

# NORTH CAROLINA'S 10-YEAR PLAN TO PREVENT INTIMATE PARTNER VIOLENCE

EXECUTIVE SUMMARY



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PUBLICATION COORDINATED BY



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**THERE IS A GROWING MOVEMENT** in North Carolina to promote healthy, respectful, nonviolent intimate partner relationships and to address factors that perpetuate and condone violence. North Carolina's 10-Year Plan to Prevent Intimate Partner Violence is guiding this movement.



**INTIMATE PARTNER VIOLENCE (IPV)**, also called domestic violence, occurs when a person uses physical violence, sexual violence, threats of violence, psychological, emotional and/or economic abuse, or stalking to establish a pattern of coercive power and control over his or her current or former intimate partner. Victims of IPV are physically, emotionally, and/or economically controlled by their partners, and their right to live peaceful and productive lives is continuously compromised.

While most survivors of intimate partner violence (IPV) are female, over 5% of men in North Carolina also experience IPV.<sup>1</sup> IPV has long lasting and complex consequences that impact families, schools, workplaces and communities including:

- Fatal and non-fatal injuries
- Unwanted pregnancies
- Economic loss for individuals and communities
- Sexually transmitted infections
- Mental health problems, including depression, anxiety, and post-traumatic stress disorder (PTSD)<sup>2-9</sup>

In North Carolina, families, schools, workplaces and communities work with existing service providers and shelters to cope with the negative social and economic impact resulting from intimate partner violence. In an effort to lessen and one day end this burden, North Carolina's 10-Year Plan to Prevent Intimate Partner Violence presents strategies to prevent this violence from occurring.



**INTIMATE PARTNER VIOLENCE (IPV)**, also called **DOMESTIC VIOLENCE**, occurs when a person uses physical violence, sexual violence, threats of violence, psychological, emotional and/or economic abuse, or stalking to establish a pattern of coercive power and control over his or her current or former intimate partner.

## Someone You Know is Affected by Intimate Partner Violence (IPV)

### In North Carolina:

- Almost 20% of all homicides are related to IPV; and nearly 50% of all female homicide victims are killed by their current or former intimate partners.<sup>10</sup>
- 1 in 5 women report experiencing intimate partner violence during her lifetime.<sup>1</sup>
- More than 13% of high school students report experiencing physical violence by a boyfriend or girlfriend.<sup>2</sup>
- Women with disabilities experience a higher risk of IPV than women without disabilities, and 31.5% of women in North Carolina have some form of disability.<sup>11-13</sup>
- Low socio-economic status is associated with higher risk of IPV and 11% of North Carolina families live below the poverty level.<sup>14,15</sup>
- North Carolina has the 8<sup>th</sup> largest Native American population in the nation, and Native American women experience IPV at significantly higher rates than the general population.<sup>16-20</sup>

## We Can Prevent Intimate Partner Violence

**Perpetrating intimate partner violence is a learned behavior**, often supported and reinforced by gender norms, friends, families, schools, workplaces, media and laws. Fortunately, learned behavior can be unlearned and even prevented, as demonstrated by successful efforts to reduce drunk driving and smoking over the past few decades.

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## North Carolina's 10-Year Plan to Prevent Intimate Partner Violence

**IN AN EFFORT** to prevent intimate partner violence (IPV) and promote healthy, positive intimate relationships, leaders with a stake in preventing IPV from across the state developed a comprehensive, 10-year IPV prevention plan. The purpose of this plan is to guide IPV prevention and healthy relationship promotion efforts across North Carolina. The content of the plan was guided by the collective vision of local domestic violence service providers, domestic violence survivors, allied professionals, researchers and policy makers who envision a North Carolina that:

- **PROMOTES** the basic human right of all people to live free from violence.
- **ADDRESSES** the multiple forms of oppression that combine to cause violence within society.
- **ADVOCATES** for change in social norms that perpetuate violence.
- **SUSTAINS** healthy relationships by developing peaceful and supportive families, communities and social systems.

This 35-member State Steering Committee (SSC) worked together for nearly three years to develop North Carolina's 10-Year Plan to Prevent IPV. This work was funded by the Center for Disease Control and Prevention's (CDC) DELTA project, an initiative dedicated to building state and local capacity to prevent intimate partner violence.

North Carolina is one of only 14 states selected by the CDC to engage in this initiative, and the North Carolina Coalition Against Domestic Violence takes great pride in coordinating the development, implementation and evaluation of North Carolina's first state plan to prevent IPV.

The State Steering Committee is currently poised to oversee the implementation and evaluation of North Carolina's 10-Year Plan to Prevent Intimate Partner Violence. These activities will be supported by local and statewide partners. Implementation and evaluation will also be supported by the EMPOWER Project, which developed North Carolina's first state plan to prevent sexual violence. EMPOWER is coordinated by the North Carolina Division of Public Health's Injury and Violence Prevention Branch.

# STATE PLAN INITIATIVES

## STATE PLAN GOALS & INITIATIVES



### Goals Target Each Life Stage

Goals that target the primary prevention of intimate partner violence (IPV) in North Carolina are oriented around a “life stage” approach designed to engage all age groups in IPV prevention. The life stage approach is inclusive of all people and communities, and recognizes that different approaches to IPV prevention are needed at different stages of life.

#### Life Stages Targeted:

- Children (0–11)
- Adolescents (12–17)
- Young Adults (18–24)
- Adults/Midlife (25–60)
- Older Adults (61 and older)

### Goals Span Across Four Strategic Directions

The State Steering Committee identified 4 focus areas, or strategic directions, within which to target prevention efforts. Initiatives within each strategic direction aim to prevent intimate partner violence in diverse settings and among multiple populations across the state:

#### Strategic Directions:

1. Parenting Skills and Relationship Norms
2. Education
3. Community Engagement
4. State and Local Capacity to Prevent Intimate Partner Violence

# STRATEGIC GOALS

## STRATEGIC DIRECTION GOALS:



### 1. PARENTING SKILLS AND RELATIONSHIP NORMS

- Increase healthy relationship norms among children and adolescents.
- Increase positive peer messages received by adolescents through social networks and gathering places (including virtual space).
- Improve parenting skills among caregivers.

### 2. EDUCATION

- Increase IPV prevention and healthy relationship building programming and policies within post-secondary educational institutions including colleges and universities, community colleges and technical schools (including compensatory schools).
- Increase IPV prevention content in youth-oriented agencies and institutions.

### 3. COMMUNITY ENGAGEMENT

- Increase the number of faith communities which promote healthy relationships.
- Increase leadership development and community engagement opportunities for adolescents and young adults.

### 4. STATE AND LOCAL CAPACITY TO PREVENT INTIMATE PARTNER VIOLENCE

- Build the capacity of staff in state and local agencies and organizations to engage in and support IPV prevention efforts.
- Increase funding for IPV prevention and IPV direct services.
- Increase the amount of state-level IPV-related legislation and policy, including those that support healthy families, relationships and social engagement.
- Increase local and state capacity to systematically collect, analyze and interpret a comprehensive range of IPV-related data.

# PREVENT

## EXAMPLE INITIATIVES TO PREVENT IPV



### Below are Example Initiatives from North Carolina's 10-YEAR PLAN to Prevent IPV Designed to Meet Goals in Each of the Four Strategic Directions:

THESE INITIATIVES GUIDE North Carolinians to engage in efforts to change norms, attitudes and beliefs that condone violence and to support the growth and maintenance of healthy relationships. Given the critical role that men play as role models to youth and as visible leaders in our communities, it is especially important to engage men as allies in this movement.

#### After-School Domestic Violence Prevention Project

Providers of after-school programming for middle-school students, university and community college faculty, and domestic violence service providers will form teams to prevent IPV and increase healthy relationships among middle-school students. Teams will receive training on implementing and evaluating an evidence-based dating violence prevention and healthy relationship promotion curriculum. Curricula will be implemented and evaluated by university, college, or community college students in after-school settings.

#### Faith Leader Trainings

In partnership with faith leaders across the state, the North Carolina Coalition Against Domestic Violence, with guidance from the State Steering Committee and statewide partners, will use existing, locally developed curricula to assist faith leaders in supporting healthy relationships among members of their faith community.

# PREVENT

## EXAMPLE INITIATIVES TO PREVENT IPV



### Identifying and Disseminating Best Practices on College & University Campuses

In partnership with a number of North Carolina colleges and universities, the North Carolina Coalition Against Sexual Assault, and multiple statewide partners, the North Carolina Coalition Against Domestic Violence and the State Steering Committee will identify, adapt and disseminate policies, enforcement protocols and evidence-based programming that demonstrate success in decreasing IPV and increasing healthy relationships on college campuses.

### Increasing Competencies Among Local and State-Level Staff to Engage in & Support Primary Prevention Efforts

The North Carolina Coalition Against Domestic Violence, the State Steering Committee and our statewide partners will continually assess the strengths and needs of staff in state and local-level agencies and organizations as they relate to engaging in and supporting IPV primary prevention efforts. Tailored trainings will be developed to address identified needs to ensure that staff effectively support and engage in IPV prevention efforts.

### Partnering With State Agencies to Increase the Consistency and Breadth of Intimate Partner Violence-Related Data

The North Carolina Coalition Against Domestic Violence and the State Steering Committee are partnering with the North Carolina Division of Public Health's Injury and Violence Prevention Branch and university researchers to improve the accessibility and quality of intimate partner violence-related data. This data will be used to inform prevention efforts and to justify increased funding for IPV prevention and service provision.

# WORKING TOGETHER TO PREVENT INTIMATE PARTNER VIOLENCE IN NORTH CAROLINA

IF YOU OR YOUR ORGANIZATION can support initiatives outlined in North Carolina's State Plan to Prevent Intimate Partner Violence, please contact the North Carolina Coalition Against Domestic Violence's Prevention Specialist.

TOGETHER WE CAN prevent intimate partner violence and create a North Carolina that facilitates the development of peaceful, supportive families and communities.

## A strong network of partnerships has been established to support these statewide prevention efforts.

In addition to the State Steering Committee members, who represent a variety of state and local agencies, the following partnerships have been developed to support the implementation and evaluation of initiatives in North Carolina's 10-Year Plan to Prevent IPV:

- North Carolina Coalition Against Sexual Assault
- North Carolina Council for Women/ Domestic Violence Commission
- North Carolina Department of Public Instruction
- North Carolina Division of Public Health
- North Carolina Division of Social Services
- North Carolina Governor's Crime Commission
- North Carolina Governor's Office
- North Carolina Office on Disability and Health
- Prevent Child Abuse North Carolina
- Disability Advocacy Organizations
- Faith communities
- Local domestic violence service providers
- Medical care providers
- Multiple North Carolina state universities
- Private mental health providers

### We invite men, women and youth to join us in realizing a North Carolina that:

- Promotes the basic human right of all people to live free from violence.
- Addresses the multiple forms of oppression that combine to cause violence within society.
- Advocates for change in social norms that perpetuate violence.
- Sustains healthy relationships by developing peaceful and supportive families, communities and social systems.

To download the full version of North Carolina's 10-Year Plan to Prevent Intimate Partner Violence, please visit:

<http://www.nccadv.org/pdf/2009/NC10 YearPlanToPreventIPV.pdf>

### NCCADV Prevention Specialist

P.O. Box 17398  
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## THE FOLLOWING STATEWIDE ORGANIZATIONS ENDORSE NORTH CAROLINA'S 10-YEAR PLAN TO PREVENT INTIMATE PARTNER VIOLENCE



Public Schools of North Carolina  
State Board of Education | Department of Public Instruction



Equality North Carolina  
Legal Aid North Carolina  
North Carolina Coalition Against Sexual Assault  
North Carolina Council for Women  
North Carolina Department of Correction  
North Carolina Department of Juvenile Justice and Delinquency Prevention  
North Carolina Department of Public Instruction

North Carolina Division of Public Health  
North Carolina Domestic Violence Commission  
North Carolina Housing Finance Agency  
North Carolina Medical Society  
Prevent Child Abuse North Carolina  
Youth Advocacy and Involvement Office, North Carolina Department of Administration



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