

**COERCION & THREATS:**

Makes and/or carries out threats to do something to hurt her. Threatens to leave her, to commit suicide, to report her to welfare. Makes her do illegal things. Makes her drop charges. Stalks her.

**CULTURAL ABUSE:**

Competes over "Indianness". Misinterprets culture to prove male superiority/female inferiority. Uses relatives to beat her up. Buys into blood quantum competitions. Native Women don't wear make-up or wear slacks.

**RITUAL ABUSE:**

Prays against her. Stops her from practicing her ways. Uses rituals as a threat. "God doesn't allow divorce." Says her period makes her "dirty." Native Women don't sit at the drum or sweat with men.

**USE COERCION AND THREATS:**

1. Leave as soon as possible and go to the shelter or other safe place.
2. Call the police.
3. Get a protection order.
4. Do whatever you need to be safe from more violence right away.
5. Talk to an advocate or other person who understands battering/violence about what happened and make other plans.
6. \_\_\_\_\_

**CULTURAL ABUSE:**

1. Get accurate information from someone who knows the culture and traditions, lives non-violently and respects women.
2. Talk to friends and relatives you trust about what he is saying and doing.
3. Find safe people, places and things that will help you continue to grow emotionally, mentally, spiritually in the ways you choose.
4. \_\_\_\_\_

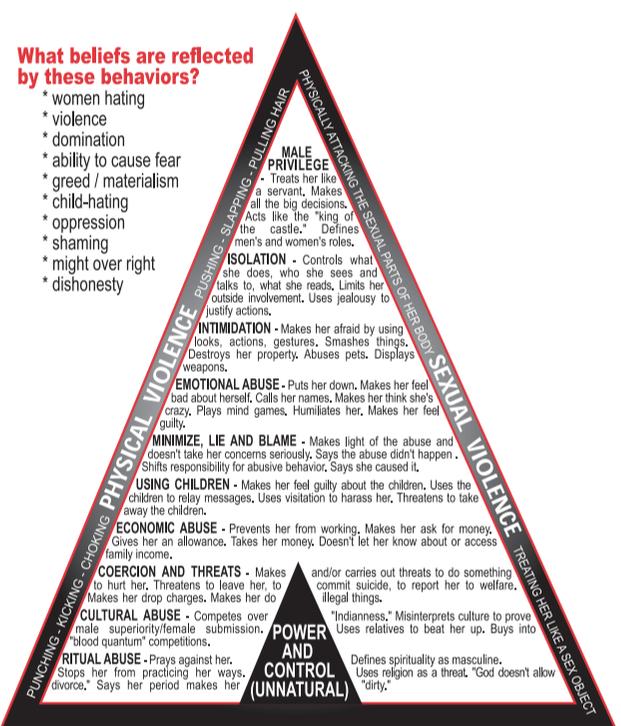
**RITUAL ABUSE:**

1. Get accurate information from someone who knows the culture and traditions, and lives non-violently and respects women.
2. Talk to friends and relatives you trust about what he is saying and doing.
3. Continue to practice your own spiritual ways.
4. \_\_\_\_\_

**NATURAL LIFE-SUPPORTING POWER**



**UNNATURAL POWER & CONTROL**



**SAFETY GUIDE**

**This guide lists options that give you an opportunity to bring your experience into focus and help you consider possible responses to the violence you are facing. You have the right to support and assistance in escaping violence.**



National Indigenous Women's Resource Center  
 P.O. Box 99 • Lame Deer, MT 59043  
 406-477-3896 • 1-855-649-7299 Toll Free • www.niwrc.org

## Examples of tactics:

### **PHYSICAL-SEXUAL:**

Kick, punch, slap, pinch, hair pulling, pushing, biting, attack sexual parts of body, rape, being treated as a sex object.

### **ISOLATION:**

Controls what she does, who she sees and talks to. Limits her outside involvement. Uses jealousy to justify actions.

### **INTIMIDATION:**

Makes her afraid by using looks, actions, gestures. Smashes things. Abuses pets. Displays weapons.

### **EMOTIONAL ABUSE:**

Puts her down. Makes her feel bad about herself. Makes her think she's crazy. Humiliates her. Makes her feel guilty.

### **MINIMIZE, LIE, BLAME:**

Makes light of the abuse and doesn't take her concerns seriously. Says the abuse didn't happen. Shifts responsibility for abusive behavior. Says she caused it.

### **USING THE CHILDREN:**

Makes her feel guilty about the children. Uses the children to relay messages. Uses visitation to harass her. Threatens to take away the children.

### **ECONOMIC ABUSE:**

Prevents her from working. Makes her ask for money. Gives her an allowance. Doesn't let her know about or access family income. Takes money away from her.

## These are some of my options if my partner is choosing to:

### **BE PHYSICALLY and/or SEXUALLY VIOLENT:**

1. Call the police.
2. Be aware of objects in the house that could be used as weapons; be aware of the possible consequences for using a weapon in self-defense.
3. If you know or feel your partner is going to become violent, don't wait. Leave as soon as possible. Do not warn him you are leaving.
4. Identify ways of escaping and places to go ahead of time.
5. Teach the children to run to neighbors, friends or relatives, and call the police.
6. Tell neighbors or friends to call the police if they suspect or hear violence occurring.
7. Leave extra money, keys, clothes, and documents with relatives/friends or at the shelter.
8. Have an advocate help get a protection order and keep it with you all the time.
9. Seek medical attention especially if hit in the head or strangulation was attempted. Consider being checked for STD's.
10. \_\_\_\_\_

### **ISOLATE ME:**

1. Go to the shelter, friends or relatives if it is safe there.
2. Call the shelter, a friend or relative for support and help.
3. Find rides to visit others for support.
4. Make a connection with health and other service providers who might visit you in the home - if it is safe. If you believe he could become violent as a result of this visit, consider how you might make office visits.
5. \_\_\_\_\_

### **INTIMIDATE ME:**

1. Leave and go to a place that is safe and supportive.
2. Call the police.
3. Get a protection order.
4. Do whatever is needed to be safe from more violence right then. Talk to an advocate, friend, or relative when you are safe.
5. Talk to a person who understands what you're experiencing and make plans.
6. \_\_\_\_\_

### **BE EMOTIONALLY ABUSIVE:**

1. Visit with an advocate, friend or relative who is supportive and will keep confidentiality.
2. Practice self-talk and tell yourself that his battering is not your fault. Attend a women's group for survivors of domestic violence.
3. Go where people will respect, nurture and support you.
4. Find ways to continue self-growth through school, friends, family and other groups.
5. Seek medical and emotional help for sleep deprivation.
6. \_\_\_\_\_

### **MINIMIZE, LIE AND BLAME ABOUT THE VIOLENCE AND ABUSE:**

1. Call or visit people who believe that this tactic makes you feel crazy and unable to trust your own judgment and perceptions.
2. Attend women's group at the shelter or other places.
3. Leave and go to places that are physically and emotionally safe.
4. \_\_\_\_\_

### **USE THE CHILDREN TO MAKE ME FEEL GUILTY, THREATEN OR CONTROL ME:**

1. Call or visit with people you can trust.
2. Enroll the children with your Tribe.
3. Get a protection order that either excludes visitation or requires supervised visitation with a drop-off contact.
4. File custody with the assistance of your advocate or attorney.
5. Have an attorney, advocate or other person contact your partner for information concerning the children.
6. Talk to the children about what's going on. Advocates can help.
7. \_\_\_\_\_

### **USE ECONOMIC ABUSE AGAINST ME:**

1. Save (or hide) as much money as possible. Get a separate checking and savings account.
2. Get assistance from state Child Support Enforcement program.
3. Get assistance from an advocate and/or attorney to make sure money issues are addressed in custody, divorce and other legal situations.
4. Speak to someone who understands the dynamics of battering in regards to money matters.
5. Recognize your right to share in decision making about family resources and make sure the basic needs of you and your children are met.
6. \_\_\_\_\_

(continued on back)