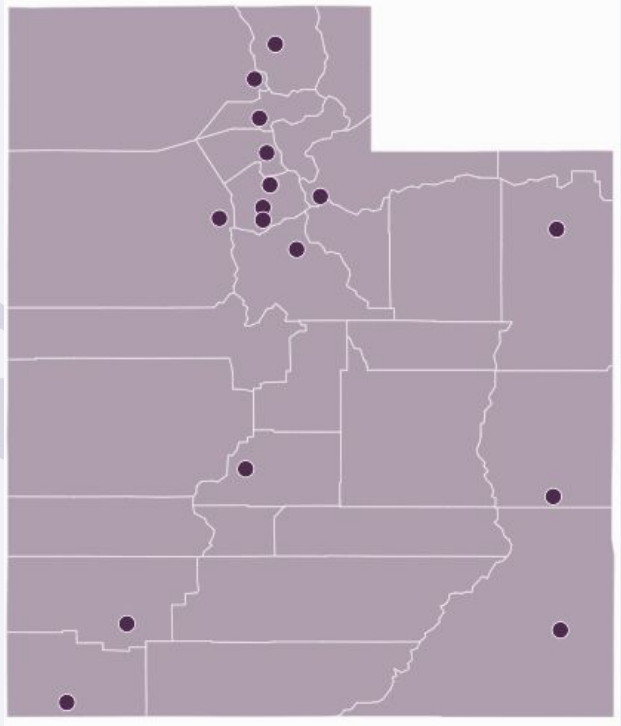
Overview

- Often called “shelters”
- 16 in Utah—know which ones are in your region!
- Safe place for survivors and children
- Available 24/7 and have strict confidentiality
- Run by community-based advocates

Services

- Domestic violence, sexual assault, and rape crisis services, deescalation, and safety planning
- Counseling and support groups
- Food and personal care items
- Case management
- Transitional housing
- Children’s services
- Referrals to other local organizations, incl. legal and medical services
- Shelters/temporary housing

There are *16 DV Service Providers* in Utah



udvc.org/resources

DVSP Locations/Contact Info

- **Canyon Creek Services**
  Crisis Line: 435-233-5732
  County: Iron, Beaver, and Garfield
  City: Cedar City
- **Community Abuse Prevention Services Agency (CAPSA)**
  Crisis Line: 435-753-2500
  County: Cache and Rich
  City: Logan
- **Colleen Quigley Crisis Center**
  Crisis Line: 435-637-6589
  County: Carbon and Emery
  City: Price
- **DOVE Center**
  Crisis Line: 435-628-0458
  County: Washington and Kane
  City: St. George
- **Friends Against Family Violence**
  Crisis Line: 435-781-2264
  County: Uintah, Duchesne, and Daggett
  City: Vernal & Roosevelt
- **Gentle Ironhawk Shelter**
  Crisis Line: 435-678-0777
  County: San Juan County & Four Corners Area
  City: Blanding
- **New Hope Crisis Center**
  Crisis Line: 1-877-732-5600
  County: Box Elder
  City: Brigham City

DVSP Locations/Contact Info

- **New Horizons Crisis Center**
  Crisis Line: 1-800-343-6302
  County: Sevier, Millard, Piute, Sanpete, and Wayne
  City: Richfield
- **Pathways**
  Crisis Line: 435-231-3557
  County: Tooele
  City: Tooele
- **Peace House**
  Crisis Line: 1-800-647-9161
  County: Summit and Wasatch
  City: Park City
- **Safe Harbor**
  Crisis Line: 801-444-9161
  County: Davis
  City: Kaysville
- **Seekhaven**
  Crisis Line: 435-259-2229
  County: Grand
  City: Moab
- **South Valley Services**
  Crisis Line: 801-255-1095
  County: Salt Lake
  City: West Jordan
- **The Refuge**
  Crisis Line: 801-377-5500
  County: Utah and Juab
  City: Provo
- **YCC Family Crisis Center**
  Crisis Line: 801-392-7273
  County: Weber and Morgan
  City: Ogden/Northern Utah
- **YWCA Women in Jeopardy**
  Crisis Line: 801-537-8600
  County: Salt Lake
  City: Salt Lake City



“If I cannot do great things,
I can do small things in a great way.”

-Martin Luther King, Jr.

Evaluation



Domestic Violence Resources

UTAH
DOMESTIC VIOLENCE
COALITION

UTAH
DOMESTIC VIOLENCE
COALITION

Training, research support/technical assistance, resources/referrals, and legislation and policy info for ***anyone in Utah responding to DV***

Visit udvc.org

LINKLine

24/7 information, referrals, crisis intervention, and safety planning for ***anyone in Utah witnessing or experiencing DV***

Call 1-800-897-LINK (5465)

NATIONAL DOMESTIC VIOLENCE HOTLINE

24/7 call, text, and online chat services for
anyone affected by relationship abuse

Call 1-800-799-SAFE (7233)

Text “START” to 88788

Chat online at theHotline.org

love is respect.

24/7 call, text, and online chat services for
teens + young adults with questions/concerns about dating

Call 1-866-331-9474

Text “LOVEIS” to 22522

Chat online at loveisrespect.org

UCASA

Utah Coalition Against Sexual Assault

24/7 information, crisis services, and support for
anyone in Utah affected by sexual violence

Call 1-888-421-1100

Visit ucasa.org

STRONGHEARTS
Native Helpline

24/7 information, crisis services, and support for
Native, Tribal, and indigenous peoples affected by domestic/dating violence

Call 1-844-7-NATIVE (62-8483)

Chat online at strongheartshelpline.org

NNEDV
NATIONAL NETWORK TO END DOMESTIC VIOLENCE

Online resource library for
domestic violence advocates

Visit nnedv.org

SAFETY NET

Online resource library for
anyone responding to online/digital abuse

Toolkits at techsafety.org/resources

Advocate Q&A/Support at safetynet@nnedv.org

SPARC

Stalking Prevention, Awareness, & Resource Center

https://www.stalkingawareness.org

Questions? Compliments? Partnerships? Suggestions?

Let's get in touch.

udvc.org • 801.521.5544

UTAH
DOMESTIC VIOLENCE
COALITION

Heidi Patterson | Training Coordinator
Utah Domestic Violence Coalition
e: hpatterson@udvc.org
p: (801)-521-5544 ext 104

