



a better way

## OUR MISSION

To reduce domestic abuse, sexual assault and suicide through service, shelter, crisis intervention and prevention initiatives.

*Call for 24/7 confidential support:*

### OFFICE

765-747-9107

### SUICIDE HOTLINE

1-800-273-TALK

### 24-HOUR CRISIS LINE

765-288-HELP

Supported By:



# HOW DOES A BETTER WAY HELP VICTIMS?

**Our Mission:** To reduce domestic abuse, sexual assault and suicide through service, shelter, crisis intervention and prevention initiatives.

## SHELTER

Safe shelter is provided 24/7 to victims of domestic violence and their children for up to 45 days, during which they will set and work toward goals leading toward more peaceful lives. Support services include individual counseling, case management, information and referral, essential transportation, and financial independence education.

## COUNSELING

Professional, licensed counselors are available on site to provide compassionate trauma-informed care; emotional and behavioral services include assessment, individual counseling, and referral to higher levels of integrated care as needed.

## CRISIS HOTLINE

A Better Way advocates are ready to take your call and provide you with immediate, confidential support. We will listen, offer encouragement, and we will believe you. You may call as often as you like.

## EMOTIONAL SUPPORT

**Support Group:** Our **Domestic Violence Support Groups** meet every Monday night from 5:30pm - 6:30pm and Wednesday morning from 9:30am - 11:30am, except on holidays. The group is facilitated by a victim advocate. A children's group is provided during support group hours.

**Individual Support:** Professional, licensed counselors are available on-site to provide compassionate trauma-informed care; emotional and behavioral services include assessment, individual counseling, and referral to higher levels of integrated care as needed.

## ADVOCACY

You don't need to go it alone. Advocacy is available every step of the way. We provide accompaniment to court, assistance with filing protective orders, legal rights education, and assist in preparation for testimony and other issues throughout the legal process.

**EVERY 1  
MINUTE** 

nearly 20 people are physically abused by an intimate partner in the U.S.

**1 IN 4 WOMEN**  
will experience severe physical violence in their lifetime.



**5.1 MILLION MEN &  
19.3 MILLION WOMEN**

will be stalked in their lifetime.

43.8% of lesbian women and 61.1% of bisexual women have experienced rape, physical violence, and/or stalking by an intimate partner at some point in their lifetime.

# WHAT IS DOMESTIC VIOLENCE?

Domestic violence is more than a bruised face or broken arm. It is multifaceted. There are many ways to exert power and control over an individual's life. It can include all of the following:

## Physical Abuse:

**Slapping, choking, spitting, punching, shoving, or pinching.**

## Sexual Abuse:

**Forced sexual activity, sexual assault, non-consensual touching, making sexual jokes, or commenting on your body.**

## Emotional Abuse:

**Humiliation, intimidation, name calling, reducing your feelings of self-worth, playing mind games or isolation.**

## Financial Abuse:

**Limiting access to family income or assets, restricting or disrupting employment.**

**Domestic Violence** is a combination of physical force and terror used by the aggressor that causes physical and psychological harm to the victim and children.

**Domestic Violence** is a pattern of purposeful behavior directed at achieving compliance from or control over the victim.

# HOW COMMON IS DOMESTIC VIOLENCE?

- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.
- 1 in 3 women and 1 in 4 men have been victims of [some form of] violence by an intimate partner in their lifetime.
- 26% of gay men and 37.3% of bisexual men have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime, in comparison to 29% of heterosexual men.
- Transgender victims are more likely to experience intimate partner violence in public, compared to those who do not identify as transgender.
- 1 in 15 children are exposed to intimate partner violence each year. 90% of these children are eyewitnesses to this violence.

# WHY DO THEY STAY?

## Abuse Tactics

The most frequently asked question we come across in our work is, “Why do they stay?” Perhaps you have asked yourself this question when thinking about domestic violence. It is a simple question with many complex answers. Listed below are some reasons victims stay in an abusive relationship. As you read, keep in mind that some or all of these reasons play into what is known as the Dynamics of Abuse.

## FEAR

Most abused individuals are realistically afraid that their children, friends, families, or selves will be harmed by their abuser. Nearly all abusers threaten to kill or harm their victims or others in the victim’s life. These threats must be taken seriously. A study done by the United States Department of Justice found that the abuse escalated in 75% of cases when the victim tried to leave the abuser. Many abusers also threaten to kill themselves. Some may even attempt minor injuries in an effort to manipulate the victim.

It is common for an abuser to threaten to kidnap the children or to have the children taken away by Child Protective Services or the court. For many victims of abuse, this appears to be a possibility as abusers often present themselves as calm and convincing to outside sources.

## TACTICS USED BY ABUSERS

Abuser tells victim it is their fault.

Abuser threatens to hurt the children if they leave.

Abuser threatens victim’s family.

Abuser threatens suicide.

Abuser promises to change and expresses interest in counseling.

Abuser down-plays the abuse.

Abuser tells victim that they need them.

Abuser threatens to plant evidence of drugs and then report to the police.

Abuser tells victim that it is a sin to get divorced or end relationship.

Abuser tells victim no one will believe them.

Abuser threatens to kill victim if they try to leave.

# WHY DO THEY STAY?

## Components of Fear

A fear of being alone, of not being believed, of the unknown, embarrassment, financial constraints, societal pressures, and a lack of factual knowledge all contribute to victims staying in an abusive relationship.

### Fear of Being Alone

It is likely that the abuser has completely isolated the victim from all of their support systems, and thus they fear cutting ties with the one person they confide in on a regular basis.

### Fear of Not Being Believed

Many abused individuals are aware that “outsiders” (police, family, friends, counselors, court personnel) may not believe the abuse has occurred. Again, abusers may present themselves as credible and non-abusive. Also, there may have been times before when they convinced the police “nothing happened.”

### Fear of Embarrassment

Some victims of abuse are ashamed to admit that their partner abused them, that they stayed in the relationship, or believe it is their fault. They may see themselves as failing as a partner or parent.

### Financial Constraints

Many abuse victims are financially dependant on their partners. Many do not have the job skills necessary to earn a sufficient income to support themselves and their children.

## LGBTQ+ BARRIERS

### Fear of Outing

“Outing” or threatening to reveal one partner’s sexual orientation/gender identity may be used as a tool of abuse in violent relationships and may also be a barrier which reduces the likelihood of help-seeking for the abuse. Prior experiences of physical or psychological trauma, such as bullying and hate crime, may make LGBTQ victims of domestic violence less likely to seek help.

### Fear of Threats

Transgender victims of intimate partner violence are more likely to experience threats or intimidation, harassment, and police violence. Forty-five percent of victims do not report the violence they experience to police because they believe it will not help them.

# DEPENDENCY AND ATTACHMENT

Violence is often sparked by anger due to a threatened loss. This makes times of separation extremely dangerous. Minor events can escalate into major confrontations as the person experiences a **loss of control**.

## Violence is an exercise in power and control.

The abuser often interprets their own lack of control and distress as being caused from their partner's behavior and may react with manipulative use of threats, psychological abuse, and physical abuse to re-establish control. This process leads to the cycle of violence as the abuser intensifies efforts to deal with internal stress through force or coercion of the less powerful partner.

Controlling behaviors typically involve issues of money, choice of friends, and contacts/resources outside the home, etc. In addition to physical abuse, the range of coercive behaviors includes: controlling behaviors, anger and intimidation to produce fear by gestures, destruction of property, and verbal threats.

Abusive people don't recognize their abnormal use of power and control. These violent individuals greatly underreport and minimize their violent acts. Most do not see themselves as abusers, because they see this type of behavior as normal and logical. Their explanations of abuse can appear convincing.

# SUBSTANCE ABUSE & DOMESTIC VIOLENCE

The relationship between alcohol or other substance abuse and domestic violence is complicated. A prevailing myth about domestic violence is that alcohol and drugs are the major causes of domestic abuse. In reality, some abusers rely on substance use (and abuse) as an excuse for becoming violent. Alcohol allows the abuser to justify their abusive behavior as a result of the alcohol.

While an abuser's use of alcohol may have an effect on the severity of the abuse or the ease with which the abuser can justify their actions, an abuser does not become violent "because" drinking causes them to lose control of their temper. Domestic violence is used to exert power and control over another; it does not represent a loss of control.

# EFFECTS OF FAMILY VIOLENCE

1 in 15 children are exposed to intimate partner violence each year and 90% of these children are eyewitnesses to this violence.

Children who have experienced domestic violence often meet the diagnostic criteria for Post Traumatic Stress Disorder (PTSD) and the effects on their brain are similar to those experienced by combat veterans.

## Common Effects

**Death by Homicide**

**Suicidal Ideations**

**Self-harming Behaviors**

**Aggression to Others**

**Delinquency**

**Drug Abuse**

**Poor Grades**

**Isolation**

**Depression**

**Low Self-Esteem**

**Eating Disorders**

**Continuing Cycle**

# GENERATIONAL EFFECTS OF VIOLENCE

## The Chronic Pattern

Domestic violence is a chronic pattern. Part of this chronic pattern is the generational effect, which means that the legacy of violence is passed on from generation to generation. Violence is a learned behavior or learned way of coping and trying to solve problems.

Children learn what they live - if a child experiences or witnesses abuse, they may learn to accept violence from their significant others in adulthood or use violence as a way to deal with life stressors. Children learn to cope with the violence. They learn to be silent about the abuse, to suspend fulfillment of their needs rather than risk another confrontation, to blend into the background, not to express feelings, not to acknowledge tension at home, or expend a lot of energy avoiding problems.

The impact that domestic violence has on children may begin to become evident as early as age two. Young boys and girls begin to emulate the roles of batterer/victim since that is what they have been exposed to early in life.

Some behavioral characteristics of children who live in violent homes include: a lack of interest in taking home projects, trouble paying attention, frequent fights, constant attention seeking, perpetual anxiety, withdrawal, avoidance of close relationships, low self-esteem, and inappropriate expressions of feelings.

# SPECIAL TOPICS IN DOMESTIC VIOLENCE

## Stalking

Stalking is contact (usually two or more times) from someone that makes you feel afraid or harassed. Some examples of stalking include: following or spying on you, sending you unwanted emails or letters, calling you or your family repeatedly, showing up at your home, school, or work, and/or leaving you unwanted gifts. You can be stalked by a stranger, but most stalkers are people you know. Sometimes, a current partner may stalk you by calling you often, texting constantly, or asking where you are at all times. If you think you are being stalked, consider some of these steps: file a complaint with the police, if in immediate danger, find a safe place to stay, obtain a restraining order or no contact order, and make sure to document every incident (include the time, date, and other important information).

## Strangulation

Strangulation is one of the most lethal forms of violence used by abusers. It is a form of asphyxia (lack of oxygen) in which blood vessels and air passages are closed as a result of external pressure on the neck. There are three forms of strangulation: hanging, manual (e.g. using hands, kneeling on the victim), and ligature (e.g. using telephone wire, electrical cord, shoe lace, or clothing). Manual strangulation is the most common form in domestic violence cases. Strangulation can have substantial physical (e.g. dizziness, nausea, sore throat, neck injuries, etc.), neurological (e.g. eyelid droop, facial droop, facial weakness, loss of sensation, loss of memory, etc.), and psychological (e.g. PTSD, depression, suicidal ideation, insomnia, etc.) health effects.

## Sexual Violence

Sexual violence is a profound social and public health problem in the United States. According to the National Center for Injury Prevention and Control, 1 in 5 women and nearly 1 in 59 men have experienced an attempted or completed rape in their lifetime.

The National Coalition of Anti-Violence Projects (NCAVP) estimates that nearly one in ten LGBTQ survivors of intimate partner violence (IPV) has experienced sexual assault from those partners. Studies suggest that around half of transgender people and bisexual women will experience sexual violence at some point in their lifetimes.

Special issues concerning Intimate Partner Sexual Violence include, but are not limited to, longer lasting trauma, higher levels of physical injury, incidences of multiple rape, higher levels of anal and oral rape, financial dependency on the rapist, safety issues, difficulty defining the acts as sexual assault, and a general climate of sexual assault/abuse.

# What are **relationship RED FLAGS?**

## KNOW THE WARNING SIGNS

**Does your intimate partner...**

- call you names or put you down?**
- get extremely jealous when you talk to your friends or family?**
- frequently check up on you or demand to know where you have been or what you are doing?**
- hit, push, or hurt you in a physical way?**
- pressure you into having sex when you don't want to?**
- lose control of temper, then blame you?**
- accuse you of lying?**
- ignore your thoughts and opinions, and make decisions for you?**

**SCORE** \_\_\_\_\_

If you answered yes to one or more of these questions you may be in an abusive relationship.

**NO ONE DESERVES TO BE ABUSED!**

## CHARACTERISTICS OF A POTENTIAL ABUSER

- Reports being abused as a child.
- Reports that mother was battered by father.
- Displays violence against others or cruelty to pets or children.
- Plays with guns and uses them to protect self against others.
- Loses temper easily and frequently.
- Commits acts of violence against objects.
- Drinks or uses drugs excessively.
- Displays unusual amounts of jealousy.
- Expects you to spend all of your time with them.
- Demands to know where you are at all times.
- Becomes enraged when you do not listen to their advice.
- Appears to have a dual personality.
- Not making this person angry is an important part of your behavior.
- There is a sense of overkill in this person's cruelty or kindness.
- Blames others for their mistakes or doesn't take responsibility for their actions.
- Displays rigid ideas of sex-role stereotypes.
- Isolates you or others.
- Sudden mood swings.
- History of abuse.

# DANGER ASSESSMENT

Certain risk factors and conditions indicate whether an abuser is on the verge of committing a serious or lethal act of violence. The following questions can help you recognize how serious your situation may be.

- \_\_\_\_\_ **Has the abuser threatened to kill you, the children, or others?**
- \_\_\_\_\_ **Has the abuser threatened or exhibited fantasies of suicide?**
- \_\_\_\_\_ **Does the abuser own or have access to weapons and/or uses them to threaten you?**
- \_\_\_\_\_ **Has the abuser injured you, your children, or others enough to require medical attention?**
- \_\_\_\_\_ **Does the abuser have a history of violence?**
- \_\_\_\_\_ **Does the abuser use drugs and/or alcohol regularly?**
- \_\_\_\_\_ **Has the abuser broken a restraining order or protective order in the past?**
- \_\_\_\_\_ **Has the domestic violence increased in severity and frequency over the past year?**
- \_\_\_\_\_ **Does the abuser exhibit stalking or surveillance behavior?**
- \_\_\_\_\_ **Has the abuser forced sexual activities upon you and/or your children?**
- \_\_\_\_\_ **Has the abuser prevented you or the children from leaving by threatening physical harm?**
- \_\_\_\_\_ **Does the abuser have a mental or physical condition that contributes to violence?**
- \_\_\_\_\_ **Have you recently attempted to separate or terminate the relationship?**
- \_\_\_\_\_ **Has the abuser harmed or killed family pets or threatened to do so?**
- \_\_\_\_\_ **Has the abuser destroyed your personal property?**
- \_\_\_\_\_ **Has the abuser dropped out or been non-compliant in a DV treatment program?**
- \_\_\_\_\_ **Does the abuser exhibit irrational jealousy?**
- \_\_\_\_\_ **Does the abuser hold obsessive beliefs, “if I can’t have you, no one can.”**
- \_\_\_\_\_ **Has the abuser been involved in criminal activity?**
- \_\_\_\_\_ **Does the abuser experience chronic depression, rage, or paranoia?**

**SCORE** \_\_\_\_\_

**SCORING: EVEN ONE “YES” INDICATES THE POSSIBILITY OF CONTINUED THREAT OF HARM AND INTERVENTION SHOULD BE USED TO PROTECT THE VICTIM.**

# QUESTIONS ABOUT YOUR PARTNER

**QUESTION:** Am I to blame for their violence?

**ANSWER:** Absolutely not! The abuser must accept total responsibility for their actions - regardless of whatever other problems may exist in the relationship. There is no place for violence in any relationship and it is never justified. Abusers often place blame and responsibility on other people, things, or their own upbringing. They may say that you provoked them to be violent, and blame you for being out of control. But no one can cause someone to be violent, this is a conscious choice. Abusers inflict intentional physical harm or emotional distress in order to control. Violence can make matters worse because it creates a climate of fear and mistrust. When you are afraid of your partner, it is very hard to be honest with them about how you are feeling.

**QUESTION:** Does drinking or drug use cause them to be violent?

**ANSWER:** No! While some individuals are only abusive after they use alcohol or drugs, this does not indicate that the substance causes violence. Being under the influence makes it easier for them to not take full responsibility for their actions. Substance abuse is a serious problem, for which the individual will need to seek additional help and address this issue as well.

**QUESTION:** What if they say they are sorry?

**ANSWER:** Guilt and remorse after an abusive incident is recognized in what is known as "The Cycle of Violence." The cycle begins with a build-up of tension (feeling of walking on egg shells) that can lead to the explosive abusive episode. The first two stages are then followed by a period in which the abuser feels guilty and ashamed. This period is called the "Honeymoon" stage. During this period, the individual may bring you flowers, make apologies, and go out of their way to be nice. Many victims are willing to forgive and forget at this point only to become abused again. The cycle repeats and tension/abusive episodes become more frequent.

**QUESTION:** Can they change?

**ANSWER:** Yes, but only if they seek help and follow through with the treatment plans set in place. Individuals who are abusive often continue to be unless they seek counseling specifically for domestic violence and anger management, participate in drug rehabilitation, or other treatment programs in the community. Real change is only possible if they are willing to change and apply what they have learned in the process.

# LEAVING VERSUS STAYING

## What you might expect when leaving an abuser:

The abuser might try to get you to return to the relationship by contacting your friends, relatives, and co-workers, harrasing anyone who might have information about you, apologizing, begging you to come back, promising changed behavior, etc., threatening you, your children, your home, or threatening to take their own life, agreeing to go to church, see a counselor, or participate in a batterer's intervention program, causing a scene in a public place, threatening to take your children, harrasing you by phone, by threats, by legal transactions, or by hanging around your family and friends, or they may leave your home and leave you alone.

## What are your options?

Tell no one where you are until you have had time to think and make some decisions concerning your future. You may want to let certain people know you are safe (support systems). After leaving an abusive relationship, you may choose to stay at a domestic violence shelter for safety or work with a victim advocate who can talk with you about safety planning for yourself and children. It is important to discuss safety on the job, at school, in public, and on social media.

## Staying in the relationship - What you might expect:

Patterns are very difficult to change. Keep in mind the "Honeymoon" phase of the domestic violence cycle. The abuser may try to invoke sympathy from you, your family, and friends, may become overly charming (reminding you of the good times you've had together), try to buy you back with romantic gifts, dinners, flowers, etc., try to seduce you when vulnerable, may use veiled threats - to take children away or quite counseling, or the violence may escalate during this time as well.

## What you might do if you choose to reconcile:

Your life and decisions are yours to make. You know the abuser and your relationship better than anyone else. If you chose to reconcile, here are a few possible options that may be helpful (if you feel any of these might put you at greater risk, do not do them): establish your own checking account, establish credit in your name, keep copies of all important documents in a secure location (birth certificates, social security cards, etc.), keep a suitcase packed in case you need to leave in a hurry (or leave it with a friend or family member), establish a safe code with family or friends so you can safely signal when an emergency arises, and research support groups for domestic violence in your area.

# LONG TERM SAFETY PLAN

## Home Plan

### In my home, I will take the following actions:

- \_\_\_\_\_ I will use the peephole and will teach my children to use the peephole before answering the door.
- \_\_\_\_\_ I will use the deadbolt and will teach my children how to use the deadbolt when in my home.
- \_\_\_\_\_ I will make sure there are two ways to exit my home and create a plan with my children on how to exit the home in an emergency.
- \_\_\_\_\_ I will teach my children how to place a 911 call and when to use it in case of an emergency.
- \_\_\_\_\_ I will turn the porch light on at night.
- \_\_\_\_\_ I will keep my windows locked.
- \_\_\_\_\_ I will close the door behind me and teach my children how to close the door and lock it behind them.
- \_\_\_\_\_ I will not tell anyone who might be in contact with my batterer my current address or phone number.
- \_\_\_\_\_ I will request an unlisted telephone number and/or caller ID, when I move into a new home.
- \_\_\_\_\_ I will keep my purse and keys near the door to my home in case I have to leave in an emergency.
- \_\_\_\_\_ I will call the police (911) immediately if my abuser comes on my property.

## Public Plan

### On the job or in public, I will take the following actions:

- \_\_\_\_\_ I will carry a copy of my Protective Order with me at all times.
- \_\_\_\_\_ I will inform my boss, the security officer, or \_\_\_\_\_ at work of my situation and I will provide them a copy of my Protective Order.
- \_\_\_\_\_ I can ask \_\_\_\_\_ to screen my calls at work or school.
- \_\_\_\_\_ When I leave work, I can \_\_\_\_\_.
- \_\_\_\_\_ When I drive home, if problems occur, I can \_\_\_\_\_.
- \_\_\_\_\_ If I take the bus, if problems occur, I can \_\_\_\_\_.

# LONG TERM SAFETY PLAN

## Emotional Plan

**To protect my emotional health, I will take the following actions:**

- \_\_\_\_\_ I will work with my attorney to arrange visitation arrangements with \_\_\_\_\_ so that I do not have face-to-face contact with my abuser.
- \_\_\_\_\_ Should I have to talk with my abuser in person or over the phone, I will \_\_\_\_\_.
- \_\_\_\_\_ Should I miss the relationship with my abuser, I will \_\_\_\_\_.
- \_\_\_\_\_ If I feel that I am not safe, I will talk to \_\_\_\_\_ for support.
- \_\_\_\_\_ Should my circumstances change, I will meet with my counselor or case manager to update my safety plan.
- \_\_\_\_\_ I will see my counselor/and or attend support groups at A Better Way or \_\_\_\_\_ to gain support and strengthen my relationships with others.
- \_\_\_\_\_ When I enter a new relationship, I can \_\_\_\_\_.
- \_\_\_\_\_ I will be aware that drugs and alcohol can impair a person's ability to react quickly and rationally in an emergency situation.
- \_\_\_\_\_ Every person's situation is different. I will take the following additional precautions to increase my safety and independence:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**A Better Way provides emotional support and crisis intervention 24 hours a day.**

**Please call anytime (765) 747-9107 or 288-HELP**

# PROTECTIVE ORDERS

It is an order issued by a judge that prohibits or restricts another person from engaging in certain conduct. Protective orders can prohibit another person from:

- threatening to commit or committing an act of violence against you;
- abusing, harassing or contacting you or a member of your household;
- entering your property or workplace;
- damaging your property.

**A Better Way: 765-747-9107**

**Muncie Victim Advocate Office: 765-747-4777**

**Delaware County Prosecutors: 765-747-7801**

## WHAT YOU NEED TO KNOW:

### How do I get a PO?

**Go online at [public.courts.in.gov/porefsp](http://public.courts.in.gov/porefsp) to file a Protection Order Petition.**

Civil protection orders are available for situations involving domestic or family violence, sexual assault, stalking, harassment, or child sex grooming. These types of situations can be very dangerous and even result in death.

Taking a step like filing for a protection order can offer a level of safety, but also increase your risk. There are resources available to help you take this step safely.

Although not required, you can speak with an advocate in your region, confidentially and free of charge, to help you assess your level of danger, plan for safety, and also assist you with completing the Protection Order Petition.

### What if i'm in immediate danger?

**A judge can grant you an emergency ex parte protection order.**

This gives you immediate protection while the order is being processed. In some cases a hearing will be ordered within 30 days, when the judge may approve the protective order with terms necessary to stop the violence or threats of violence.

### How do I prepare for the hearing?

**To prepare for a protective order hearing, you should, if you can, bring witnesses, pictures of your injuries, police and medical reports and any other information you have about the violence.**

## Frequently Asked Questions

**Do I need an attorney?**

No

**Can I file a PO from any court in Indiana?**

No, the petition must be filed in the county in which you live, the abuser lives or in which the abuse occurred.

**What should I do with the order?**

Make copies. Keep one with you at all times. Keep a copy in your car, home, at work and at a friend's house. Follow up with the court to make sure the abuser is served (Indiana law requires that the abuser receive a copy of it). Your PO is valid and enforceable in every other county and state.

**Is there a fee to get a PO?**

No

**What if abuser violates the order?**

That is a crime in Indiana and the abuser can be arrested for violating it. If you don't feel safe call 911. When police arrive, show them the order; they should enforce it.

**Can I keep my address secret if I move?**

If you move within Indiana you can participate in the Address Confidentiality Program. It allows you to use a post office box registered to the State Attorney General as your permanent address.

# TECHNOLOGY SAFETY

If you suspect the abusive person knows too much, it is possible that your phone, computer, email, driving or other activities are being monitored. Abusers, stalkers, and perpetrators can act in incredibly persistent and creative ways to maintain power and control.

## Download a tech safety app...



There are many smart phone apps available to provide helpful tips and hints on how to increase your safety. The Tech Safety App details how particular technology could be misused, what can be done about it, and offers tips on privacy issues.



## TECH MISUSES : KNOW THE DANGERS

**Use a safer computer:** If your abuser has access to your computer, they might be monitoring your computer activities. Try to use a safer computer when you look for help, a new place to live, etc. It may be safer to use a computer at a public library, community center, or internet cafe.

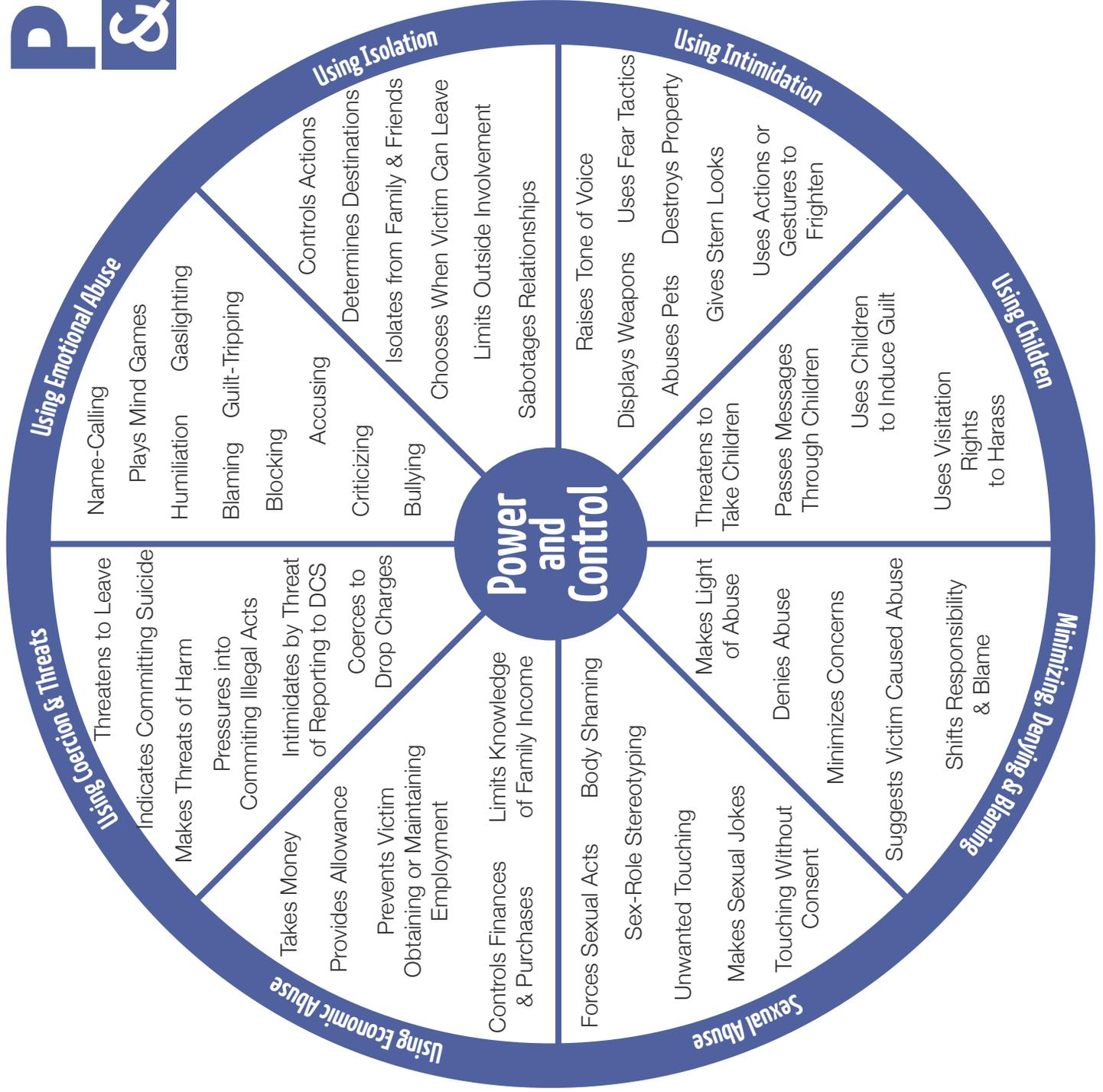
**Create new email, passwords, and pin numbers:** Some abusers use victim's email and other accounts to impersonate and cause harm. If your abuser knows or could guess your passwords, change them quickly and frequently. Consider any password protected accounts - online banking, voicemails, instant messaging, etc.

**Check your cell phone settings:** If you are using a cell phone provided by the abusive person, consider turning it off when not in use. Also, check the phone settings. If your phone has an optional location service, you may want to switch the location feature off/on via phone settings.

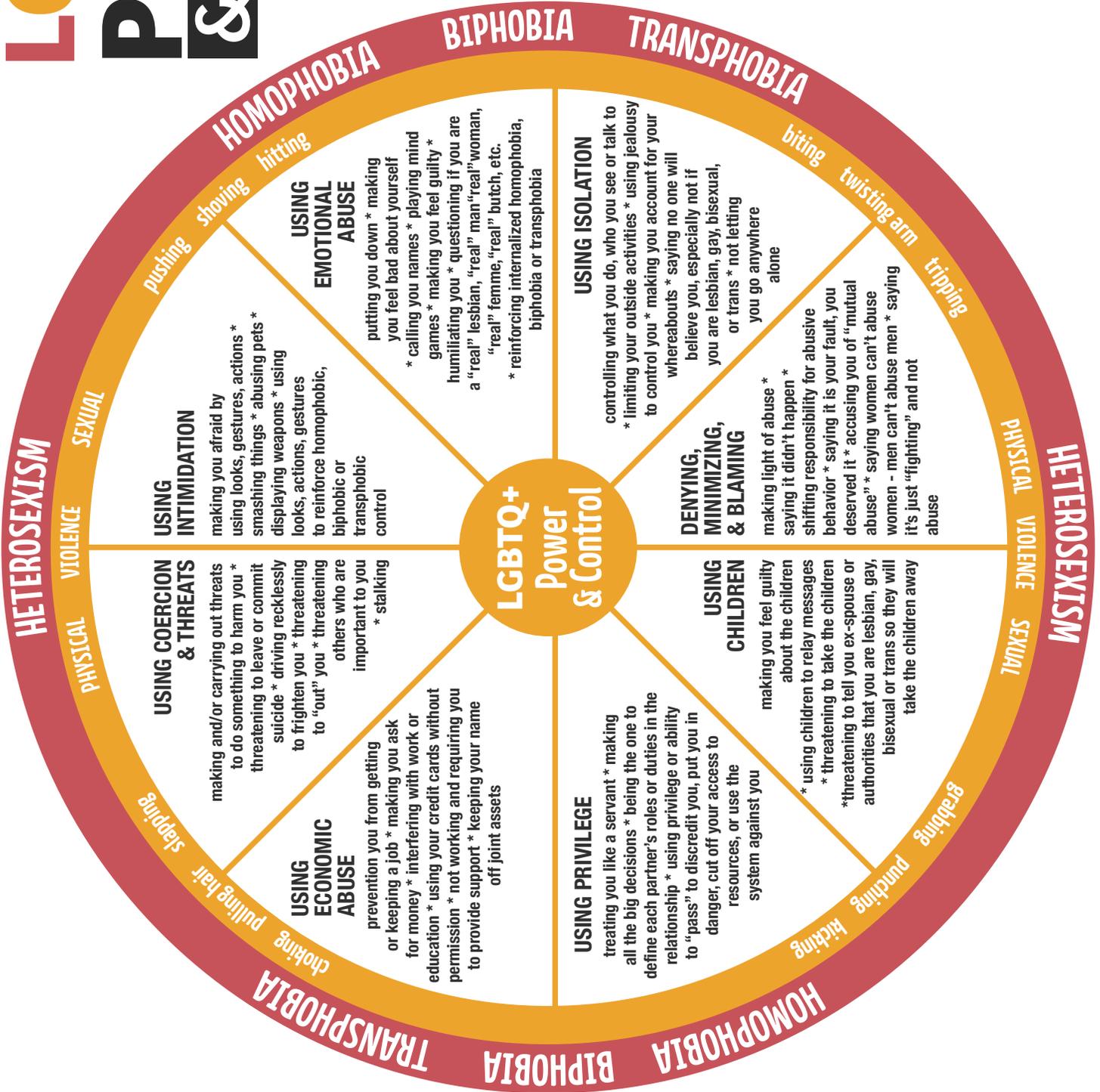
**Use donated or new cell phones:** When making or receiving private calls or arranging escape plans, try not to use a shared or family cell phone because the billing records and phone logs might reveal your plans to an abuser. Contact your local hotline program to learn about donation programs that provide new cell phones and/or prepaid phone cards to victims of abuse and stalking.

Information provided by the NNEDV Safety Net Project. Technology Safety Planning with Survivors.

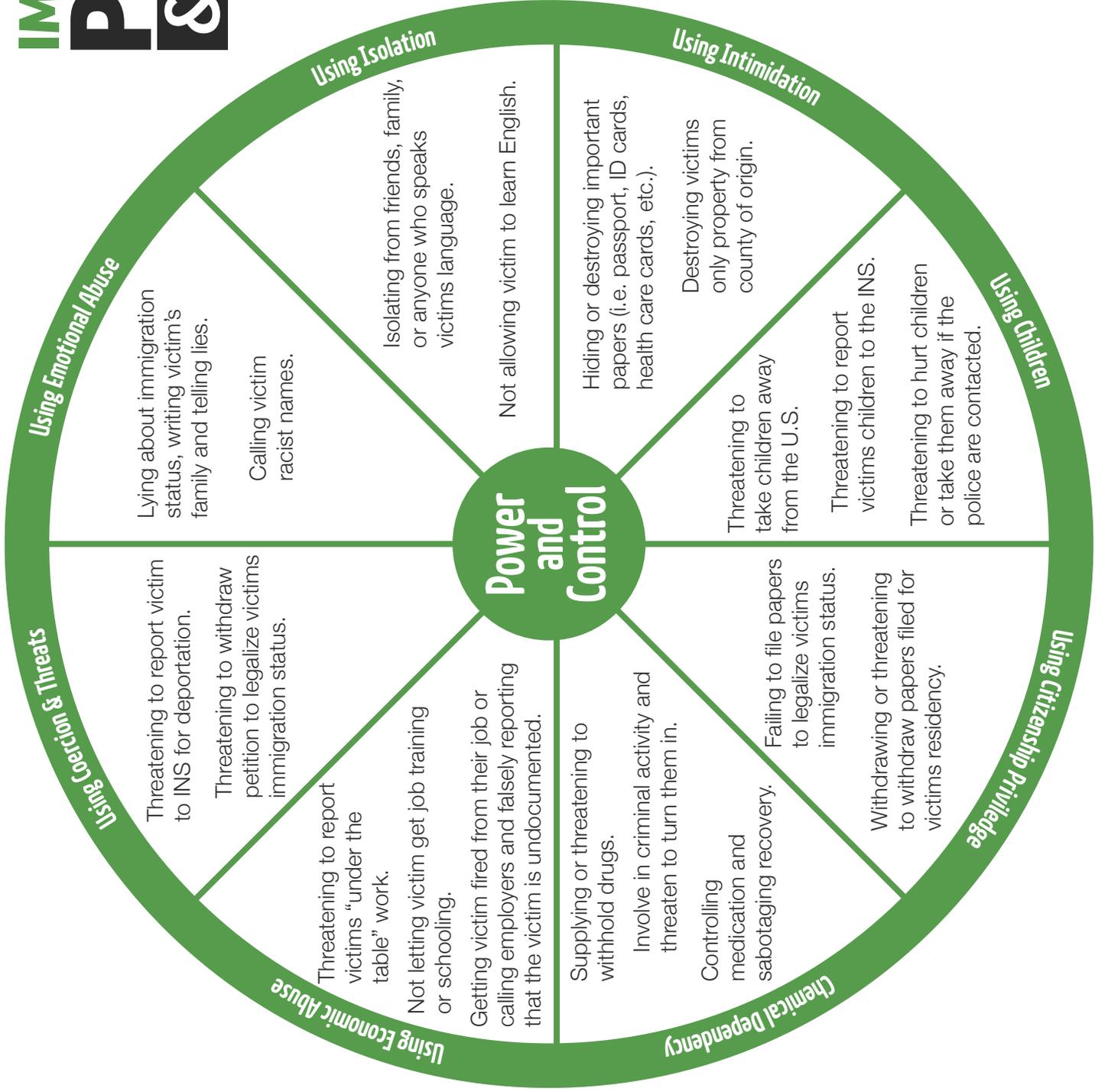
# POWER & CONTROL WHEEL



# LGBTQ+ POWER & CONTROL WHEEL

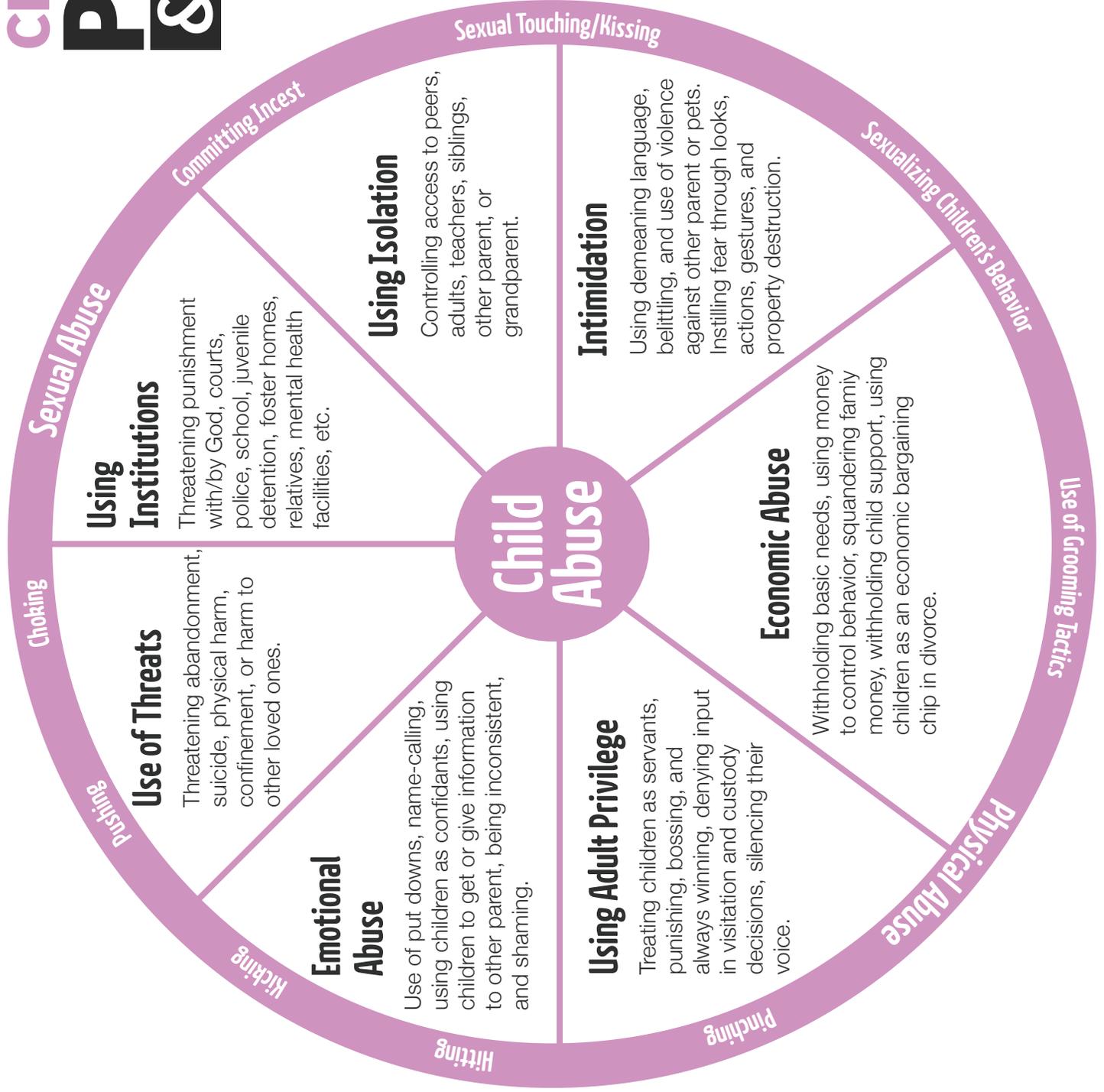


# IMMIGRATION POWER & CONTROL WHEEL



Adapted from "Power and Control Wheel," Duluth Domestic Intervention Project.

# CHILD ABUSE POWER & CONTROL WHEEL



Adapted from "Power and Control Wheel,"  
Duluth Domestic Intervention Project.

# The Cycle of Violence

 a better way is here to help you end the cycle.

