

Domestic Violence Can Happen to Anyone

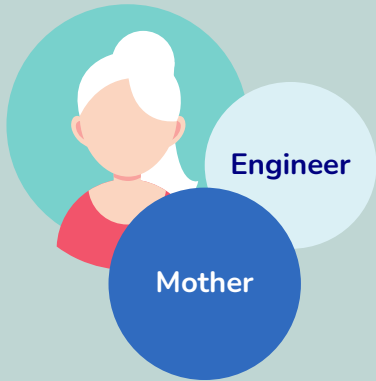
and everyone experiences it differently.



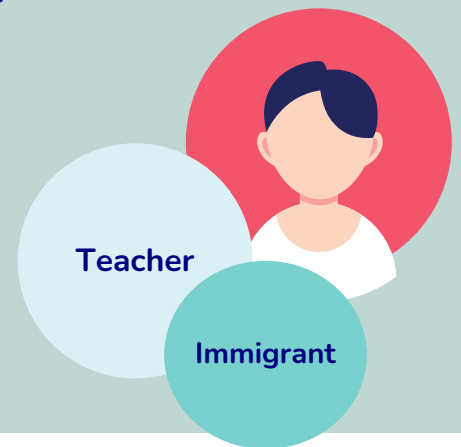
You are unique and complex!

It's not "**One Size Fits All**". There isn't just one right way to address domestic violence. You have **unique** needs based on your complex identities! **This is also referred to as Intersectionality.**

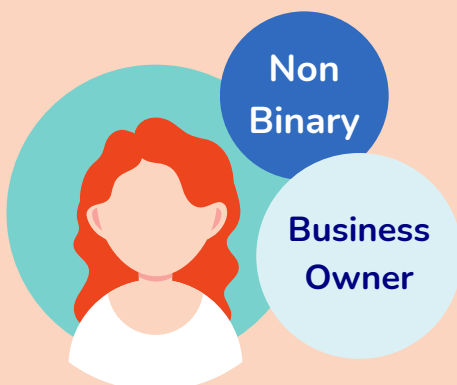
Some identities that may affect our experiences:



*gender identity
sexual-orientation
socio-economic status
race or ethnicity
religious identity*



Intersecting identities
shape the way we move
through the world,
and have an effect on
how we experience
domestic violence.



You may have distrust for police.

You may be fearful that your church
congregation will find out.

Or perhaps you have experienced violence
due to your sexual orientation.

**We are here for you.
You are not alone.**



RESILIENCE
ADVOCATES FOR ENDING VIOLENCE™

Talking with Survivors of Domestic Violence

Somebody experiencing abuse may find themselves feeling triggered or re-traumatized by statements that are often well-meaning. It is important to remember that abuse is often fueled by lowering the self-esteem of a survivor, and they may feel more vulnerable than usual.

When speaking to a loved one that has experienced abuse, lead with **empathy, understanding** and do **more listening than speaking**.

Instead of Saying...

Why don't you just leave? If they make you so unhappy, you should just break up with them.

Why didn't you report this earlier?

Well...there's two sides to every story...

Abuse is a pretty big word... I mean, my partner and I argue sometimes too.

Try Saying....

I can't even imagine how you must be feeling. You did not deserve what happened to you. There is no excuse for their behavior.

It is completely normal to have a hard time deciding whether or not to report. The important thing is that you are safe now. You are so brave.

There is nothing you did to deserve violence. You are not responsible for your partner's actions.

I am so sorry this happened to you. I care about you. Thank you so much for trusting me enough to tell me.

Safety Plan Flowchart

Are you thinking about leaving?

No

Think of safe places you can go during an argument.

Write down a list of safe people you can call and their phone numbers and keep it somewhere hidden.

Establish a safety signal with the safe people in your life. For example: text your mom a “!” to signal that you need help.

Call a Domestic Violence Help Line for more support.

Call 911 in the case of an emergency.

Yes

Do you know where you'll go?

No

Make a list of trusted people who would help you leave. If you have trouble coming up with a list of safe support people, call your local Domestic Violence Agency.

Yes

Make a plan with your trusted person

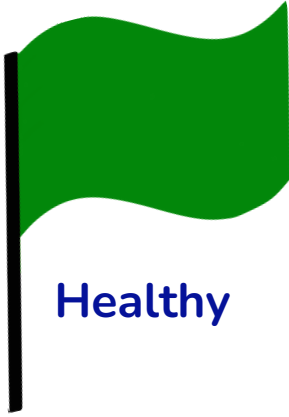
Grab your emergency bag and leave

Turn your location services off

Block your abuser's number/social media accounts

Resilience Help Line:
1-800-848-5991

Relationship Flags



Healthy

Being in a **healthy** relationship means that **BOTH** partners prioritize:

Communication
Trust
Respect
Honesty
Independence
Consent
Autonomy
Support

In a healthy relationship, it is important that the couple is able to balance having fun together and being there for one another in life's more serious moments.



Unhealthy

Being in an **unhealthy** relationship means that one or more partners is:

Not Communicating
Distrusting/Being Distrustful
Disrespectful
Dishonest
Codependent
Crossing Boundaries
Unsupportive

In an unhealthy relationship, one or more partners may fight for power and control over the other. They often do not have lives that are separate from one another and may lack outside support systems.



Abusive

Being in an **abusive** relationship means that one partner:

Communicates in a hurtful way
Gaslights
Controls their partner's life
Shifts blame
Calls their partner names
Uses physical force to gain control
Monitors/tracks their partner
Manipulates their partner
Belittles their partner's successes and insecurities



Go-Bag Checklist



Remember that most of these things can be replaced, yours and your children's safety is the most important thing!

- ☐ Extra Pair of House/Car/Office Keys
- ☐ 911 Phone (Available at Resilience)
- ☐ Medications

- ☐ Identification/ Driver's License
- ☐ Passport
- ☐ Your Birth Certificate
- ☐ Children's Birth Certificate
- ☐ Your Social Security Card
- ☐ Children's Social Security Card

- ☐ Car Registration/Insurance Paperwork
- ☐ Medical and School/Vaccine Records
- ☐ Debit and Credit Cards
- ☐ Checkbook
- ☐ Items with Sentimental Value



☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

What keeps Us in Abusive Relationships?

Sometimes referred to as codependency, these tendencies lower our self-esteem.



Excessive Care-Giving



Lack of Boundaries



Fear of Abandonment



Need to Control



Low Self-Esteem



People Pleasing

You may find yourself thinking or saying,

"If I love them enough, I can fix them."

"Their opinion of me is the only one that matters."

"When they hurt, it seems to effect me more than it effects them."

"If I can't get them to love me, that means I am unlovable."

You are not alone. Speak with an advocate in person or call our 24/7 Help Line at **1-800-848-5991**

Walk-in Advocacy is available Monday - Friday from 9AM-5PM at 411 Butternut Drive, Holland, MI 49424

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EMOTIONAL ABUSE

Calls you names
Makes you feel like you have no one else, except for them
Makes you feel like you're asking for too much
Tells you that you're a bad parent
Invalidates your feelings
Uses alcohol/drugs as an excuse for bad behavior
Promising to change, and repeats the same behaviors

FINANCIAL ABUSE

Doesn't share access to the accounts/finances
Withholds financial information
Takes tax returns and uses it on themselves
Demands that house and cars are only in their name
Taking out credit in your name without permission
Fails to pay rent/bills causing evictions or credit score decreases to prevent you from leaving

ISOLATION

Moves you out of state or away from your friends/family
Tells you that your friends and family are bad people
Messes up the car on purpose (Slashes tires, tampers with gas tank, etc.)
Takes your car keys to stop you from getting to work
Doesn't support you when friends/family upset you
Tells people things you said in confidence
Tells people you're unstable/unreliable
Threatens you when you try to leave the house
Accuses you of cheating whenever you're talking to a friend

USING THE CHILDREN

Threatening to take the kids away/out of the country
Threatening to take full custody
Using your mental health as a weapon during court
Forcing you to leave your kids with them if you want to leave
Tells the kids inappropriate details about the relationship
Constantly fighting you for custody in court

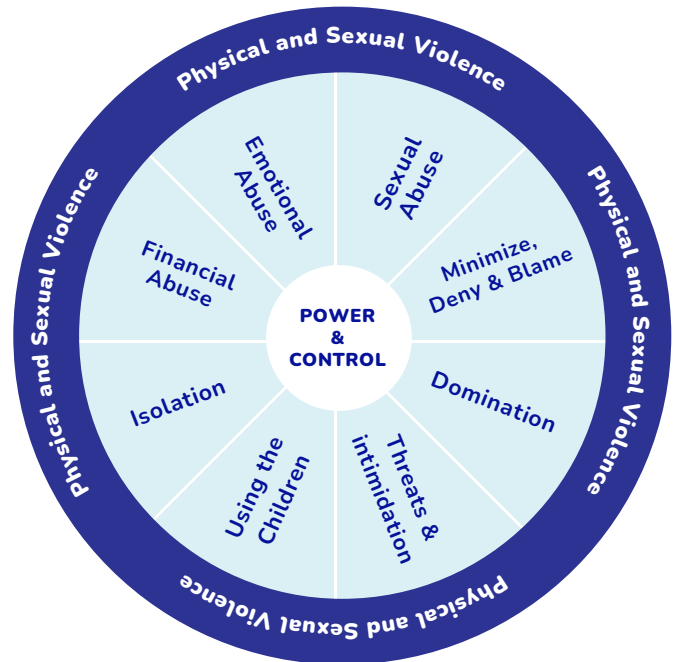
THREATS & INTIMIDATION

Threats to:
your life
commit suicide if you leave
call Child Protective Services
report you for a crime
call your friends/family/job
take the kids from you
call ICE on you

MINIMIZE, DENY, & BLAME

Tells you/makes you feel like everything is your fault
Denies ever hurting you and tells you that you're crazy
Minimizes the hurt they caused you and tells you "it's not a big deal"
Doesn't take accountability for their actions
Never apologizes in a genuine way

Power & Control



Adapted from the Duluth Model Power and Control Wheel

SEXUAL ABUSE

Always having to have sex whenever they want to

Locking the door when showering/sleeping because you fear that they will assault you

They do not ask for consent and feel entitled to you because you're their partner

They say you owe it to them for providing you with basic needs like housing and food.

They touch you in ways you have told them not to

Your enjoyment and pleasure is not a part of the sexual experience

Threatening to find someone else to have sex with if you don't comply

Having sex with another person and keeping it a secret

DOMINATION

Only allows you to work at same job as them

Forces you to stay home with the kids

Keeps you from going where you want/when you want.

Makes you ask for permission to leave

Doesn't let you wear clothes that you like

Says they are the "head of the household"

Doesn't share the household labor claiming it's "not their job"

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