



Supportive Information
for
Victims of Domestic Violence

Tubman

East Metro:	West Metro:
1725 Monastery Way	3111 First Avenue South
Maplewood, MN 55109	Minneapolis, MN 55408
Business: 612-825-3333	Business: 612-825-3333
Crisis: 651-770-0777	Crisis: 612-825-0000

www.tubman.org

Shelter Programs

Anne Pierce Rogers Home: 651-768-0216

Harriet Tubman Shelter: 612-825-0000

Doris & Stan Hill Home: 651-653-6305

Programs and Services

Tubman provides support to every member of the family experiencing domestic violence through the following programs and services:

Crisis Services

- Three shelters - 128 person total capacity: Anne Pierce Rogers Home in St. Paul Park, Hill Home in Lake Elmo, and Harriet Tubman Women's Shelter in Minneapolis
- Health care, mental health services, support groups, and counseling for clients in shelters
- Broad range of legal intervention, support, and assistance services in Hennepin, Washington, and Ramsey Counties
- Full range of advocacy and services (not including shelter) for male victims

Transitional Support Services

- On-site and community-based transitional housing in Minneapolis
- Assistance to help clients find permanent, affordable housing
- Jobs, education, and training services
- In-home advocacy and direct-assistance funding
- Counseling and support groups for adults, children, and families
- Life skills and parenting support and education
- Family activities
- Ongoing support for goal accomplishment and life changes

Youth and Family Services

- Collaboration with community child care resources
- Respite child care available at all sites
- Children's advocacy and support services
- Access and referrals to health care and immunization services
- Child development screenings at all shelter locations
- Tutoring and homework helper services for all school-aged clients
- Computer access for shelter residents and community clients at administrative sites
- Activities and field trips

Counseling Services

- Group counseling programs for men and women who have behaved abusively
- Follow-up for counseling group program participants
- Referral services for men, such as fathering classes and housing

Prevention and Community Involvement Programs

- Relational violence awareness curriculum for middle and high school students in Hennepin, Washington, and Ramsey counties
- Trained Speakers Bureau for group presentations and tours
- Domestic violence training and support programs in community and business settings
- Partnerships with civic, business, and faith communities across the metro area
- Extensive professionally-managed volunteer program.

QUESTIONS ABOUT DOMESTIC VIOLENCE

Who is a victim of domestic violence?

It can be anyone. Domestic violence occurs in all ages, income levels, races and educational levels. It can happen to people who are legally married, separated or living with a partner of the same or opposite sex.

How many people are abused?

Family violence occurs in 1 of 3 families; nearly 3.3 million children between the ages of 3 and 17 have experienced or witnessed abuse in their families. Approximately 4.9 million intimate partner rapes and physical assaults are perpetrated against U.S. women annually and approximately 2.9 million intimate partner physical assaults are committed against U.S. men annually. Approximately 30 women and 10 children in Minnesota will die this year at the hands of their abuser. For more comprehensive statistics, go to our website, www.tubman.org.

Is the Victim "to blame" for the abuse in the relationship?

The batterer is always responsible for the violence. A physical assault is not always preceded by a verbal argument. There is no support for the idea that nagging causes battery. It is the batterer's own attitudes and problems that cause the abuser to be abusive.

Do victims every feel like they are crazy?

Many abusers are good at manipulating others into thinking they are crazy. The abuser may be a "nice person" to everyone else so other people will say how lucky they are to be together. When the abuser hits and tells the victim it is their fault, it is hard not to believe this since no one else seems to make the abuser so angry. Also things may be hidden deliberately and then the individual is blamed for losing them. This individual then comes to doubt their own sanity and loses track of what is "real."

Must there be visible injury to be considered a victim?

No, there are many forms of abuse that are not visible that are equally as harmful and leave the victim feel the same sense of fear, panic and shame.

Is alcohol or drug abuse the cause of the battering behavior?

Battering is a socially learned behavior and is not the fault of substance abuse or mental illness. Those who batter may try to avoid responsibility for their actions by using alcohol as an excuse for their violence.

Why does the victim stay?

The victim stays for many different reasons. They may feel responsible for making the relationship work; they may want their children to have two parents; they may feel that they somehow caused and deserved the abuse;

they may feel ashamed and guilty and not want to admit they are being beaten; they may be financially and emotionally dependent upon the assailant. The abuser often can be very loving, gentle and apologetic and the victim may hope and believe the abuser will change. The victim may feel that they have no power to change the situation and may have no place to go. If the victim has no job, few skills and no way to support themselves, and may lack confidence, they may see no alternative but to stay where they are.

Victims are also afraid to leave for fear they will be killed. Often they have been told they will be hunted down and killed and no place feels like it will be safe enough.

Can my partner change?

Abusers can become aware of and responsible for their feelings and behaviors. There are counseling and self-help groups, which provide support and teach these new behaviors. During this process, which can be lengthy and difficult, your safety and that of your children remains a priority.

What is abuse?

Generally speaking, abuse is any behavior that results in the mistreatment of another. There are three major kinds of abuse: physical, emotional, and sexual.

To describe what we mean by "mistreatment of another," we have listed some common examples of abuse. As you read them, you may want to place a check mark by those

you have experienced in your current relationship. To help you discover if you have a pattern of being abused, you could also circle any abuse you have experienced in any past relationships. If an abuse you are experiencing is not on the list, please add it to the list in the space provide.

What is physical abuse?

Physical abuse can take many different forms. The following are some of them.

The abuser has:

- Pushed and shoved you.
- Held you down and kept you from leaving or getting up.
- Bitten you.
- Kicked you.
- Choked you.
- Hit or punched you once, twice and/or repeatedly which may or may not have resulted in visible injury.
- Tied or otherwise physically retained you.
- Thrown objects at you which may not have hit you.
- Locked you out of your house.
- Abandoned you in dangerous places.
- Refused to help you (ex. Get medical attention) when you are sick, injured, or pregnant.
- Forced you to ride in the care when the abuser is driving recklessly and endangering your life and/or lives or your children.
- Pulled you hair.
- Dragged you.
- Pulled your arms or legs or other body parts.
- Ripped your clothing.
- Forced you off the road or kept you from driving.
- Raped you.

- Threatened you with a weapon.
- Hit or beat you with other objects.
- Stabbed you.
- Burned you.
- Deprived you of food, shelter, money or clothing.
- Broken your bones and/or caused internal injuries.
- Caused a miscarriage or injuries that require a therapeutic abortion.

You will note that many of the above do not result in a physical injury. Physical abuse does not always result in physical injury. The atmosphere of violence and fear that these acts create is abusive and results in the emotional pain, which always accompanies abuse.

What is sexual abuse?

Sexual abuse can take many different forms. The following are some of them.

The abuser has:

- Told sexist jokes and/or made demeaning remarks about your gender race or sexual orientation.
- Treated women as sex objects.
- Gotten jealous, angry and/or assumed you would or were having sex with any available man or woman
- Insisted that you dress in a more sexual way than you wanted or made demeaning remarks about how you dress.
- Made demeaning remarks about your body and/or body parts.
- Minimized your feelings about sex.
- Berated you about your sexual history; blamed you if you were sexually abused in the past or as a child

- Criticized you sexually—ex. Called you frigid etc.
- Insisted on touching you sexually when you did not want to be touched—when you were alone and/or in the presence of others.
- Called you a whore and a slut.
- Withheld sexual affection.
- Forced you to beg for sexual affection.
- Forced you to strip when you did not want to—alone and/or in front of others.
- Openly showed sexual interest in other women when you were in public or at home, for example watching TV.
- Had affairs with other women (often flaunting them) after agreeing not to have sex with anyone but you.
- Forced you to engage in sex.
- Forced you to watch others having sex.
- Forced particular unwanted sexual acts.
- Forced sex after battering.
- Forced sex when you were sick or it was a danger to your health.
- Forced sex with the purpose of hurting you with objects or weapons.
- Forced you to have sex in front of children.
- Committed sadistic sexual acts.
- Forced you to pose for sexual photographs.
- Forced you to have sex with animals.

Sexual abuse is not just forced intercourse. The above are some of the many forms which sexual abuse may take. They all demean and humiliate us, making us feel shameful and exposed.

What is emotional abuse?

Emotional abuse takes on many different forms. The following are some of them.

The abuser has:

- Ignored your feelings and/or belittled them.
- Ridiculed or insulted woman as a group calling them crazy, emotional, stupid, etc.
- Withheld approval, appreciation, or affection as punishment.
- Continually criticized you, calling you names, shouting at you; nothing ever is good enough no matter what you do or how hard you try.
- Insulted your friends and/or family; driving them away.
- Humiliated you in private or public.
- Refused to socialize with you—going out with you, but then totally ignoring you or never going out with you.
- Kept you from working, controlled your money, made all the decisions, demanded you seek permission to do or have anything.
- Refused to work or share money.
- Taken car keys or money away.
- Destroyed, sold or given away things which are of importance or value to you.
- Regularly threatened to leave or told you to leave.
- Threatened to hurt your family and/or friends.
- Punished or deprived the children when the abuser was angry with you; or treated the children special, excluding you, when the abuser was angry with you.
- Threatened to kidnap the children if you ever left.
- Blamed you for any problems (real or perceived) with the children.
- Abused pets to hurt you.

- Told you about his affairs to humiliate you.
- Harassed you about affairs the abuser imagined you were having.
- Manipulated you with lies or contradictions.
- Manipulated you with emotions—ex. Threatening to kill him if you left and other forms of emotional black mail.
- Told you it was your fault when the abuser physically or sexually abused you—that you asked for it, deserved it, liked it, etc.
- Denied that the abuser's behavior is abusive and/or minimized that abusiveness—calling you crazy, stupid—accusing you of making it up, not being able to handle it and so forth.
- Question your sense of reality and what you know to be true.
- Follows you from place to place - stalking.
- Discounting your sense of right and wrong.
- Denying, minimizing or ridiculing your spiritual beliefs.
- Denying your value as a person with legitimate wants and likes.
- Questions your motives for just about everything.
- Refuses to allow you access to worship communities or support groups.
- Uses religious beliefs as a way to keep you in the relationship.

Am I a Victim of Abuse or Domestic Violence?

If you are in doubt about whether or not you have been a victim of domestic violence, take the inventory below. Please check the lines which describe your partner's behavior.

Did your partner:

A. Emotional/verbal abuse

1. Sulk, refuse to talk _____
2. Withdraw affection or sex to punish you _____
3. Stomp out in order to punish _____
4. Scream, insult or swear at you _____
5. Threaten punishment other than Physical (i.e., withholding money, taking away children, having an affair, calling child protection) _____
6. Threaten to leave the relationship _____
7. Threaten to expose your sexual preference _____

B. Indirect threats of violence

1. Prevent you from leaving or seeing certain people _____
2. Intentionally interrupt your sleeping/eating _____

Direct threats of violence

1. Direct anger at or threaten pets _____
2. Threaten to hit or throw something at you _____
3. Throw, hit or kick something _____
4. Drive recklessly to frighten you _____
5. Direct anger at or threaten children _____

- 6. Destroy your special/significant property _____
- 7. Threaten you not to tell _____

D. Direct Violence

- 1. Throw something at you _____
- 2. Push, carry, restrain, grab, shove, wrestle _____
- 3. Slap you _____
- 4. Bite or scratch you _____
- 5. Spit at you _____
- 6. Prevent you from calling the police _____
- 7. Is abusive toward children _____
- 8. Is abusive toward pets _____

E. Severe violence

- 1. Choke or strangle you _____
- 2. Physically force you to have sex _____
- 3. Punch or kick you _____
- 4. Burn you _____
- 5. Kick or punch you in the stomach when pregnant _____
- 6. Beat you unconscious _____
- 7. Threaten with knife, gun or other weapon _____
- 8. Use any weapon against you _____

If you checked any of the items above, you may be in an abusive relationship and may need to consider your safety and well being. There are resources available for you.

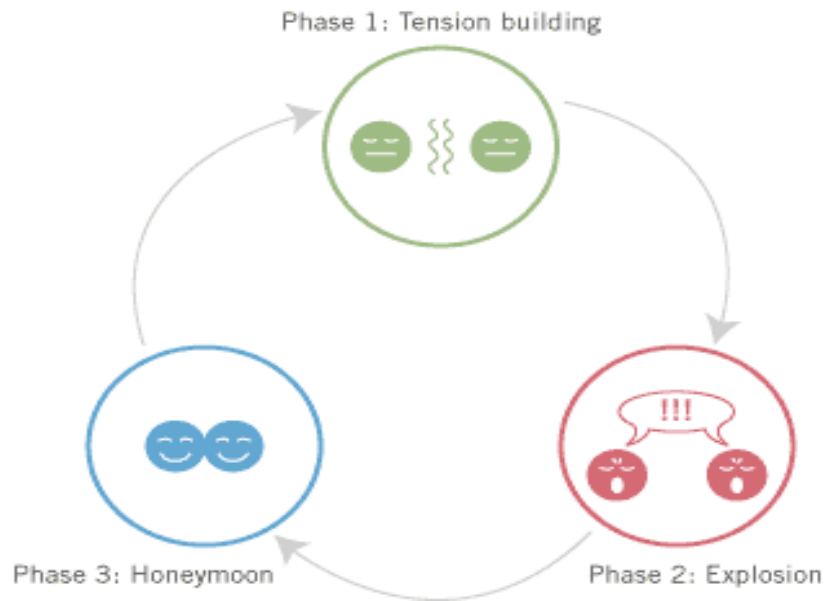
The cycle of violence

Domestic violence may seem unpredictable, simply an outburst related just to the moment and to the circumstances in the lives of the people involved. In fact, domestic violence follows a typical pattern no matter when it occurs or who is involved, despite that every relationship is unique.

In 1979, Lenore Walker interviewed over 1,500 women and found many women described the same kind of cycle in her relationship. She identified this cycle of violence:

Phase 1: Tension building

The cycle begins when the relationship is in an "okay" stage, with the couple's interactions positive and close. Then, as "real life" sets in, tensions begin to build. These tensions may be anything from a bad day to major life changes like a pregnancy or job loss. All relationships have periods of tension and in healthy relationships the couple may disagree or argue, but both have power in the relationship. In battering relationships, the abusers need for power and control underlie the anger and blaming. The tension continues to escalate. Batterers in this phase might pick fights, act jealous and possessive, criticize or threaten, drink or use drugs or act moody and unpredictable. Partners in this stage may feel like they're "walking on eggshells" and try to reason, calm or appease the batterer. Feelings of fear and anxiety are also common in this stage.



Phase 2: Explosion

When the tension escalates to a point, there is an explosion or battering incident. Abusers may hit, attack, verbally or sexually assault, threaten or scream at their partners. Increased control over money or the destruction of the partner's property may also occur in this phase. Many people feel that these explosive battering incidents occur because someone is so angry or so drunk they lose control of themselves. Comments from batterers in this stage may include, "if she hadn't kept nagging me I wouldn't have lost my temper" or "I was so out of it, I didn't know what I was doing." Actually, abusers take control when they batter by taking control of the immediate situation, their partner and their physical space as well as the outcome of the situation. Batterers learn that this type of action helps to "relieve stress" and "change behavior."

Domestic violence can be seen as a crime of power and control, not passion out of control. Partners in this phase will protect themselves and their children by any means necessary. They may try to flee or leave, call for help or pray for the abuse to stop. Feelings of fear and shock are also common.

Phase 3: Honeymoon

After the explosions comes the honeymoon or loving and contrite phase. The batterer is likely to have actually experienced a physiological release of tension, but now feels guilty or sorry and tries to make up for the explosive behavior. There may be flowers or gifts, dates, romance or lovemaking in an attempt to reestablish intimacy and security. The batterer may also try to minimize or deny the abuse, blaming his partner for "making" him or her act abusively. The batterer may also stop drinking or using drugs and may go to counseling. Both partners deny how bad the abuse was and that it could happen again. The battered partner in this phase may be in shock, hurt or angry, but also hopeful and forgiving, optimistic that the abuser's promises will be kept this time. In this loving and contrite stage, the increased intimacy and promises to get help or never do it again give hope that things might indeed change.

Source: Phase names are specific to Lenore Walker's *Cycle of Violence*.

Common Feelings of Children Experiencing Family Violence

Children may feel afraid. They may be afraid that they will be hurt, because someone they love was hurt or has had to leave the family. They may be afraid because they do not understand what is going on. They may be afraid that other people will find out about the abuse. They may express their fear through symptoms like stomachaches, nightmares, or withdrawing and isolating themselves. They may also have a hard time admitting their fear and may act as if they are invincible.

Children may feel powerless. Children may feel like they should be able to do something to control the events going on around them. They may react by acting powerful. They may act out in aggressive ways, like hitting and/or threatening to hurt others. They may try to take care of everyone else. Children may also try to intervene in situations that are beyond their abilities.

Children may feel guilty. Children may believe that they are the cause of the bad things that happen to them. They may not know that they feel this way and may not admit it if they do. It might be helpful to talk to them to help them understand that they are not alone and that it is not their fault.

Children may feel angry. Feeling angry may be scary to them. Children need help to understand that they can find safe and healthy ways to express their anger. Anger itself does not have to be bad and we have choices about what we want to do with our anger.

Children may feel ashamed. Children may feel alone and isolated because they do not want to talk about the abuse. Children may feel different from other children. It is important to help children see that they are not alone.

Children may feel sad. Family violence can lead to many losses and changes, like the loss of trust, safety, family traditions and roles. Children may not have ways to express their sadness because they might feel disloyal to one of their parents. Just remember, even positive changes can cause sadness, as change is hard, even when it is the best for everyone.

Children may feel confused. What has happened in their families may not make sense to them. Parents often try to protect their children from the problems of the family. With this, children often have unanswered questions. In addition, in families experiencing violence, the rules are often inconsistent and unspoken, which may also contribute to confusion.

Parenting Children Affected by Violence

If you know that your children have been affected by violence, allow them time to heal. Find ways to support them in identifying and expressing their feelings. Try to provide the opportunity for them to ask questions and remember to save plenty of time for playing and doing things they like. In many ways, this can assist with healing, as it helps children focus on something else and also helps them learn certain skills, like flexibility and problem-solving.

Maintain your understanding of what to expect from children. So often, it is easy to get frustrated with children for things they cannot do, yet it may be things that they just do not have the skills for yet. For example, if a six-year-old is expected to wake up on his or her own and get ready for school alone, you may find yourself frustrated every day. Instead, work on helping your child build skills necessary to gain more independence.

Lastly, remember that children cope with their feelings differently than adults. Sometimes, we assume that problems do not affect children and that they get over things much faster. This is not necessarily true. Children may not have the tools or the language to express their emotions. They also have limited experience in regulating their feelings, so their moods may swing rapidly. Many times, children under stress express their emotions by both acting out and/or holding things in. It may help to try viewing the world through your children's eyes and to help provide encouragement and teaching skills that will assist them in learning and

practicing new ways of dealing with their feelings. Of course, it is also critical to take personal space and time for yourself to re-charge, so that you can be both the person and the parent you want to be.

How Will My Children Heal?

Of course healing will look a little different for every child and there is no recipe, however there are a few key things that will support the process.

- It is important that children are supported in developing ways to address feelings and to work on ways to resolve conflicts in a peaceful way. This requires support, caring, time, and *lots* of patience from adults.
- It is important for children to be able to have ample time each day to do something that they really enjoy. This may help in keeping goals and dreams alive for the future.
- It is important that the family and other supportive people in the child's lives work in ways that support the child's best interest. This may mean meeting with the child's teacher to ensure needs are being met at the school. It may also mean finding a counselor to help assist your child/ren in working through challenges.

The 7 Key Needs of Children

Children need:

- To be listened to and believed
- To have a safe place to express their feelings
- To be told they are not alone
- To be told the violence is not their fault
- To have support from family, friends, counselors, or all of these
- To learn that conflicts can be resolved without abuse
- To develop their own personal power

Kids Have Rights

I have the right to:

- My feelings
- My Dreams

I have the right to:

- Be heard
- Have my questions answered

I have the right to:

- Be free from harm
- Be loved, just because I am me

ORDER FOR PROTECTION

What is an Order for Protection?

It is a court order for the abuser to stop the abuse. No attorney is needed and it is the fastest legal assistance available.

Who can get an Order for Protection?

A person asking for an order for protection must have been physically abused or threatened with physical abuse by someone who fits into one of the following necessary relationships:

- A boyfriend/girlfriend or ex-boyfriend/girlfriend
- Related by blood
- A spouse or ex-spouse
- Living or have lived together
- Have a child or unborn child together

If you do not fit into the above relationship categories or have not been physically threatened or harmed, you may be able to file for a harassment restraining order instead.

Relief provided in an Order for Protection

1. An order can restrain the respondent from having contact with you or your children
2. Your order can exclude the respondent from your home, workplace and school
3. Your order can set up *temporary* child custody support and visitation as well as division of property.

What your advocate can do

1. Help you navigate through the Order for Protection process from start to finish
2. Help you in the writing and filing of your Order
3. Provide you with resources and referrals to help you with the issues you are facing.

All services provided by your advocate are free. In addition, you may be able to receive free legal representation from a Tubman Family Alliance attorney. Ask your advocate for more details.

How to get an Order for Protection

1. Fill out the petition for the order and file the paperwork at the courthouse alone or with an advocate.
2. A judge will review the paperwork and either:
 - Give you a temporary ex parte order for protection and a hearing date
 - Give you a hearing date only
3. Preliminary hearing date: both you and the respondent must come before the judge. The respondent may either agree to a final order for protection or ask for an evidentiary hearing.
4. Evidentiary hearing: both you and the respondent will present your sides to the judge, providing testimony, evidence or witnesses to argue your case. The judge will then decide whether or not to give you a final order for protection.

* A final Order for Protection may last for one (1) year.

Safety planning

If you are still in the relationship:

- Think of a safe place to go if an argument occurs. Avoid rooms with no exits like the bathroom or rooms with weapons like the kitchen.
- Think about and make a list of safe people to contact.
- Keep change with you at all times.
- Memorize all important numbers.
- Establish a "code word or sign" so that family, friends, teachers, or co-workers know when to call for help.
- Think about what you will say to your partner if he or she becomes violent.
- For information about receiving an emergency cell phone to use for 911 calls, call 1-888-901-SAFE (7233).
- Remember you have the right to live without fear and violence.

If you have left the relationship:

- Change your phone number.
- Screen calls.
- Save and document all contacts, messages, injuries, or other incidents involving the abusive partner.
- Change locks, if the abusive partner has a key.
- Avoid staying alone.

- Plan how to get away if confronted by an abusive partner.
- If you have to meet your partner, do it in a public place.
- Vary your routine.
- Notify school and work contacts.
- Call a shelter for battered women. To connect to the nearest shelter call 1-866-223-1111.

Questions to ask myself

What do I gain by staying in a violent home?

What do my children gain by growing up in a violent home?

What do the children have to lose by leaving?

What do I have to gain by leaving?

Who can I talk to about my problem?

What are my bottom line expectations for the future?

What am I willing to live without for the rest of my life?
I am more valuable than my possessions.

What price am I paying for "peace?"

Is it too high?

How long have I been paying it?

Are my children paying a price?

Is it too high?

How will it affect them five years from now?

Without change what will I be like five years from now?

What do I want?

How can I get it?

What am I willing to do to get it?

Where can I receive support?

YOU HAVE THE FOLLOWING RIGHTS

To express your own thoughts, feelings and opinions

To develop your own individual talents and abilities

To share your feelings and not be isolated from others

To not be perfect

To be angry over past abuse

To live a life that is violence-free, whether you continue or end your relationship.

To request and expect assistance from police and other social services agencies.

To receive legal support

To receive services for yourself and your partner

To want a better role model for your children

Being assertive means acting in your own best interest, standing up for yourself, expressing your feelings honestly and exercising your own rights without denying the rights of others.

SELF ESTEEM EXERCISE

Read these statements every day until they become part of your thinking.

1. I am a unique and precious human being, I always do the best I can, and I am growing in wisdom and love.
2. I am in charge of my own life
3. My first responsibility is my own growth and well being. The better I am to me, the better I will be to others.
4. I refuse to be put down by the attitudes or opinions of others.
5. I make my own decisions and assume responsibility for my behavior. I refuse to feel shame or guilt when I make a mistake.
6. I do not have to prove myself to anyone. I need only express myself as honestly and effectively as I am able.

7. My emotional well being is dependent primarily on how well I love me.
8. I am kind and gentle towards myself.
9. I live one day at a time.
10. Every experience I have in life (even the unpleasant ones) contributes to my learning and growth.

What To Do Or Say If Someone You Know Is Experiencing Abuse

You may know someone who is experiencing abuse at home. It may be very hard for that person to talk to someone about it. Yet, as a friend, to that person you may be the one she/he confides in about what is going on in her/his life. When someone tells you that she/he is being hurt, it may be hard to listen to what is happening. Perhaps you care very much about the person and you think that you need all the answers to help her/him. What may be more helpful is not to give the answer, but instead to listen and be supportive of the person.

The goal is to help your friend realize they have inner strength they have been using to get them to this point in their life. They can build on those strengths to continue doing things the same way or to do them differently, depending on their desired outcome. They have the capacity to influence their lives to the direction they desire. Affirmation of real strengths helps your friend see the positive

things they have done in their lives up to the moment they are with you.

Here are some guidelines to support a person who is experiencing abuse.

Listen. Listening is the first step. You may be the first person to hear about the abuse that is happening in a friend's life. Believe what the friend is telling you. She/he may think no one will believe or care about what she/he says.

Support getting help. Support your friend in getting help with a crisis situation.

Don't give advice. As hard as it may be, don't give advice. It's her/his life. She/he is the expert. If you give advice it comes with the expectation that they will follow your guidance, not their own strengths. You also encourage them to make decisions based on making you happy or in disappointing you. Instead of advice, offer choices about what your friend could do:

- Call a crisis hotline and talk with someone. Let your friend know that her conversation is confidential unless it involves abuse of someone under 18.
- Talk with another trusted friend about what is happening.
- Let the friend know she/he can talk with you again about what is happening.

No one deserves to be hurt. Let your friend know that she/he does not deserve to be hurt. Empower them to make informed choices. People make choices based on their actions, feelings, and emotions.

Support choices. Support the choices your friend makes. It may be hard to see a friend stay in a situation where she/he is getting hurt. Yet remember that everyone has the right to make choices. It is hard to talk about working on the relationship or deciding to leave a person who is hurting us. There is a part of your friend that cares about the person. She/he may hope that the abusive person will change or that person needs her/him. Your friend will decide to leave or get further help when she/he is ready.

Take care of yourself. There are a lot of feelings your friend and yourself may have about an abusive situation. It is important that you also talk about your feelings and get support. Call someone at one of the shelter hotlines if you feel the need to talk with someone,. Don't forget that your friend is making the best choices based on available resources and "okay" with their ability to make choices and decisions.



Creating A Community of P.E.A.C.E.

*Praise yourself and others
for positive contributions*

*Embrace respect, even if
others do not*

*Aspire to be a positive role
model*

*Create cooperative ways to
solve problems*

*Express regard for diverse
perspectives*

