

**Call Arise for Social Justice  
734-4948**

**You are not alone!**

**To get involved in ending violence in  
your community, contact:**

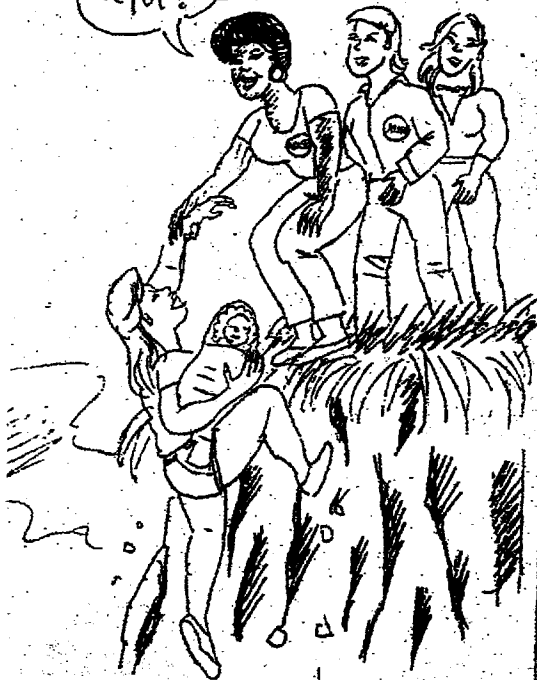
**Arise for Social Justice  
94 Rifle Street  
Springfield, MA 01105  
Phone 413.734.4948  
Fax 413.781.3712  
Email: [arise@riseup.net](mailto:arise@riseup.net)**



**and  
Still  
i  
rise...**

*a zine  
about  
domestic  
violence.*

Necesita ayuda?  
No tema!  
Levántese está  
aquí!



NEED A HELPING HAND?  
NEVER FEAR-  
ARISE IS HERE!!



Thanks to:

Maria Grusauskas for her  
wonderful cover art.

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Lydecker for providing interview  
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continued support.

Caitlin Grusauskas  
December 2003

Feminist Majority Foundation Online  
[www.feminist.org](http://www.feminist.org)

Phenomenal Women of the Web: Against  
Domestic Violence  
[www.phenomenalwomen.com/help](http://www.phenomenalwomen.com/help)

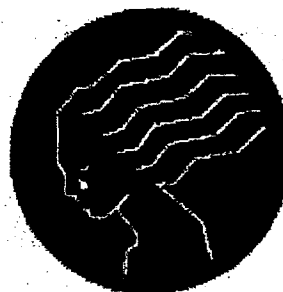
Massachusetts Commission on the Status of  
Women  
[www.state.ma.us/women/resources/legal.htm](http://www.state.ma.us/women/resources/legal.htm)

Kate's Domestic Violence Page  
[www.katesfeminist.info/dv/help/general.html](http://www.katesfeminist.info/dv/help/general.html)

Domestic Violence Survivors Handbook  
[www.mcadsv.org/general/MI%20DV%20Handbook.pdf](http://www.mcadsv.org/general/MI%20DV%20Handbook.pdf)

NELCWIT (New England Learning Center for  
Women in Transition) Training Manual  
[www.nelcwit.org](http://www.nelcwit.org)

Violence Against Women Online Resources  
[www.vaw.umn.edu](http://www.vaw.umn.edu)



## WHAT IS DOMESTIC VIOLENCE?

Domestic violence is much more than physical abuse. The following checklist of behaviors may help you decide if you or someone you know is being abused.

Does your partner . . .

### Use emotional and psychological control?

- call you names, yell, put you down, make racial or homophobic slurs, or constantly criticize or undermine you and your abilities as a wife, partner, or mother?
- behave in an overprotective way or become extremely jealous?
- make it difficult for you to see family or friends, or "badmouth" your family and friends?
- prevent you from going where you want to, when you want to, and with whom you want to?
- humiliate or embarrass you in front of other people?

### Use economic control?

- deny you access to family assets like bank accounts, credit cards, or car?
- control all the finances, force you to account for what you spend, or take your money?
- prevent you from getting or keeping a job or from going to school?
- limit your access to health, prescription and/or dental insurance?

### **Make threats?**

- threaten to report you to the authorities (the police or child protective services) for something you didn't do?
- threaten to harm or kidnap the children?
- make you afraid by using looks, actions or gestures?
- display weapons as a way of making you afraid or directly threaten you with weapons?
- use his anger or "loss of temper" as a threat to get you to do what he wants?
- threaten to expose your sexual orientation to friends, family, or employer, if you are gay or lesbian?

### **Commit acts of physical violence?**

- carry out threats to hurt you, your children, pets, family members, friends, or himself?
- destroy personal property or throw things around?
- grab, push, hit, punch, slap, kick, choke, or bite you?
- force you to have sex when you don't want to or to engage in sexual acts that you don't want to do?
- prevent you from taking medications or getting medical care?
- deny you access to food, fluids or sleep?

If you answered **YES** to any of these questions, then you may be in an abusive relationship.

**Information contained in this zine was obtained from the following online and print resources:**

Battered Mothers Speak Out: A Human Rights Report on Domestic Violence and Child Custody in the Massachusetts Family Courts.  
Battered Mothers' Testimony Project at the Wellesley Centers for Women, November 2002.

National Coalition Against Domestic Violence  
[www.ncadv.org](http://www.ncadv.org)

Women's Law Initiative  
[www.womenslaw.org](http://www.womenslaw.org)

Findthegood.org  
[www.findthegood.org](http://www.findthegood.org)

Domestic Violence Handbook  
[www.cybergrrl.com/dv/book/toc.html](http://www.cybergrrl.com/dv/book/toc.html)

Oakland County Coordinating Council Against Domestic Violence  
[www.domesticviolence.org](http://www.domesticviolence.org)

## WARNING SIGNS OF AN ABUSIVE PERSONALITY

**QUICK INVOLVEMENT.** Really serious, really fast. May claim "love at first sight" or say flattering things like "You're the only person for me." Pressures you to commit early in the relationship, wants to move in together right away.

**EXTREME JEALOUSY.** Claims that jealousy is a sign of love. Asks who you talk to, accuses you of flirting, is mistrustful of you and others in your life. Jealous of time you spend away from them.

**CONTROLLING BEHAVIOR.** Claims to be concerned for your safety, is angry if you are late, asks you about where you went, who you talked to. Questions your ability to make good choices for yourself.

**UNREALISTIC EXPECTATIONS.** Expects you to be the perfect partner, lover and friend. Says things like "If you really loved me, you'd do such and such." Depends on you to meet all their needs and thinks they can treat you any way they want.

**HYPERSENSITIVITY.** Easily insulted, overreacts to minor everyday problems, directs their stress at you.

**ISOLATION.** Tells you that your friends, family, therapist, etc. are causing trouble. May want you to move away, to live without a phone or far from neighbors, to prevent you from driving, going to work or school, visiting friends.

**VERBAL ABUSE.** Says hurtful things to you, swears at you, puts down your accomplishments, your friends and things you enjoy. Tells you you're stupid or no good or that you can't make it on your own.

**YWCA/New Beginnings, Westfield**  
Hotline 413.562.1920  
Toll-free 1.800.479.6245

**Holyoke Womanshelter/Companeras**  
Hotline 413.536.1628  
Toll-free 1.877.536.1628

**Safe Passage Shelter, Northampton**  
Hotline 413.586.5066  
Toll-free 1.888.345.5282

**Everywoman's Center, Amherst**  
Rape Crisis Hotline 413.545.0800  
Toll-free 1.888.337.0800

**NELCWIT (New England Learning Center for Women in Transition), Greenfield**  
Hotline 413.772.0806  
Toll-free 888.249.0806

**Springfield Police Department**  
Domestic Violence Unit  
413.787.6888

Massachusetts Justice Project, Holyoke  
413.533.2660

Western Massachusetts Legal Services  
Northampton 413.584.4034

(toll-free) 800.639.1309

Greenfield 413.774.3747

Holyoke 413.536.2420

Springfield 413.781.7814

(toll-free) 800.746.3221

North Adams 413.664.4531

Pittsfield 413.499.1950

(toll-free) 800.639.1509

Jane Doe, Inc./Massachusetts Coalition  
Against Sexual Assault and Domestic

Violence

14 Beacon St.

Boston MA 02108

617.248.0922

## THE CYCLE OF VIOLENCE



Domestic violence is an ongoing cyclical pattern of abusive behavior. The **tension-building phase** is one of high stress as the abuser grows irritable or moody and the victim tries to calm or please him. The tension escalates; reaching the **acute violence phase**; an episode of severe verbal, physical and/or emotional abuse. The **honeymoon phase** may not occur in all relationships, but it typically consists of the abuser apologizing, asking forgiveness, declaring love and/or promising to get help. This cycle will continue unless interrupted.

## **DOMESTIC VIOLENCE RESOURCES**

**National Domestic Violence Hotline**

**1.800.799.SAFE (7233)**

**Rape, Abuse and Incest National Network**

**(RAINN)**

**1.800.656.HOPE**

**SafeLink Statewide Hotline for**

**Massachusetts**

**1.877.785.2020**

**Llamaños**

**Linea calor/linea directa para  
sobrevivientes de abuso sexual**

**(Massachusetts)**

**1.800.223.5001**

**YWCA of Western Massachusetts ARCH**

**(Abuse and Rape Crisis Hotline)**

**413.733.7100**

**Toll-free 1.800.796.8711**

**MENTAL ABUSE/MOOD SWINGS.** Shifts quickly from being fine to angry, happy to depressed. Denies things they've said or done, accuses you of doing or thinking things you're not.

**BLAMES OTHERS FOR THEIR PROBLEMS.** Doesn't accept responsibility for their own feelings or actions, claims that others are always out to get them. Blames you for not "reading their mind" and not doing what they expected you to do.

**PUBLIC DISPLAY OF ANGER.** History of abusing you or others in public, embarrassing you in public and blaming behavior on alcohol or jealousy.

**HISTORY OF BEING ABUSIVE.** May admit to being abusive in past relationships but tells you that you are different.

**CRUELTY TO CHILDREN OR ANIMALS.** Unrealistic expectations of children, blames children for being the cause of their problems, may use the children against you, brutally punishes animals.

**"PLAYFUL" USE OF FORCE IN SEX.** Throws you or restrains you during sex, may want to act out rape fantasies. May not care whether or not you want to have sex, may demand sex, coerce you or start to have sex while you are sleeping.

**USE OF FORCE/THREATS.** Destroys your property, may beat on or kick the table or wall or throw things.

**GUNS, KNIVES OR OTHER WEAPONS.** Keeps weapons in the home, may use them to threaten or scare you.

**You are not alone.** Millions of women are abused by their partners every year. The good news is that more resources are available now than ever before to help women and their children be safe.

**If you are being abused,  
you have a right to be safe.**



## **SOME FACTS ABOUT DOMESTIC VIOLENCE**

- **Domestic violence affects women of all cultures, races, ages, occupations and income levels.**
- **Batterers use emotional, psychological, economic and physical abuse as a way of controlling their intimate partners. Abuse is not caused by stress, anger or alcohol/other drug involvement.**
- **Between 91-95% of all documented reports of adult domestic violence are women abused by their male partners.**
- **The rate of violence in gay and lesbian relationships is estimated to be about the same as in heterosexual couples (around 20-30%).**

Out of the huts of history's shame  
I rise  
Up from a past that's rooted in pain  
I rise  
I'm a black ocean, leaping and wide,  
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear  
I rise  
Into a daybreak that's wondrously clear  
I rise  
Bringing the gifts that my ancestors gave,  
I am the dream and the hope of the slave.  
I rise  
I rise  
I rise.





# Still I Rise

*Maya Angelou*

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like teardrops,  
Weakened by my soulful cries?

Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines  
Diggin' in my own backyard.

You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.

Does my sexiness upset you?  
Does it come as a surprise  
That I dance like I've got diamonds  
At the meeting of my thighs?

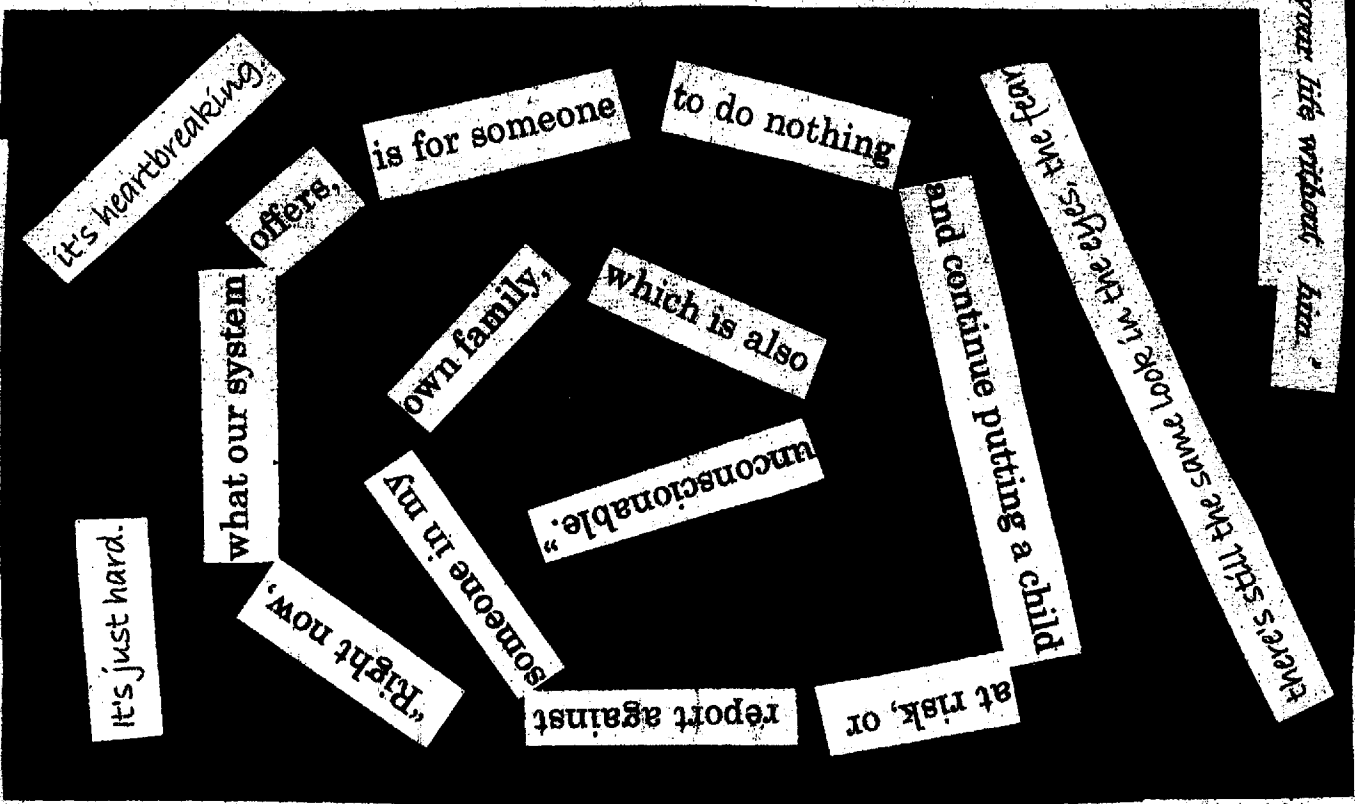
- One third of reported domestic violence assaults involve the use of a weapon and/or result in serious bodily injury.
- 25-35% of women who visit medical emergency rooms are there for injuries related to domestic violence.
- Almost 25% of pregnant women seeking prenatal care have been battered during pregnancy.
- Of all female victims of homicide in the U.S., 30% are killed by husbands or boyfriends; a total of almost 1,500 women each year.
- The majority of men who batter their female partners (50-70%) are also abusive to their children.
- If every woman victimized by domestic violence last year were to join hands in a line, the string of people would extend from New York to Los Angeles and back again.
- In the United States, there are three times as many animal shelters as there are battered women's shelters.



not looking back. I think when we look back, we cripple ourselves again. You start hoping to

think that that would be my closure. You come to a point,

you don't care about him, about the person individually, whatever, and you can live



would of, had we been able to. I think the thing is just to keep moving forward. I just

### My Bill of Rights

- I have the right to be me.
- I have the right to be safe.
- I have the right to love and be loved.
- I have the right to be treated with respect.
- I have the right to be human - NOT PERFECT.
- I have the right to be angry and protest if I am treated unfairly or abusively by anyone.
- I have the right to my own privacy.
- I have the right to my own opinions, to express them, and to be taken seriously.
- I have the right to earn and control my own money.
- I have the right to ask questions about anything that affects my life.
- I have the right to make decisions that affect me.
- I have the right to grow and change (and that includes the right to change my mind!)
- I have the right to say NO.
- I have the right to make mistakes.
- I have the right NOT to be responsible for other adults' problems.
- I have the right not to be liked by everyone.

I HAVE THE RIGHT TO CONTROL MY OWN LIFE  
AND TO CHANGE IT IF I AM NOT HAPPY.  
WITH IT AS IT IS.

One of the most powerful stories I heard was from a woman who had been living with her boyfriend for several years and she had two young male children with him and the boyfriend one day picked up the mom and dashed her to the ground in the driveway, and one of her preschool aged boys saw it happen. Two or three days later he picked up a kitten and did the same thing. He just smashed the kitten and the kitten died. This woman said to herself, "I'm raising the next generation of batterers. I have to get these kids out of here."

*"The physical abuse*

*was intermittent, and*

*something breaks and ultimately*

*it heals,*

*but the emotional scars didn't go away."*

*"For some women, it's very difficult to take somebody that you thought cared about you and loved you, and maybe do that to you, they would hurt you. So how could you trust somebody else that's telling you the same thing?"*

**STOPPING VIOLENCE AGAINST  
WOMEN AND IN OUR COMMUNITY  
IS EVERYONE'S BUSINESS**



**TAKE A STAND!**



P.O.W. in America -

(Prisoner of War - Domestic Violence)

Written by: A Victim of Domestic Violence

This person I married, so loving and so kind  
Had hidden intentions, I soon would find.  
"I'll love and cherish you for the rest of my life,  
His promises of love, I fully believed  
Later to realize, I had been deceived.  
For after the beauty of our wedding bliss.  
Started my life of pain and hurtfulness.  
I didn't understand him calling me bad names  
The man I married and this one, couldn't be the same.  
With our future unfolding I didn't have a clue  
My beloved husband had the personality of two.  
One that was quiet, speaking was rare  
To the raging animal pulling my hair.  
The number of guns cocked and aimed at my head,  
Changing the bliss to a life I would dread.  
Every action and thought was soon to be controlled,  
To survive the pain, doing as you're told.  
You're a burden to me, you're ugly as hell  
No one would have you, for you're stupid as well."  
Being slung across rooms, to the floor I would fall,  
So many bad memories, I hate to recall.  
After hours of physical and mental torment,  
Like a prisoner of war, to bed I was sent.

## VOICES

women reflect on domestic abuse

"I don't care if he spilled his drink and he  
blamed you. He spilled his drink, it's not your fault.  
You're still living it.

"Abuse is an equal opportunity crime—it spans all races and classes."

"Who wants to be  
labeled as a victim? Who  
wants to say that the person  
you love has hurt you  
before, and could someday kill you?"

"It's just amazing how messed

our notions of romantic love are in this cultu

On some level we have this "love can conquer

mentality, which is nonsense, and there are powerfu

isolation strategies that guys use which allow them

to set women up to be brainwashed."

Society's like: why aren't  
you over it, you've gotten

out of it, they don't

address the trauma."

## I Got Flowers Today

By Paulette Kelly

I got flowers today.  
It wasn't my birthday or any other special day.  
We had our first argument last night, and he said a lot of cruel things that really hurt me.  
I know he is sorry and didn't mean the things he said.  
*Because he sent me flowers today.*

I got flowers today.  
It wasn't our anniversary or any other special day.  
Last night, he threw me into a wall and started to choke me.  
It seemed like a nightmare.  
I couldn't believe it was real.  
I woke up this morning sore and bruised all over.

I know he must be sorry.  
*Because he sent me flowers today.*

I got flowers today,  
and it wasn't Mother's Day or any other special day.  
Last night, he beat me up again. And it was much worse than all the other times.  
If I leave him, what will I do? How will I take care of my kids?  
What about money?  
I'm afraid of him and scared to leave. But I know he must be sorry.  
*Because he sent me flowers today.*

I got flowers today.  
Today was a very special day.  
It was the day of my funeral.  
Last night, he finally killed me. He beat me to death.  
If only I had gathered enough courage and strength to leave him,  
I would not have gotten flowers today.

**Every 15 seconds, another**

**woman is beaten.**



## What Happens When You Call the Police?

**When you call the police to report an incident of domestic violence, they will proceed with an investigation. Once they arrive at the scene, they will first separate the individuals involved in the dispute, then begin to talk with everyone present, including children. They will try to learn facts about the incident so that they can make their report. The more you talk, the more they will document and keep on file. They will take photographs of the scene (blood, furniture toppled, etc.) and of any injuries (bruises, etc.) If there is substance abuse involved, they will document this. If drugs are present, they will arrest the possessor. They will try to determine who was the dominant aggressor, and arrest him/her automatically. If the abuser has any marks or bruises, be sure to explain how they occurred (self defense) if you caused them. If the police want to make a dual arrest (arrest you too) then make it clear to them that the abuser was the dominant aggressor.**

**The police should respect you as you talk to them. They will make their report and offer you options:**

- file a 209A restraining order
- file a formal complaint
- a safe place to go
- medical attention

These are all optional. However, it is always a good idea to accept medical attention because you may have internal injuries or head injuries that you are not aware of because you are in shock. You may be referred to the Domestic Violence Unit where you can talk with a non-police officer about your options. The police record will be kept on file and can be obtained free of charge from the Records Division.

In Massachusetts, police are mandatory reporters, which means that if children are present, police will file a report of child abuse (51A). Under Massachusetts law, domestic violence is a form of child abuse (even if children are not present at the time of the dispute). This report is to the Department of Social Services (DSS), who will then investigate. They will not immediately remove the children unless they are injured. If the abuser is not a caretaker (just a boyfriend, etc.) then the abuse is filed against the mother or primary caregiver. To prevent having your children taken in this case, you must prove that you are seeking intervention (contact with DSS, counseling, restraining order).

and had learned to read.  
and had learned to sing.



Another woman died today.  
not far from where you live;  
Just there, next door where  
the tall light  
falls across the pavement.  
Just there, a few steps  
away  
where you've often heard  
shouting,  
Another woman died today.  
She was the same girl  
her mother used to kiss;

the same child you dreamed  
beside in school.

The same baby her parents  
walked in the night with  
and listened and listened and listened  
For her cries even while they slept.  
And someone has confused his rage  
with this woman's only life.

-Carol Geneya Kaplan

**WOMEN WHO LEAVE THEIR  
BATTERERS ARE AT A 75% GREATER  
RISK OF BEING KILLED BY THEIR  
BATTERER THAN THOSE WHO STAY.**

Domestic violence is the leading cause of  
injury to women between the ages of 14 and  
45 in the US; more than car accidents,  
muggings and rapes combined.

50% of homeless women and children are on the streets because of violence in the home.



Today another woman died  
and not on a foreign field  
and not with a rifle strapped to her back,  
and not with a large defense of tanks  
rumbling and rolling behind her.  
She died without CNN covering her war.  
She died without talk of intelligent bombs  
and strategic targets  
The target was simply her face, her back  
her pregnant belly.  
The target was her precious flesh  
that was once composed like music  
in her mother's body and sung  
in the anthem of birth.  
The target was this life  
that had lived its own dear wildness,  
had been loved and not loved,  
had danced and not danced.  
A life like yours or mine  
that had stumbled up  
from a beginning  
and had learned to walk

## LEGAL PROTECTION AND ABUSE PREVENTION ORDERS

### What is the legal definition of abuse?

Abuse is defined under Massachusetts law as the occurrence of any or more of the following between household or family members:

- attempting to cause or causing physical harm
- placing another in fear of serious physical harm
- forcing or threatening another to engage involuntarily in sexual relations.

### What is an Abuse Prevention Order?

An Abuse Prevention Order (209A order, restraining order, protective order) is a civil court order intended to provide protection from physical or sexual harm from a family or household member.

### Who can get a 209A order?

- You can get a restraining order against another person if:
- you are or were married
  - you are or were dating or engaged
  - you are related by blood or marriage
  - you are or were living in the same household
  - you have a child in common.

### How can I get a 209A order?

You can get a 209A order (restraining order) at any time. During working hours, you can go to your local courthouse and ask the clerk for the paperwork you need to fill out. You will need to make a short statement about the abuse you have suffered and why you are in fear, and then you will have to go before a judge to explain why you need the protective order.

**What if the courthouse is closed and I need a protective order immediately?**

During the evening or on weekends, emergency orders can be obtained through the police. You do not need a lawyer to obtain a restraining order, and there is no cost. If the order is granted over the phone, you will need to appear in court the following business day in order to extend the order.

#### What can a 209A order do?

A restraining order can prevent your abuser from any or all of the following behaviors:

- abusing you
- contacting you in any way
- remaining at or coming to your home
- coming to your workplace

In some cases, an order can give you custody of children, child support and/or reimbursement for financial losses.

#### What happens to my abuser if I file an order?

Your abuser will receive a copy of the order from the police. He will not be arrested or sent to jail because of the order itself or for past abuse; it is meant to protect you from future abuse. However, if he violates the order, he is committing a crime and will be arrested if the police are notified. If you do not call the police, you can file an application for criminal complaint at the courthouse.

#### How long is the order valid?

An order is good for up to 10 days or until the date of a scheduled hearing where you must appear in court in order to have the order continued by a judge. The order may be continued for up to one year.



## VIOLENCE WHEEL

This wheel connects the different behaviors that combine to form a pattern of violence. Each behavior is part of an overall effort to control someone else in a relationship.



**A RELATIONSHIP FULL OF  
CONTROL IS REALLY OUT OF  
CONTROL.**

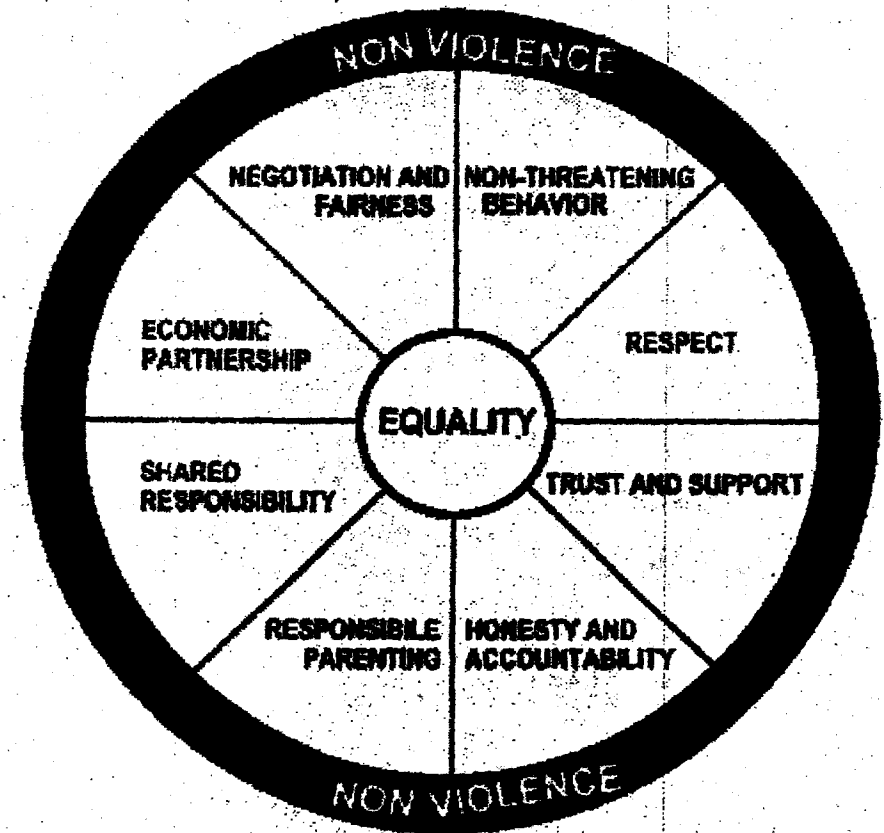


- c Domestic violence priority. You are or will soon be homeless due to recent or continuing abuse. The abuser must have been a member of your household.
  - o Relocation to avoid reprisal priority. You must obtain a letter from a law enforcement official stating that you must relocate for your safety.
- Apply for state subsidized housing under the Housing Authority Emergency Case Plan. Plans vary. You should be certain to apply as an emergency applicant.
- Forms of Proof include: 209A orders, police reports, letters from witnesses, doctors, domestic violence advocates, clergy, local police, landlords, or law enforcement officials. \*\* These are examples. No one particular form is required.
- In all cases, ask the Abuse Prevention Order Judge to issue an order forbidding the abuser to interfere with the victim's housing.



## NON-VIOLENCE WHEEL

This wheel connects the behaviors that combine to form a healthy relationship based on equality and non-violence.



# **A healthy relationship is built around**

**HONESTY  
FUN  
TRUST  
LOVE  
COMPATIBILITY  
SPACE  
COMPROMISE  
CARING  
LISTENING  
FORGIVENESS  
UNDERSTANDING  
COMMUNICATION  
GROWTH  
SHARING  
FRIENDSHIP  
MUTUAL LEARNING  
COMMITMENT**

- Apply for a Section 8. Make sure that you apply for a domestic violence priority or what is called a "relocation to avoid reprisal priority." You can do this even if you are presently living in public housing.
- Apply for a subsidized unit within the same development if your income drops. If you live in private housing in a Mass Housing Finance Agency mixed income development, you can apply for a subsidized unit within that development.
- If you are not head of household, you should request that you be made head of household and the abuser be removed from the household.

## **What Are Your Options - If You Have A Section 8 Voucher, Certificate, Or An MRVP Voucher**

- Leave your housing unit within the first year of the tenancy. You CANNOT break the lease within the first year of the tenancy without the agreement of the landlord. You should contact the landlord and the local housing authority.
- Leave your housing unit after the first year of the tenancy. If you have lived in the unit for over a year, you should contact the local housing authority and ask them for a new certificate or voucher. You must give the landlord a 30 day notice and pay your rent for that month.
- Seek shelter at a domestic violence program. You may be eligible for a short-term emergency shelter, while you look for alternative housing. If you are going to be in the shelter and cannot search until you complete counseling or therapy, you should ask the housing authority to suspend your voucher or certificate until you can engage in housing search.
- In all cases, make sure that you become the head of household ask the housing authority to take the abuser off the certificate and report changes in income or household composition.

## **What Are Your Options - If You Live In Private Housing You Can No Longer Afford**

- Apply for Section 8 or public subsidized housing at local housing authorities or private management companies that administer subsidized housing. Waiting lists are very long. You should apply for a "priority." Priorities and ranking differ at each housing authority but many have priorities to which you may be entitled. For example:

- driver's license & registration/insurance information
- extra set of house keys & car keys
- social security card
- your partner's social security number
- medical records
- insurance policies
- important legal documents (birth certificate, title deeds, lease, etc)
- bank account records, pay slips
- police records
- record of violence
- baby's things (diapers, formula, medication)
- children's toys, blankets
- children's school and immunization records
- birth certificates
- medications
- clothing (and extra sets for yourself and your children)
- eye glasses
- anything of sentimental value (photographs, jewelry, etc.)
- non-perishable snacks for children (e.g. juice and crackers)

**Memorize or keep a listing of important telephone numbers:**

- National (800) 799-SAFE and your local Domestic Violence Hotline
- Local hospital
- You can dial 911 for free from most telephones. If you are in immediate danger, you should always call 911.

**What Are Your Options - If You Live In Public Or Project-Based Subsidized Housing**

- Return to your housing unit. You should tell your landlord about any change in circumstances, i.e. loss of income because abuser is no longer contributing, or loss of income because you can no longer work.
- Transfer to another housing unit in your housing project or another public housing project within the city.
- Transfer to a subsidized unit in another city. You will need the help of an advocate.

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**“and the day came when the risk it took to remain in the bud was more painful than the risk it took to blossom.”**

-Anais Nin

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**IF YOU ARE BEING ABUSED:**

- Remind yourself that you are not to blame for the abuse.
- Remember that alcohol or drugs are not to blame for the abuse. Only your partner is to blame for his or her abusive behavior.
- Be aware that your partner can trace your e-mails and phone calls. Be aware that anything can be used as a weapon.
- Teach children not to get into the middle of a fight, even if they think they are helping. Teach them to dial 911 in an emergency.
- Inform the children's school or daycare about the violence and of there is a protective order in place.
- Talk to people you trust about what is going on and how you feel about it.
- Join a support group.
- Think about what is the best decision for you right now.
- Think about where the safest place in your home is and where there is an easy exit.
- If you need to leave, think about where you can go and who can help you.
- Use your fear as your guide. If your intuition says to get out of the house, then leave immediately.
- Talk to a friend or counselor who can help you think about your options and create a **safety plan**.

# PERSONAL SAFETY PLAN

There is no one best way to protect yourself from future harm by your abuser. Many women involved in a domestic violence situation find it's helpful to make a safety plan. Try talking with a domestic violence advocate or hotline counselor to work out a plan for you and your family. Remember that you always have a choice. If you are in a dangerous situation, there is help available for you if you need it. If you write out a safety plan, be sure to keep it in a place where your partner won't find it.

## Decide how you would get out

- Decide on a pathway if you have to leave at night. Think of public places you can access 24 hours a day. Know the route to police stations, hospitals, fire stations, and 24 hour convenience stores in your area.
- If you leave by car, make sure you lock the car doors immediately.
- Consider making a plan for each room in your home. What can you do to get out of the basement or upper floors of your home?
- Know which doors lock in your home.
- If you live in an apartment building, think of all the ways to get out safely. Is there a fire escape that could get you safely to the ground? Is there a stairwell you could use?

## Communicate with someone who can help and decide where you would go

This may be difficult especially if your partner has isolated you; however, it is important to confide in a domestic violence advocate or hotline counselor who has been trained to help you.

- An advocate or domestic violence hotline counselor can help you figure out which friends and relatives might be able to help you.
- An advocate or hotline counselor can help you figure out alternatives if you have to leave at a time when your friend is not available.

- If you don't have a car, think of a safe place, close to your home, where your friend could pick you up. Also, know the routes to the subway, bus stop, and train station nearest to your home.
- You may want to plan a code word or phrase to use on the telephone with a friend if you need to access help when your abuser is present. Tell your friend that when you say " " it means you're in trouble and you need them to dial 911 for you.
- If you feel comfortable, tell your neighbors about the violence and ask if they will call the police if suspicious noises are coming from your home.
- Keep a record of abuse, such as a diary, with specific accounts of violence (dates, descriptions, photographs of injuries, photograph of abuser). Have a friend or counselor look after this for you.

## Plan

- Keep your Abuse Prevention Order (209A) on you at all times.
- Keep your purse and keys in a safe place, in case you have to leave quickly.

## Important Documents

Keep important documents together in a safe place - a domestic violence hotline counselor or advocate can help you decide where. These documents and other necessities could include:

- Abuse Prevention Order (209A)
- ATM card
- money/ cab fare
- check book
- credit card
- passport
- green card
- work permit
- welfare ID
- list of telephone numbers (friends, neighbors, relatives, doctors, schools)
- coins to use in a payphone
- address book