



## Virtual in Her Shoes

Nisha Williams, Legal Director

Virtual in Her Shoes Copyright: Washington State Coalition Against Domestic Violence

1



A statewide membership organization serving all 100 NC counties & approximately 85 domestic violence organizations.

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2



### MISSION:

NCCADV leads the state's movement to end domestic violence and to enhance work with survivors through collaborations, innovative trainings, prevention, technical assistance, state policy development, and legal advocacy.

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3

## Training Objectives:

- ✓ Understand domestic violence stigma and isolation.
- ✓ Understand how the dynamics of abusive relationships impact interactions with systems
- ✓ Increase knowledge of how social systems play either harmful or helpful roles in a survivor's journey to safety.



4

## Domestic Violence

Domestic violence is a **pattern** of intentionally violent and/or controlling behavior used against a family member or a dating/intimate partner to gain **power and control** over that person, **during** and/or **after** the relationship.

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5

## Virtual in Her Shoes

A simulation to help participants understand the ups & downs a Domestic Violence (DV) Survivors faces.

The scenarios are based on real-life experiences of women with abusive partners. **\*Please note absence of male DV survivors or LGBTQ+ DV survivors does not negate their abuse.**



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6

## Domestic Violence Facts

The only statistical identifying risk factor is being a woman.

According to the DOJ- 76% of victimizations by intimate partners between 2003 to 2012 were against women.

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7

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**How can I support you?**

This experience can be difficult for survivors of violence. Additional support can be found at [www.thehotline.org](http://www.thehotline.org) or by calling 1-800-799-7233.

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8

## Virtual in Her Shoes

- Folks will divide in groups of 3-4 people. Each group gets a **Character Card**.



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9

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- One person will be the “**victim**” who will make all choices. Folks will rotate this role with each new Character Card.
- Others will be the “**shadow**,” an objective observer of the situations. Shadow can read the cards or you all can read silently together.

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10

## Virtual in Her Shoes

- There are 17 stations.  
Ex: Shelter, Clergy, Police, Court, Employer, Housing
- Each group will go to each station and pick a scenario card as guided.



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11

## Virtual in Her Shoes



Once each Character goes through all the relevant scenario cards then switch which person is “victim” by choosing a new Character at the Character Station.

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12

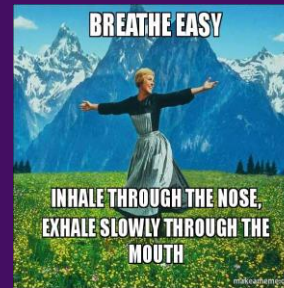
## 30- 40 min Role Play!



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## Mental Rest



Take 3 minutes to sit and take some deep breaths to mentally reset

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13

14

## Debrief – Big Initial Thoughts

- What did you think?
- How **did you feel** as you went through the simulation?
- Did you have **any insights** while working through the simulations?
- What made it difficult for women to find safety?

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## Big Initial Thoughts

- What **could have been done differently** to help your character find safety?
- What was most **surprising**?
- What was most **frustrating**?

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15

16

## Debrief – Community Responsibility

- What did **friends & family** do to increase/decrease safety for victims?
- What did **clergy** do to increase/decrease safety for victims?
- What did individuals (in the **Wild Card Station**) do to increase/decrease safety for victims?

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17

## Conclusions

- Battered women **constantly try to get safe**, but many institutions, systems, and people make it difficult
- **Social Systems** play an enormously helpful or harmful role in a woman's journey to safety
- We **all have a role to play** in ending Domestic Violence.

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18

## Conclusions

- Domestic Violence happens in all communities.
- Women who experience other forms of oppression (like homophobia or racism) may face additional barriers to safety.

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19

## Questions



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20

## Next Session

Up Next:

## DV Basics & Trauma Responses

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21

## We are here to help!

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22



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23



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24