



"A TIMELY, EMPOWERING STORY"

-Variety

herself

FROM THE DIRECTOR OF MAMMA MIA! AND THE IRON LADY

discussion guide



amazonstudios prime video doGoodery

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Thank you to Free From, DWC, and Casita Coalition for their support.





domestic violence & PTSD discussion questions

OVERARCHING THEMES:

- What is Domestic Violence? What is Post-Traumatic Stress Disorder and how is it related to domestic violence?
- What are the different types of abuse in domestic and family violence?
- What impact does domestic violence have on children in the home?
- What is the Violence Against Women Act (VAWA)?

introduction

Domestic violence is a dangerous pattern of seeking power through controlling, manipulating and coercive behaviors in which one individual seeks to dominate and harm another individual through acts of verbal, emotional, psychological, financial, physical, sexual, reproductive, image-based, social, spiritual/religious and harassment/intimidation/stalking means. These abuses can take many forms, including but not limited to, stalking and harassment (both physically and online), using the children to inflict feelings of guilt in order to gain control, forcing participation in religious or spiritual practices against one's will, pressuring unprotected sex or requiring an abortion, using or taking nude or sexual images of an individual without their permission, use of intimidation through looks, gestures and actions, use of isolation by controlling or limiting outside communication and monitoring phone calls. These are just a few ways in which an abuser can establish power and control. For those who experience or witness these types of abuses perpetrated on a parent or loved one, post-traumatic stress disorder (PTSD) can occur. This mental health condition results from exposure to life-threatening or traumatic events and can have lasting effects if untreated. Those who experience PTSD often live with intense anxiety, stress and fear for a long time after experiencing trauma. They might relive the life-threatening or traumatic events through flashbacks, nightmares or remembrances. This can lead to self-isolation, attachment issues, and thoughts and behaviors that negatively impact one's ability to function day to day, ultimately disrupting their lives. The same is true of children who have witnessed domestic violence. These children may also have lasting scars, both mentally and physically from PTSD. One research study found that experiencing PTSD during the critical stages of brain development during childhood results in malformations in the development of the central nervous system and brain. Such issues raise the importance of reauthorization of critical legislation, like the

Violence Against Women Act of 2019 (VAWA), which the House of Representatives passed in April of 2019 and is designed to help protect individuals from domestic violence and its long-term devastating effects. The VAWA provides vital services and protections to survivors of domestic violence. Regardless of the title, these protections are available to not only women but any individual regardless of sex, gender identity, or sexual orientation. The VAWA bill is supposed to be reauthorized every five years and while the protections it affords do not expire, re-authorization allows for strengthening certain protections in the bill, expanding it and improving upon it. VAWA is currently reauthorized through 2024.

70%

of homeless
women experience
domestic violence.¹

¹Domestic violence pushes many women to homelessness Axios.com



DISCUSSION SPARKS:

Did you know...

- 50% of all individuals will experience a traumatic event during their lifetime
- Approximately 8 million Americans have been diagnosed with PTSD.
- 92% of women experiencing homelessness indicated through a survey they had experienced severe physical or sexual abuse with 60% of them experiencing these traumas by the time they were 12 years old



ACTIVISM:

In the article *Take action: 10 ways you can help end violence against women*, even during a pandemic activists can:

- 1 Allow survivors to give voice to their experiences by listening without judgment.
- 2 Learn from survivors and then educate others.
- 3 Call on governments to fund and provide appropriate services, both preventative and responsive, for survivors.
- 4 Understand and talk about consent.
- 5 Know the signs of abuse and understand how you can help.
- 6 Start a conversation about gender-based violence.
- 7 Stand in solidarity against rape culture.
- 8 Support survivor organizations and services by donating.
- 9 Call out harassment and other abusive tactics when you see it in order to hold each other accountable.
- 10 Read and share the data.

What other ways do you think you can help? List at least three additional ways.



SOCIAL MEDIA:

Orange the World is part of the UNiTE by 2030 to End Violence against Women campaign started by the UN Secretary General. [Click here](#) for access to the social media package of Orange the World and participate in sixteen days of activism, in which you can share banners, images, face filters, hashtags and sample messages in multiple languages on both your Facebook and Twitter accounts.

Click here for assets



CREATE:

Go to unwomen.org and review the ad campaign aimed at highlighting legal gaps in protections against gender-based violence. What is the message being shared and how is it communicated? How does the ad campaign address the issue of the alarming rise in domestic violence during the pandemic? In what ways does it highlight the legal gaps related to domestic violence? How does the ad campaign question the social norms around male sexual entitlement? Consider these concepts and how the ad campaign addresses them. Create your own ad campaign or poster to send a message that supports ending gender-based violence. Share your campaign ad at **#herself**.

Click here to review ad campaign



DISCUSSION:

Video resources on pg. 7

In the film **HERSELF**, Sandra (Clare Dunne) is physically attacked by her husband while one of her daughters witnesses the assault. Exposure to traumatic events can result in Post Traumatic Stress Disorder (PTSD). In what ways are symptoms of PTSD expressed by both Sandra and her daughter who witnessed the assault? Watch the video *How Domestic Violence Impacts Children*. What are additional impacts on children beyond PTSD?

Watch the *Power and Control* video and access the Power and Control wheel online. Consider the film **HERSELF** and identify the tactics on the wheel used by Sandra's estranged husband to implement power and control over her. Discuss which tactics were used and how they were used to dominate and control.

Watch *What is VAWA?* and the *History of VAWA*. How is the VAWA defined and historically, why was it needed? How has the VAWA been expanded and improved over the years? Why is the reauthorization important? What additional expansions and improvements are still needed?

Watch *I Left on a Tuesday*, *Why I Stayed*, *Why I Left*, & *Conversations with Survivors*. Why is it important to listen to survivor stories? What can we learn from their experiences? Why is it important to listen without judgment? What does it mean to listen without judgment?

resources



VIDEOS:

- **HERSELF Film Clip: Black Widow**
six minutes 19 seconds film clip
(0:01-6:20 minutes)
- **HERSELF Film Clip: Visitation** one minute
25 seconds film clip (12:15-13:40 minutes)
- **HERSELF Film Clip: The Wrong Way Around** three min 25 seconds film clip
(58:30-01:01:55 minutes)
- **Domestic Violence: Hidden Scars**
(15:40 minutes)
www.youtube.com/watch?v=sXXjZNkVRJw
- **PTSD in Children & Adolescents Exposed to Domestic Violence** (3:13 minutes)
www.youtube.com/watch?v=6bAKfOpS-LO
- **Invisible Scars: Children & Domestic Violence 2018** (2:37 minutes)
www.youtube.com/watch?v=G9olcmqhCZE
- **Children, Violence, and Trauma—Addressing Violence in the Home**
(8:41 minutes)
www.youtube.com/watch?v=l3sezLfnOJM
- **The Emotional Toll of COVID: PTSD, Domestic Violence, and, Suicide**
(1:00:23 minutes)
www.youtube.com/watch?v=F7LkC00XJgA
- **Abused Women May Suffer From PTSD**
(2:14 minutes)
www.youtube.com/watch?v=N1OIXlwDNyQ



ARTICLES:

- **Trauma & Homelessness-National Health Care for the Homeless Council**
<https://nhchc.org>
- **Domestic Violence Pushes Many Women to Homelessness**
www.axios.com/homeless-women-domestic-violence-02646cf1-fa84-4ad9-8fcf-104e260bfa73.html
- **What Is Domestic Violence?**
www.ctcadv.org/information-about-domestic-violence/what-domestic-violence
- **A High-Tech Twist on Abuse: Technology, Intimate Partner Stalking and Advocacy**
www.acesdv.org/wp-content/uploads/2014/06/NNEDV_HighTechTwistPaperAndApxA_English08.pdf
- **Types of Abuse in Domestic and Family Violence**
www.facs.nsw.gov.au/domestic-violence/about/types-of-abuse-in-dv
- **What It's Like to Live With PTSD After Escaping Domestic Violence**
www.self.com/story/ptsd-domestic-violence
- **Witnessing Domestic Violence: The Effect on Children**
www.aafp.org/afp/2002/1201/p2052.html
- **Congress Must Reauthorize, Expand, and Improve VAWA in 2019**
www.americanprogress.org/issues/criminal-justice/news/2019/05/08/469082/congress-must-reauthorize-expand-improve-awa-2019
- **Survivors Know Best: How to Disrupt Intimate Partner Violence During COVID-19 and Beyond**
www.freefrom.org/s/Survivors-Know-Best-Report.pdf



DOMESTIC VIOLENCE AND PTSD RESOURCES:

- NATIONAL DOMESTIC VIOLENCE HOTLINE: www.thehotline.org
- VIOLENCE AGAINST WOMEN ACT INCLUDES HOUSING PROVISIONS
www.ncsha.org/blog/violence-women-act-includes-housing-provisions/#text=Making-it-illegal-to-deny-sexual-assault-stalking
- NATIONAL NETWORK TO END DOMESTIC VIOLENCE: www.nnedv.org
- NATIONAL CENTER ON DOMESTIC VIOLENCE, TRAUMA, & MENTAL HEALTH:
www.nationalcenterdvtraumamh.org
- DOWNTOWN WOMEN'S CENTER: www.downtownwomenscenter.org
- FREEFROM COMPENSATION COMPASS - How to pursue compensation for costs related to the harm experienced: www.compass.freefrom.org
- COVID-19 RESPONSE GUIDE: www.freefrom.org/news/covid19responseguide
- PEER-TO-PEER FINANCIAL SUPPORT GROUPS FOR SURVIVORS:
www.freefrom.org/news/2020/3/18/freefrom-launches-virtual-peer-to-peer-financial-support-groups

If you are in danger, please call 911, a local hotline, or the U.S. National Domestic Violence Hotline

1-800-799-7233 and TTY 1-800-787-3224



Thank you to Free From, DWC, and Casita Coalition for their support. Learn more about their good work.





homelessness legislation discussion questions

OVERARCHING THEMES:

- What constitutes homelessness? What is the difference between primary, secondary and tertiary homelessness?
- What legislation exists to address the issue of homelessness? What legislation is still needed?
- What do you know about the proposed bill S. 2613: Ending Homelessness Act of 2019?

introduction

Homelessness in many communities has reached a crisis point and in many cities in America, it is a state of emergency. In the United States over half a million people are unhoused, with the vast majority, approximately one-fifth of those experiencing homelessness, located in California. Homelessness can be defined as lacking a permanent place of residence. Many who are unhoused do not live on the streets, rather they may face housing insecurity such as acquiring a fixed, safe, adequate and affordable residence. In an effort to address homelessness, some governments categorize issues facing those who are unhoused into three main types of homelessness: **Primary**, **Secondary** and **Tertiary**. Primary homelessness involves people who may live or sleep on the streets, or have access to inadequate dwellings or reside in automobiles for shelter. Individuals may also unlawfully place dwellings on uninhabited land or in uninhabited buildings. Secondary homelessness refers to individuals who reside temporarily in other people's households, who may sleep on friend's couches or who find some other temporary accommodation. The final category of homelessness is Tertiary and refers to individuals who may reside in hotels, boarding houses or other non-lease secured accommodation. As part of the COVID-19, HEROES 1.0 Stimulus Package: Emergency Solutions Grants, The Public Health Emergency Shelter Act was introduced by Senator Elizabeth Warren in the senate. H.R. 6724, S. 3856 meant to address individuals experiencing homelessness as a result of the pandemic. However, the effort has stalled out, meaning that Congress adjourned before the bill could complete the legislative cycle. Oftentimes, bills are reintroduced repeatedly before completing the legislative process. On October 16th, Senator Kamala Harris, now Vice President of the United States, introduced the Ending Homelessness Act of 2019

(S. 2613), aimed at addressing the needs of homeless individuals and increasing the funding for programs like the National Housing Trust Fund, project-based rental assistance, and project-based voucher programs. We in the United States face an affordable housing shortage, but rather than enact laws aimed at helping the homeless receive aid, shelter and food, the current trend has been to enact more laws designed to criminalize homelessness. Advocates of the homeless need to call on Congress to steadfastly commit to bi-partisan efforts to help facilitate an end to homelessness by recognizing the homeless as a protected class with rights in need of federal assistance.

No. 1

domestic violence
is a leading cause
of homelessness
for women.¹

¹ National Network to End Domestic Violence NNEDV.ORG/HOUSING



DISCUSSION SPARKS:

Did you know...

- Over half a million people are homeless in the United States.
- Women, between the ages of 16-24, have the highest per capita rate of intimate partner violence.
- Many large cities criminalize homelessness and even prohibit sitting and lying down in public.



ACTIVISM:

- In 2019, Senator Kamala Harris, now Vice President of the United States, introduced the Ending Homelessness Act of 2019. Explore the Website: S. 2613: Ending Homeless Act of 2019 <https://www.govtrack.us/congress/bills/116/s2613/studyguide>. Answer these three key questions from the site:
 - What would this bill do if enacted?
 - What else do you know about this bill?
 - What can you do about this bill?

If this bill does not pass, how might you try to get it reintroduced?

- In the video, *Left Behind* (Resources on pg. 13), the statement is made, "It is very hard to access help from the street." What is meant by this statement and what action can be taken to make assistance to the homeless more accessible? In what ways could services be brought to people who are homeless as opposed to those people having to find services? Make a list and share it with your local politician and city government.
- Brian Peterson is an artist and activist helping those who are experiencing homelessness find permanent housing and a way off the streets. Watch his amazing story at: [The Artist Who Paints the Homeless](#). In what ways can you use your talents or skills to effect change for the homeless?



SOCIAL MEDIA:

Social media gives voice to the general public and is an avenue through which policy change can happen. Leading this cause is a non-profit called Invisible People. This group educates the public through sharing stories of the homeless. To learn more go to: <https://invisiblepeople.tv> or follow them on twitter [**@invisiblepeople**](#).

Click here for more



CREATE:

In the TedTalk, *Homes for the Homeless*, James Furzer describes an architectural design for homeless housing aimed at symbolically “elevating” those facing housing insecurity. If you were an architect, what theme would guide your design to address homelessness? Please explain why you chose the symbol you did. What different considerations would you need to consider in designing for: individuals, families, children, veterans, domestic violence survivors, the unemployed, individuals who need mental health opportunities, or those who need drug addiction support? Consider the following in your design: safety, affordability, location, and transportation.



DISCUSSION:

Video resources on pg. 13

In the film **HERSELF**, Sandra (Clare Dunne) and her two daughters are living in a hotel to escape domestic violence at home. What category of homelessness are they experiencing? What barriers is the main character facing in surviving domestic violence and seeking to find a permanent home for **HERSELF** and her children away from her abuser? Sandra makes a compelling argument to the welfare agency that they could save money by allowing her to build a permanent home on a vacant lot. Do you think this could be a viable solution to help address the issue of homelessness and housing affordability? Support your argument.

The *Intersection of Homelessness and Domestic Violence* video emphasizes that “access to safe, affordable housing is one of a survivors’ biggest, most urgent concerns”. In your local area, what resources are available to directly address these concerns regarding housing? Discuss at least three resources.

In the *Left Behind* video it is suggested that the solution to providing safe, affordable permanent housing for the homeless is an approach called Housing First. What is Housing First and how is it different from other approaches?

Left Behind questions the impact of Proposition 47. What is this law and what impact has it had on homelessness in California?

In the video, *Hiding the Homeless*, the issue of criminalization of behaviors like sitting, lying down or eating in public, as a measure to force those who are homeless to go into hiding, is raised. Is criminalization of homelessness effective? Support your argument with credible evidence.

resources



VIDEOS:

- ***HERSELF* Film Clip: A Wish for a New House** one minute 39 seconds film clip (4:26-6:05 minutes)
- ***HERSELF* Film Clip: Build Your Own House** three minute 04 seconds film clip (21:05-24:09 minutes)
- ***HERSELF* Film Clip: Visitation** one minute 25 seconds film clip (12:15-13:40 minutes)
- ***The Intersection of Homelessness and Domestic Violence*** (2:46 minutes)
<https://www.youtube.com/watch?v=gVnwGFqyEcQ>
- ***Left Behind: America's Homeless Crisis*** (33:25 minutes)
<https://www.youtube.com/watch?v=LjAyLAuZIE4>
- **How Homeless College Students get by at California's Humboldt State**
<https://www.youtube.com/watch?v=ck-89phIXsM>
- **'Safe' parking lots give California homeless a lifeline** (2:57 minutes)
<https://www.youtube.com/watch?v=u2Zd3wvqliA>
- **What Happens When Cities Make Homelessness a Crime: Hiding The Homeless** (12:54 minutes)
<https://www.youtube.com/watch?v=nYFeY2pS0ks>
- **How can cities end homelessness?** (11:42 minutes)
<https://www.youtube.com/watch?v=L41peAlrkGw>
- ***Homes for the Homeless* | James Furzer | TEDxWarwick** (18:03 minutes)
<https://www.youtube.com/watch?v=kNEw7CzUrw>



ARTICLES:

- **Why Can't the Senate Pass the Violence Against Women Act?**
www.gq.com/story/senate-violence-against-women-act
- **Private Violence**
www.privateviolence.com/engage.html#getsocial
- **New legislation to combat homelessness introduced in U.S. House**
www.naco.org/blog/new-legislation-combat-homelessness-introduced-us-house
- **Invisible Struggles: What can be done to help college students experiencing homelessness?**
www.ucf.edu/pegasus/invisible-struggles
- **When the Homeless Took Over**
www.shelterforce.org/2019/10/11/when-the-homeless-took-over
- **No Safe Place: The Criminalization of Homeless in U.S. Cities**
www.nlchp.org/wp-content/uploads/2019/02/No_Safe_Place.pdf
- **The Fight Over What It Means to be Homeless**
will.illinois.edu/news/story/the-fight-over-what-it-means-to-be-homeless-and-how-that-could-affect-illn
- **Lobbying 101 National Coalition for the Homeless**
www.nationalhomeless.org/taking-action/lobbying



HOUSING, HOMELESSNESS & DOMESTIC VIOLENCE RESOURCES:

- NATIONAL LOW INCOME HOUSING COALITION
<https://nlihc.org/>
- HOUSING AND HOMELESSNESS LEGISLATION
<https://www.ncsl.org/research/human-services/housing-and-homelessness-legislation.aspx>
- NATIONAL ALLIANCE TO END HOMELESSNESS
<https://endhomelessness.org/>
- DOMESTIC VIOLENCE AND HOMELESSNESS
<https://www.hudexchange.info/homelessness-assistance/domestic-violence/>
- TERNER CENTER FOR HOUSING INNOVATION
<https://turnercenter.berkeley.edu/>
- CASITA COALITION
<https://www.casitacoalition.org/>

If you are in danger, please call 911, a local hotline, or the U.S. National Domestic Violence Hotline

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Learn more about
their good work.





stigma of being unhoused discussion questions

OVERARCHING THEMES:

- Why is it important to understand how the stigma of being unhoused impacts the policies and laws that address the crisis of homelessness?
- What are some of the most common stigmas about being unhoused and how do they conflate the issues that need to be resolved?

introduction

Examining the stigma of being unhoused is important because it permeates and influences policies, policing, and societal understanding of the homeless crisis. Stigmas refer to beliefs about a group that society has deemed disgraceful. Stigmas perpetuate unfair and negative beliefs about a group of people. A stigma differs from a stereotype because sometimes stereotypes can be positive in nature, and though often negative, stereotypes do not inherently invoke the condemnation that a stigma invokes. When stigmas are not examined, they prevent objective and effective problem solving needed to address this crisis. Author Benjamin Kamelhar, explains that stigmas allow for complex issues to be conflated making it much more difficult to develop effective solutions. For example, Kamelhar writes how the District Court decision in Boise, ID criminalized sleeping outside because of the stigma that homeless individuals choose to sleep outside. Kamelhar writes, “Concluding that people chose to sleep outdoors stems from analyzing an issue (why are people sleeping outdoors) and interpreting the present facts (that there never was a “single night when all three shelters in Boise called in to report they were simultaneously full”) with a stigma-based assumption in mind (that people experiencing homelessness are indolent) to come up with the false premise that people experiencing homelessness were too lazy to abide by shelter rules for housing and therefore chose to sleep outdoors.”² The idea that people without homes are lazy or choose to experience homelessness is pervasive while in fact, many people staying in shelters and experiencing homelessness are working, receiving disability, or receiving social security but still do not make enough money to afford adequate housing or rent.

Another stigma of being unhoused is that people who are experiencing homelessness are drug addicts or alcoholics. Approximately 40% of people without homes do struggle with addiction as a coping mechanism. However, this stigma overshadows the number of homeless who are seeking refuge from domestic violence, who are unemployed, evicted or who have become homeless because of a life-altering event unrelated to addiction. About 11% of those who are experiencing homelessness are veterans, and of those, 90.3% are men and 8.9% are women. Almost half (45%) of all unhoused veterans are African American. When considering those with addictions it is important to treat this issue appropriately. Addiction is an illness that requires treatment, counseling and support to overcome.

25%

of those who are
homeless are
diagnosed as
seriously mental
ill.¹

The stigma of people experiencing homelessness as dangerous criminals, has in part led to the trend of criminalizing homelessness. While there is a correlation between those who are homeless and incarceration, those who do time in jail are arrested for a myriad of reasons including violating homeless ordinances, drug and alcohol related arrests, non-violent and violent crimes. The vast majority of homeless individuals actually are victims of violent crimes more often than they perpetrate these crimes.

¹ Brain & Behavior: Homelessness and Mental Illness BBRFOUNDATION.ORG

² Georgetown Journal on Poverty Law & Policy: The Stigma Associated with Homelessness LAW. GEORGETOWN.EDU



DISCUSSION SPARKS:

Did you know...

- One in four Americans are living with a mental illness.
- Each night, approximately 189,000 individuals sleep unsheltered.
- In contrast to early fears, the positivity rate for homeless individuals in Los Angeles is much lower than the larger community at 2%.



ACTIVISM:

How can you help change the stigma of homelessness? Here are 8 things you can do to reduce the stigma around homelessness:

- 1 Educate yourself. It is important that you know the facts and are knowledgeable about real issues facing people who are experiencing homelessness.
- 2 Analyze your attitudes and biases towards homelessness. Belief systems determine behavior.
- 3 Educate others. Challenge stigma, bias and stereotypes and share your knowledge.
- 4 Language matters. How you talk about homelessness is important. What you say can affect other people's attitudes and belief systems.
- 5 Speak out against negative behavior and language, especially on social media where it is important to share accurate information.
- 6 Use social media to speak out against the stigma of homelessness.
- 7 Demonstrate compassion and empathy to people experiencing homelessness.
- 8 Donate or volunteer with organizations focused on ending homelessness.

SOCIAL MEDIA:

You can participate in the National Alliance on Mental Illness campaign [#IWILLLISTEN](#).

This campaign aims to break the stigma of mental illness as a topic that people should not talk about. This social media movement asks participants to pledge on Facebook, Instagram, and Twitter to listen and support those living with mental illness.

Click here for more





CREATE:

In the article, *Social Stigma and Homelessness: The Limits of Social Change*, authors John Belcher and Bruce DeForge write that there is a belief system where, “People who are homeless represent a failure within a capitalist society. To view them as failures allows society to shed societal blame and turn it toward the individuals’ own flaws. Also, there is the belief that homeless could spread [like a contagion], if left unchecked, to other people.” Create an alternative belief system:

- Write a blog post, social media post, or essay that shares a contrasting point of view.
- Using your favorite art medium or digital art program to create a poster with a counternarrative message.



DISCUSSION:

Video resources on pg. 19

In the film **HERSELF**, the main character, Sandra is living in a hotel. She is not allowed to enter through the front entrance because the welfare agency pays for her hotel room. A doorman tells Sandra to go around to the back of the hotel and enter through the service entrance, requiring her to climb multiple flights of stairs to get to her room. What does the treatment of Sandra by the hotel employee say about the stigma of homelessness? What does it say about domestic violence survivors? In what ways are stigmas problematic in the development of solutions to social issues, such as homelessness?

In the video, *We’re Not Trash: Homeless People Fight Stigma*, people experiencing homelessness share what they think about many of the stigmas about homeless people. What are the common themes shared in the video? What did you find most compelling? What was most surprising about what they had to say?

In the video, *Home is where you keep your bags*, ceramic artist, Michelle Ettrick, aims to confront the stigma of homelessness. Describe what you see in her art piece. How does the inclusion of humans interacting in the space change the dynamic of the artwork? Do you think addressing stigma in this way impacts those who see this artwork? In what ways might it impact them differently if this artwork were a painting or a drawing?

resources



VIDEOS:

- **HERSELF Film Clip: You Can't Come Through Here** one minute film clip (13:40-14:40 minutes)
- **HERSELF Film Clip: Bricks and a Bedtime Story** four minute 32 seconds film clip (18:51-22:23 minutes)
- **Homeless Changing the Stigma** (4:23 minutes)
<https://www.youtube.com/watch?v=1017YTRIIRE>
- **Kicking the Stigma Surrounding Homeless Shelters** (2:32 minutes)
www.toronto.citynews.ca/video/2017/11/19/kicking-the-stigma-surrounding-homeless-shelters/
- **I am Homeless** (8:14 minutes)
<https://www.youtube.com/watch?v=mHFMSCFEvtc>
- **Putting a Face to Homelessness** (3:30 minutes)
<https://www.youtube.com/watch?v=E2IXakPydIo>
- **The Simple Way Everyone Can Help the Homeless** (12:15 minutes)
<https://www.youtube.com/watch?v=YBhDAJY8ZBA>
- **This Woman is Washing Out the Stigma of Homelessness** (3:09 minutes)
<https://www.msnbc.com/melissa-harris-perry/watch/this-woman-is-washing-out-the-stigma-of-homeless-507381827669>
- **Let Me Hear Your Story: Putting a Face on Homelessness** (8:25 minutes)
<https://www.youtube.com/watch?v=8C5xYstluLs>



ARTICLES:

- **The Stigma of Homelessness: The Impact of the Label 'Homeless' on Attitudes Toward Poor Persons**
 - www.homelesshub.ca/resource/stigma-homelessness-impact-label-homeless-attitudes-toward-poor-persons
 - www.nami.org/blogs/nami-blog/october-2017/9-ways-to-fight-mental-health-stigma
- **5 Ways Social Media Helps Fight Mental Health Stigma**
www.viewpointcenter.com/blog/5-ways-social-media-helps-fight-mental-health-stigma
- **"I Will Listen": How Social Media Can Diminish The Stigma of Mental Illness**
<https://www.scientificamerican.com/article/i-will-listen-how-social-media-can-diminish-the-stigma-of-mental-illness>
- **A Campaign Urges Listening to Those Torn by Mental Illness**
www.andrewsolomon.com/coverage/nyt-i-will-listen
- **The Big Stigma is it's the Homeless Person's Fault**
<https://www.theguardian.com/society/2017/aug/07/the-big-stigma-is-its-the-homeless-persons-fault>



STIGMA OF HOMELESSNESS RESOURCES:

- **Addressing Stigma**
www.camh.ca/en/driving-change/addressing-stigma
- **Reducing Stigma**
www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html
- **Unhoused, Unwelcome? Public Space and the Stigma of Homelessness**
www.azuremagazine.com/article/unhoused-unwelcome-public-space-and-the-stigma-of-homelessness
- **The Stigma Associated with Homelessness and How It Leads to Ineffective Solutions Both In and Out of the Courtroom**
www.law.georgetown.edu/poverty-journal/blog/the-stigma-associated-y-journal/blog/the-stigma-associated-with-homelessness-and-how-it-leads-to-ineffective-solutions-both-in-and-out-of-the-courtroom

If you are in danger, please call 911, a local hotline, or the U.S. National Domestic Violence Hotline

1-800-799-7233 and TTY 1-800-787-3224



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homelessness during a pandemic discussion questions

OVERARCHING THEMES:

- How has the pandemic changed the nature of homelessness? What new concerns and issues need to be addressed?
- What role does unemployment and rising evictions, during a pandemic, play in the urgency to address homelessness?
- What is 'street medicine' and why is it critically important during a pandemic?

introduction

This pandemic further enlarges and complicates the issues of homelessness. While unhoused individuals may be able to effectively social distance, lack of a sanitary living environment and limited hygiene opportunities increase the chances of spreading disease. Additionally, COVID-19 can spread quickly in locations where large numbers of people are living in close quarters, such as emergency shelters or transitional housing. However, The CDC (August 6, 2020), emphasizes that homeless services are essential and must continue during the pandemic. Furthermore, those who are homeless and contract COVID-19 will face greater challenges in fighting the disease if they have no shelter, making healing much more difficult. In Phoenix, AZ hotels have been temporarily repurposed to house people experiencing homelessness who have been diagnosed with COVID-19. Medical teams go to the hotel to provide medical care to the residents there. Street medicine, as it is known, is medical, health and social services developed to meet the unique needs of unsheltered and unhoused individuals. Street medicine allows for medical teams to provide care on the streets where these individuals are located rather than requiring people experiencing homelessness to go to a medical facility.

As unemployment and evictions continue to rise to critical levels, in part due to the ending of the moratorium on evictions, as well as in response to the pandemic, the number of individuals who are finding themselves homeless increases in kind. Even before the pandemic, Los Angeles had a projection that the number of people who are experiencing homelessness will increase by 54% over the next five years. In an effort to address some of these issues, state legislators have turned to alternative housing for those experiencing homelessness. Many states issued executive orders that allowed for the short-term utilization of empty hotels as accommodations for unhoused individuals and for those who could not safely self-quarantine during the very early stages of the pandemic. For example, in New Hampshire, Emergency Order number 27 was issued, which allowed for “hotels and other

lodging to only be used for vulnerable populations and essential workers, including children in emergency placements, victims or at-risk persons of domestic violence as well as homeless individuals.”²

The temporary repurposing of hotels and other accommodations helped to reduce the overcrowding of homeless shelters, lowering the risk of spreading COVID-19. In Massachusetts, legislation is being considered to develop a bill of rights for the homeless that would reduce the number of activities that are criminalized, including laying down in public to rest. Other states have passed legislation aimed at providing funding to support homeless shelters and extend services during this public health crisis. Importantly, California’s legislature created a provision that reserved 12% of funding for domestic violence services. Approximately 57% of all women who are homeless report that seeking escape from their abuser led to their homelessness.

On a single night in
2019, roughly

568,000

Americans experienced
homelessness.¹

¹ Association of State and Territorial Health Officials ASTHO.ORG

² Association of State and Territorial Health Officials ASTHO.ORG



DISCUSSION SPARKS:

Did you know...

- Each night, approximately 370,000 individuals stay in an emergency shelter or transitional accommodation.
- Each night, approximately 189,000 individuals sleep unsheltered.



ACTIVISM:

Start a Warm Coat Drive and help the homeless and unsheltered stay warm in the winter. One Warm Coat is an organization that helps people collect gently used coats for the homeless. Take these steps to get going:

- 1 Ask your friends to volunteer to help you and share your ideas to start a Warm Coat Drive.
- 2 Decide where you will hold the drive and how long you want the drive to last and when you will stop collecting coats.
- 3 Decide where the drop off will be, how the coats will be organized and stored, and how the final collection will be transported to the donation site.
- 4 Pick the donation organization and coordinate with One Warm Coat to get your donations to the right place.
- 5 Create flyers, social media announcements and publicize your event.
- 6 Hold the Warm Coat Drive and make a difference!



SOCIAL MEDIA:

In the article, *Three Ways You Can Help The Homeless During COVID-19*, the author Charlie Shaddox, suggests:

- Donating or volunteering at a homeless shelter.
- Email your elected officials and address the issues facing the homeless.
- Share articles and resources on social media to raise awareness.

What are three additional ways you would suggest to help the homeless during the pandemic. Use these ideas to start a thread on your favorite social media platform and gather additional ideas from all of your friends online.

Click here for more



CREATE:

Create a care kit or blessing backpack for the homeless. Backpacks make it easier for individuals who are mobile to carry their personal belongings. Here are some suggestions for filling the backpacks:

- wet wipes
- shelf stable foods like tuna or peanut butter
- travel size hygiene items (soap, shampoo, deodorant, toothbrush, tooth paste)
- socks
- gift cards for food

Distribute to the homeless or donate the filled backpacks to a homeless shelter/organization.



DISCUSSION:

Video resources on pg. 25

In the film **HERSELF**, the main character, Sandra has two daughters. They are all living in a hotel, which limits the children to playing in the parking garage, because there is nowhere else for them to play at that location. What impact does homelessness have on children? When children attend school from a homeless shelter, what unique challenges do they face? How does the pandemic complicate these issues for children?

The article, *Surprise: Homeless People Not Getting Coronavirus in the Disastrous Waves Experts had Feared* states:

“When the coronavirus first hit the country, experts feared the disease would rip through homeless populations like a tsunami. Living outside in terrible sanitary conditions and with no safe place to hide, the feeling was that if COVID-19 got into even one camp there would be no way to stop it Those fears have fallen flat. So far.”

What might explain why the spread of the coronavirus disease has had less than expected impact on the homeless? While the spread of COVID-19 amongst the homeless is less than the larger community in which they live, in what other ways might the pandemic negatively impact the homeless? An increased crisis for the homeless has been their ability to find food during the pandemic. Why might this crisis be occurring and what can be done about it? Much focus has been placed on the health impact of the pandemic, but what role has the economic impact played during this pandemic on the homeless?

resources



VIDEOS:

- **HERSELF Film Clip: A Disgrace** one minute 05 seconds film clip (17:10-18:15 minutes)
- **HERSELF Film Clip: A Wish for a New House** one minute 39 seconds film clip (4:26-6:05 minutes)
- **Homeless Americans Among Most Vulnerable in Pandemic** (3:20 minutes)
www.cnn.com/videos/health/2020/08/05/homeless-during-coronavirus-pandemic-newday-vpx.cnn
- **The Challenges of Being Homeless During a Pandemic** (6:08 minutes)
<https://www.youtube.com/watch?v=D669qcb7GGI>
- **Homelessness Amongst the COVID-19 pandemic** (3:28 minutes)
<https://www.youtube.com/watch?v=LF4leu4qO-0>
- **Coronavirus Sparks Surge In Homelessness from the US to Africa** (6:57 minutes)
<https://www.youtube.com/watch?v=7KqfKoSGo1c>
- **What It's Like to be Evicted in the Middle of a Pandemic** (14:53 minutes)
<https://www.youtube.com/watch?v=kOAb9UhpMVo>
- **Ask an Expert: What is COVID-19's Impact on the Homelessness Crisis?** (1:13 minutes)
https://www.youtube.com/watch?v=qL3lowBU1gM&feature=emb_logo
- **Ethics Talk: Caring for Homeless Individuals During the COVID 19 Pandemic** (28:24 minutes)
<https://www.youtube.com/watch?v=E7Z80jADnrg&t=2s>



ARTICLES:

- **What the Coronavirus Proved About Homelessness?**
www.theatlantic.com/international/archive/2020/07/what-coronavirus-proved-about-homelessness/614266
- **How States are Housing the Homeless During a Pandemic**
www.astho.org/StatePublicHealth/How-States-are-Housing-the-Homeless-During-a-Pandemic/05-20-20
- **Coronavirus hasn't devastated the homeless as many feared**
www.abcnews.go.com/Health/wireStory/coronavirus-devastated-homeless-feared-72405779
- **Homelessness and COVID-19**
www.chcf.org/collection/homelessness-covid-19
- **Constance Woodson Worked Hard All Her Life. How Did She End Up Homeless During a Pandemic**
www.time.com/5870484/homeless-during-coronavirus-pandemic
- **A Homeless Pandemic Looms As 30 Million Are At Risk Of Eviction**
www.npr.org/2020/08/10/900766719/millions-of-americans-are-in-danger-of-being-evicted-during-pandemic
- **Hotels Sit Vacant During the Pandemic. But Some Locals Don't Want Homeless People Moving In**
www.washingtonpost.com/business/2020/04/14/homeless-hotels-coronavirus



HOMELESSNESS DURING THE PANDEMIC RESOURCES:

- **AFT Donates 10,000 Books to Homeless NYC Students and Families amid Coronavirus Crisis**
www.aft.org/press-release/aft-donates-10000-books-homeless-nyc-students-and-families-amid-coronavirus
- **School's hard enough at a homeless shelter, then a pandemic hit**
www.mercurynews.com/2020/11/30/wish-book-schools-hard-enough-at-a-homeless-shelter-then-a-pandemic-hit/
- **COVID-19 and Homelessness: Strategies for Schools, Early Learning Programs, and Higher Education Institutions**
www.schoolhouseconnection.org/covid19-and-homelessness/
- **Homeless and trying to learn in a pandemic: What some students face**
www.csmonitor.com/USA/Education/2020/1026/Homeless-and-trying-to-learn-in-a-pandemic-What-some-students-face

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Thank you to Free From, DWC, and Casita Coalition for their support. Learn more about their good work.





secondary dwelling discussion questions

OVERARCHING THEMES:

- What is a secondary dwelling and how is it related to Accessory Dwelling Units (ADU)?
- What role can ADUs play in addressing homelessness, a rapidly growing population and a lack of affordable housing?
- Why are ADUs considered a good solution for already established neighborhoods?
- What barriers do single-family zoning restrictions pose?

introduction

A secondary dwelling or Accessory Dwelling Unit (ADU) is a second, much smaller, living space that is established at an already existent permanent residence. There are a variety of ADUs including those that are attached to a home (for example, a garage, basement or upstairs bonus room that is converted into an ADU) or those that are not attached to the home (for example, a separate smaller dwelling, sometimes called a guest house). ADUs go by many names, some of which include: In-law suite, guest house, granny flat, cottage or carriage house and even some tiny homes. These secondary dwellings have a small kitchen, bathroom, and at least one bedroom. ADUs provide an opportunity for homeowners to earn rent income while simultaneously promoting greater housing affordability to those in need. They also extend the usability of land zoned for single-family use and increase the value of the property. Most importantly, they expand the options for affordable housing. In California, the LA Community Development Commission has encouraged the building of these secondary dwellings by incentivizing homeowners who agree to build and rent an ADU to a qualifying homeless individual or family.

ADU's are usually cheaper to construct than traditional affordable housing.¹

The homeowner in return receives tax breaks and loan forgiveness after ten years, at which point, they may rent the unit out or utilize it for whatever they wish. Another benefit of ADUs is that the addition of these smaller self-contained permanent living spaces utilizes a minimal footprint within an established neighborhood, as they do not negatively impact the scale or character of that location. While ADUs provide many benefits, barriers still exist. Countless regulations and zoning rules do not allow homeowners to build a secondary dwelling on their property. For example, many zoning rules require a dedicated separate parking space for ADUs. Land use barriers, such as single-family zoning, which restricts the construction of ADUs, are one of the greatest hurdles to reducing the shortage of affordable housing, especially in expensive housing markets. Furthermore, constructing an ADU or renovating a basement or garage into a livable space requires building permits, financial investment, and time. The first step in overcoming these barriers is for zoning commissions and city councils to update zoning regulations to allow greater ease in the construction and allowability of ADUs in single-family zones.

¹ Southern California Public Radio, LAist LAIST.COM



ACTIVISM:

In 2018, the mayor of Seattle, Jenny Durkan authorized the first of nine tiny house villages that were built exclusively for homeless women. Each tiny village contains between fifteen and thirty-four homes and can serve 20 to 70 people. Many of the villages are self-managed by the residents. In comparison to building an emergency shelter, which costs millions of dollars, each tiny house village costs between \$100,000 and \$500,000 to construct. Each furnished tiny house is 8 ft by 12 ft and is insulated, heated, has electricity, a smoke detector, electric outlet and a locking door and windows. The building materials for each unit costs, on average, \$2,500. Many businesses and individuals donated hundreds of tiny houses to the cause, while many volunteers donated their talents to build beautiful add-ons like flower boxes, porches, artwork, furniture and curtains. The average length of time an individual stays in a tiny home is less than 6 months, but there is no limit on the length of time for any resident. Sharon Lee, the executive director of the Low Income Housing Institute writes, “Tiny houses are a bridge to permanent housing.”² Here are some ways you can help:

- Write or email your legislator about how tiny house villages can address issues of homelessness.
- Volunteer to help construct tiny houses or beautify them by creating flower boxes, artwork, or other creative donations.
- Donate to help raise funds to build more tiny house villages in your area.
- Visit a local tiny house village, document your experience with photos and post on social media to inspire others to learn about the benefits of tiny house villages and garner more support.



SOCIAL MEDIA:

Start a GoFundMe or Facebook fundraising page to help start or support more tiny home villages in your area. Tiny House Community has a wealth of resources you can use to get more information on starting your own tiny home village. Learn more at: tinyhousecommunity.com or follow them on Twitter @TinyHouseCmnty.

Click here to learn more

¹ Sharon Lee, March 15 2019, Tiny House Villages in Seattle: An Efficient Response to Our Homeless Crisis, SHELTERFORCE.ORG
² Sharon Lee, March 15 2019, Tiny House Villages in Seattle: An Efficient Response to Our Homeless Crisis, SHELTERFORCE.ORG



CREATE:

In the video, *Yes to Accessory Dwellings Units*, students and community members compete to reimagine the design of ADUs. If you were asked to design an ADU that could meet the needs of the homeless, increase the value of the homeowner's land and blend with the established neighborhood, what might you design? Sketch out your ideas and consider the following:

- affordability for the homeless
- complementary to main dwelling/neighborhood style
- minimal footprint
- meets minimal requirement of kitchenette, bathroom, and bedroom and separate entrance

Share your finished vision on Twitter using **#herself**.



DISCUSSION:

Video resources on pg. 31

In the film **HERSELF**, the main character Sandra is determined to build her own home to provide safe permanent housing for herself and her two daughters. She researches DIY tiny homes and finds a design she wants to build that costs \$35,000 Euros. She then presents her case to the welfare agency, arguing that it would be cheaper to provide her with a loan and a vacant lot to build the tiny house than continuing to supply her with rent money for hotels and welfare, which costs them over \$100,000. How valid is Sandra's argument? Should welfare agencies consider other opportunities like government funded loans for acquiring unused vacant land and for building tiny homes to aid the homeless? Support your argument with evidence.

resources



VIDEOS:

- **HERSELF Film Clip: The Proposal** seven minutes 12 seconds film clip (21:05-28:17 minutes)
- **The man building tiny homes for the homeless in Los Angeles** (29:32 minutes)
<https://www.youtube.com/watch?v=FhFKPZqFd3o>
- **InvisiblePeople.tv @Home Homeless Documentary** (55:43 minutes)
<https://www.youtube.com/watch?v=t9dmp3H8Bj8>
- **Yes to Accessory Dwelling Units** (2:19 minutes)
www.homeless.lacounty.gov/video/yes-to-accessory-dwelling-units/
- **Portland seeks backyards for tiny homes for homeless** (2:22 minutes)
<https://www.youtube.com/watch?v=jGJJE9ejWAQ>
- **This Tiny Home Community Gives Homeless Veterans a Chance** (7:08 minutes)
<https://www.youtube.com/watch?v=Gfk3F28u7GQ>
- **Micro-communities: Solution to homelessness?** (2:18 minutes)
https://www.youtube.com/watch?v=e8hDYN_Herk



ARTICLES:

- **Tackling Homelessness with Tiny Houses: An Inventory of Tiny House Villages in the United States**
www.tandfonline.com/doi/full/10.1080/00330124.2020.1744170
- **Tiny House Villages in Seattle: An Efficient Response to Our Homelessness Crisis - Shelterforce**
www.shelterforce.org/2019/03/15/tiny-house-villages-in-seattle-an-efficient-response-to-our-homelessness-crisis
- **Overcoming Barriers to Bringing ADU Development to Scale**
www.enterprisecommunity.org/resources/overcoming-barriers-bringing-adu-development-scale-11049
- **Evaluating ADU/Homelessness Programs**
www.escholarship.org/uc/item/92m863v8
- **Housing for homeless could be in your backyard. Literally.**
www.scpr.org/news/2017/08/11/74572/housing-for-homeless-could-be-in-your-backyard-lit



ACCESSORY DWELLING UNITS RESOURCES:

- **THE ENDS AND OUTS OF ADUs**
www.architecturaldigest.com/story/accessory-dwelling-unit-housing-of-the-future
- **HOW MUCH DOES IT COST TO BUILD AN ADU IN LOS ANGELES?**
www.architectsla.com/adu-cost-los-angeles/#:~:text=Most%20new%20construction%20ADUs%20can,conversion%20of%20the%20existing%20space.
- **HOW AN ADU CAN ADD CONVENIENCE, INCOME, AND RESALE VALUE TO YOUR HOME**
www.marrokal.com/how-an-adu-can-add-convenience-income-and-resale-value-to-your-home/#:~:text=But%20there%20are%20other%20benefits,51%25%20increase%20in%20resale%20value
- **LA County to Pay Homeowners to Create Housing for the Homeless**
www.npr.org/sections/thetwo-way/2018/04/13/602348649/la-county-to-pay-homeowners-to-create-housing-for-the-homeless

If you are in danger, please call 911, a local hotline, or the U.S. National Domestic Violence Hotline

1-800-799-7233 and TTY 1-800-787-3224



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6 steps to building an ADU

1. PLAN: EDUCATE YOURSELF

- Check your local city and state laws to learn if ADUs are allowed.
- Research the cost and value of building an ADU.
- Create a preliminary budget.

2. FINANCE: SECURE FUNDING

- Secure a pre-approval loan.
- Finalize the budget (include cost of labor, materials, city and state fees).
- Add a cushion of 15% to the budget for the unexpected.

3. DESIGN: DESIGN ADU

- Consider who will live in the ADU and decide how much space is needed.
- Choose attached, detached, or conversion.
- Consult an Architect, Designer, and Builder.

4. PERMITS: ACQUIRE PERMISSION

- Visit your City Planning and Building Department.
- Review the rules, regulations and zoning requirements.
- Complete any required forms and pay fees.

5. BUILD: BEGIN CONSTRUCTION

- Gather bids from several contractors and check references, reviews, and validity of state license.
- Write a contract that lists all cost and details upfront.
- Create a payment plan that details what is paid when specific work is completed by agreed upon deadlines.

6. USE: MOVE IN

- It's time to move in! If renting the space, be sure you understand the role and responsibility of landlord according to your state guidelines and laws.
- Consider pricing the unit so that lower income individuals and families might be able to afford the space.

additional resources

PARENTAL ALIENATION

PARENTAL ALIENATION AND DOMESTIC VIOLENCE: WHAT GETS LOST IN THE FOG?

www.fountainhillcenter.org/parental-alienation-and-domestic-violence/

PARENTAL ALIENATION IS DOMESTIC VIOLENCE

www.nasca.org/2015-Articles/061415-ParentalAlienation=DV-JoanKloth.htm

WHY WOMEN LOSE CUSTODY

www.forbes.com/sites/naomicahn/2020/01/26/why-women-lose-custody/?sh=5f44c86c4641

DOMESTIC ABUSERS WINNING TIME WITH CHILDREN BY ACCUSING MOTHERS OF PARENTAL ALIENATION, STUDY FINDS

www.independent.co.uk/news/uk/home-news/domestic-abuse-parental-alienation-family-courts-brunel-study-a9294726.html

SELF-BUILD HOUSING

WALTER SEGAL SELF-BUILD HOUSING PROJECT, LONDON

www.world-habitat.org/world-habitat-awards/winners-and-finalists/walter-segal-self-build-housing-project-london

14 KIT HOMES YOU CAN BUY AND BUILD YOURSELF

www.bobvila.com/slideshow/14-kit-homes-you-can-buy-and-build-yourself-44417

HOW TO BUILD YOUR OWN HOUSE: A SELF BUILD BEGINNER'S GUIDE

www.loveproperty.com/guides/80420/how-to-build-your-own-house-a-self-build-beginners-guide

PLANNING A SELF-BUILD HOME

www.planningportal.co.uk/info/200130/common_projects/49/self-build_homes

DOMESTIC ABUSERS WINNING TIME WITH CHILDREN BY ACCUSING MOTHERS OF PARENTAL ALIENATION, STUDY FINDS

www.independent.co.uk/news/uk/home-news/domestic-abuse-parental-alienation-family-courts-brunel-study-a9294726.html

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"A TIMELY, EMPOWERING STORY"

-Variety

herself

FROM THE DIRECTOR OF MAMMA MIA! AND THE IRON LADY

discussion guide



amazonstudios prime video doGoodery

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