# Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Health 8: USC4 Impact of Violence **Supporting Others**

**Dear Abby Letter**

Review your notes on types of abuse for ideas. Create a Dear Abby letter using a scenario that would be considered abusive. The scenario can involve violence, but it isn’t required in the scenario. Be sure to provide both history and current information for the scenario.

Dear Abby,

What is your advice?

Sincerely,

(Signature)

# Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Health 8: USC4 Impact of Violence **Supporting Others**

**The Cycle of Violence/Abuse**

Use the scenario below to identify and complete the following stages of the cycle of violence & abuse:

**Scenario:** A woman hits her partner, she feels guilty. She says, "I'm sorry for hurting you." What she does not say is, "Because I might get caught." She then tells herself that her partner is having an affair with someone. She tells him, "If you weren't such a worthless whore I wouldn't have to hit you." She then asks for forgiveness, reassuring him that she will not hurt him again. Life proceeds as normal for a couple of weeks. She fantasizes and reflects on past abuse and how she will hurt him again. She plans on telling him to go to the store to get some groceries. What she withholds from him is that he has a certain amount of time to do the shopping. When he is held up in traffic and is a few minutes late she feels completely justified in assaulting him because "You're having an affair with the store clerk."

**Abuse** –

**Guilt** –

**Excuses** –

**"Normal" behavior**–

**Fantasy & Planning** –

**Set-up** –

# Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Health 8: USC4 Impact of Violence **Supporting Others**

**Dear Abby Letter Replies**

Using your knowledge of how to identify abuse, violence, the power/control wheel and how to identify warning signs, answer the following Dear Abby letters in a way to support loved ones appropriate to the situation presented.

Dear Abby,

# I am a police officer who responded to a call from a mother saying her son was out of control. Sixteen-year-old Andy and his parents were shouting at each other. He’d been grounded for defiant behavior but was intending to leave the house anyway to meet up with friends. He swore at his mother when she called the police, and his father blocked his way as he attempted to leave, saying “You don’t talk to your mother that way” and “You’ll do as you’re told if you want to live in this house.” Andy responded: “I’d have to be frickin’ nuts to want to live here” and grabbed the doorknob. His father shoved him away from the door as hard as he could, and Andy hit his head against a bookcase, sustaining a fairly deep laceration to the skull. The father tells you he never intended to hurt his son that way. What is your advice? ~ Officer In Need ~

Dear Abby,

# I witnessed a mom arriving at the day care center where I work to pick up 2-year-old Colton who is having a melt-down. The more the mom tried to put his winter clothing on, the more he fought and screamed, and the angrier she got. She jerked him around, forcing his arms through the sleeves and jamming his feet into his boots. Colton started to cry hysterically and mom yelled at him that she’d give him something to cry about. He was unable to calm down. She dragged him across the parking lot and threw him against the car. You can hear his head thud and hear her scream, “See what you made me do?” She threw him into his car seat and drove off, tires squealing. What is your advice? ~ Concerned Observer ~

# Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Health 8: USC4 Impact of Violence **Supporting Others**

**Dear Abby Letter Replies**

Dear Abby,

# I work at a school and notice Violet, age 11, is having a hard time walking. When she sits down, she acts like it hurts. You ask her what is wrong. She just looks down and says, “Nothing.” A few days later, she is playing soccer with the other children. She rolls up her pant legs stretches on the ground when she gets warm. You notice dark purple bruises on her inner thighs. She seems to remember the bruises are there and rolls the pant legs back down below her knees. What is your advice? ~ Caring Coach ~

Dear Abby,

# I was so excited that my best friend Cecelia was coming over to hang out and play. Cecelia’s mom drops her off and says, “You better stop being evil today. I swear you are no good, and I wish I did not even have to pick you back up. ”What is your advice? ~ Frustrated Friend ~

Dear Abby,

# Alecia, age 6 months, has had a severe cough for at least two weeks. It has gotten so bad that her whole body seems to seize up when she coughs. She wheezes and seems exhausted. You are very concerned about her health as her babysitter and have expressed your concerns to her mom. Mom just keeps saying, “It’s getting better. The doctor will just tell me it’s a cold and there’s nothing they can do. It’s a waste of time and money.” What is your advice? ~ Baffled Babysitter ~