

## **“Machismo” a Latin Curse**

The theme I chose for this project is domestic violence. A problem so mentioned, but yet so "normalized" because many people do not know the true meaning of this abuse. An abuse that is not just physical because there are many ways that domestic violence manifests in different homes every day.

It is a subject in which many agencies are trying to educate more and more, and progress is being made but continues to largely still be ignored, and we must instruct more and provide the tools and assistance to help and to be helped. I want to focus on my culture and my race, us Mexicans. Sadly, we have lived a culture of "Machismo, " a strong sense of masculine pride, where the man commands, says, orders, raises his voice, even hits because he is the "man of the house" and what he says goes no but or ifs. It is such a sad upbringing that many Latino families have lived through, but that has changed little by little, and we will continue to change it. I live in a border town where domestic violence is sadly prevalent, and I have experienced it very close in two different situations.

My older brother was a victim of domestic violence when his first wife abused him verbally and physically, and the police had to interfere. His wife started to become highly violent verbally and physically. My brother was upbringing the Mexican protocol where a "man does not hit a woman" and thought this implied letting a woman do what she wanted with him because of her sex. He thought he was respecting her without realizing that he was disrespecting himself. I clearly remember that I was in High School when this situation happened where the police intervened, and this woman, Martha, was arrested and trialed for domestic violence. I remember it shocked me a lot because I could not get across my head that my older brother, my hero, the invincible, the man that nothing can defeat him and nothing or nobody can go against, was in this situation. On the other hand, it was also very shocking and confusing at the same time to know that a woman could commit domestic violence against a man because it was always known that it is usually the man who commits the abuse against the woman.

Another domestic violence situation that marked my life tremendously was only two years ago in Nogales, AZ when a friend, classmate, and neighbor was murdered by her partner and held their baby hostage for more than 5 hours. It shook the entire community since Nogales is relatively small, and you do not hear about these types of tragedies as often as you do in big cities. Her name was Berenice Aguirre, and she was my classmate and friend since we were in elementary school. We both lived and shared beautiful and vital milestones, and her life was taken from her and us. We will not have the opportunity to continue living and accomplishing new goals. Berenice represents all of us as women, which has been truly heartbreaking for me.

Coincidentally we both lived in the same apartment complex, and I remember that day as if it was yesterday police lights and chaos everywhere. It was a moment of panic, horror, uncertainty because we all hoped that Berenice was alive and that she would be just a hostage victim. A whole community prayed and implored that she would come out alive; however, she had been dead for hours when they found her. "When officers conducted a sweep of the other bedrooms, they found Aguirre's body." (Clark et al.) This case hit home directly and very close to the heart of many of us, and we want to get involved in educating and assisting those that do not know they are even in a vulnerable and toxic relationship.

At the time of Monday's incident, Estrada was already facing a domestic violence aggravated assault charge at Nogales Justice Court stemming from an incident on Nov. 30, 2018 in which he allegedly assaulted a woman with the initials B.A. by impeding her breathing by "placing hands around B.A's mouth and nose." (Clark et al.) We must unite our voices, knowledge, strength, and energy to help the vulnerable and ignorant because those who strike once will strike twice, three, four times, or as many times until a tragedy puts an end to it as it happened with Berenice. Love should not hurt in any way, and if it does, that is not love.

County Victims Services, Arizona Department of Economic Security Domestic Violence, National Domestic Violence Hotline, and Raising Arizona Kids are just a few of the many helpful and free resources available in our cities, county, state, and federal. We must stand and instruct everyone so that more tools and resources are easier to find and access for all victims and their families at a local, state, and federal level without being scared or remorseful to use the resources.

## WORKS CITED

Clark, Jonathan, et al. "NPD: Suspect Kills Woman, Holds Infant Hostage during Standoff at Apartment Complex." *Nogales International*, 10 Dec. 2019, [www.nogalesinternational.com/news/npd-suspect-kills-woman-holds-infant-hostage-during-standoff-at-apartment-complex/article\\_cce94772-1b6f-11ea-abb0-c7ce55f19ed4.html](http://www.nogalesinternational.com/news/npd-suspect-kills-woman-holds-infant-hostage-during-standoff-at-apartment-complex/article_cce94772-1b6f-11ea-abb0-c7ce55f19ed4.html). Accessed 13 Dec. 2021.

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"Identify Abuse." *The Hotline*, 29 Nov. 2021, [www.thehotline.org/identify-abuse/](http://www.thehotline.org/identify-abuse/).

"Phoenix Criminal Defense Attorney." *AZ Defenders*, [Www.ilawyermarketing.com/](http://www.ilawyermarketing.com/), 26 Aug. 2020, [www.az-defenders.com/](http://www.az-defenders.com/).

According to a 2017 study by the Center for Disease Control and Prevention, almost 40% of people in Arizona had experienced domestic abuse. Every 44 minutes in our state, one or more children witness domestic violence, the report also found.

<https://www.12news.com>

## COUNSELING

Counseling and Consulting Services (Domestic violence counseling)

2430 East Sixth Street  
Tucson, AZ 85719  
(520) 882-0090

[www.counselingconsulting.org/](http://www.counselingconsulting.org/)

Counseling for DV offender including DV assessment, anger management, conflict control, domestic violence issues, and other topics.

\*Children's services: groups for children 8-10 who witness or experience DV in the home. Play therapy, art therapy, psychodrama, role-playing, movement therapy, work with clay, puppets, etc.

\*Couple/marital and family groups also available.



**LOVE SHOULD  
NOT HURT**

**YOU ARE NOT ALONE**



## RECOGNIZING ABUSE IS THE FIRST STEP

Here For You.



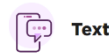
Call

1.800.799.SAFE (7235)  
TTY 1.800.787.3224



Chat

Chat live now



Text

Text "START" to 88788

<https://www.thehotline.org/identify-abuse/>

**NATIONAL  
DOMESTIC  
VIOLENCE  
HOTLINE**

[\(University Campus display explores domestic violence-related homicides\)](#)



## STATISTICS

- ▶ One in five women in the US has been raped in her lifetime. The same is true for 1 in 71 men, 1 in 8 lesbian women and 4 in 10 gay men. About 12% of female survivors and 28% of male survivors were raped before the age of 10.
- ▶ About 60% of rape crimes and sexual assaults go unreported by victims in the US. As many as 97% of rapists never go to prison for their crimes.
- ▶ In 2015, at least 107 victims lost their lives in homicides related to domestic violence in the State of Arizona.
- ▶ In just one day, domestic violence programs in Arizona responded to 1,652 domestic violence reports.  
*(Phoenix Criminal Defense attorney)*

## RESOURCES FOR DOMESTIC ABUSE VICTIMS IN ARIZONA

If you or someone you know is experiencing domestic violence or abuse in Arizona, speak out. Call the police if you are in immediate danger. In a nonemergency situation, you can also call the national hotline at 1-(800)-799-7233 for confidential advice you can trust. A representative can give you information about state and federal resources, including programs that could provide housing and/or financial assistance. A representative could guide you to an abuse shelter or culturally specific resources available to you. While reaching out for help can be difficult, it may be critical for your safety. Work toward getting to a safe place with assistance at the state or federal level.

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*(Phoenix Criminal Defense attorney)*

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This brochure is in loving memory of Berenice Aguirre, who was killed by her domestic partner on December 10, 2019. She represents those suffering from domestic violence and has the opportunity to seek help and save their lives.

A close-up, black and white photograph of a woman's face, focusing on her eyes. A handprint graphic is overlaid on the right side of her face, near her eye.

**END**   
**DOMESTIC VIOLENCE**

SPEAKS AGAINST DOMESTIC VIOLENCE NOW