

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. _____

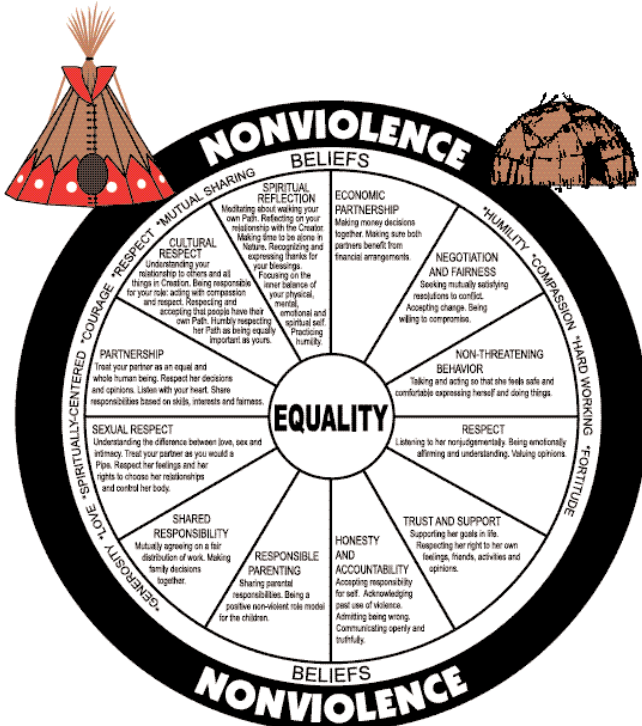
CULTURAL ABUSE:

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.

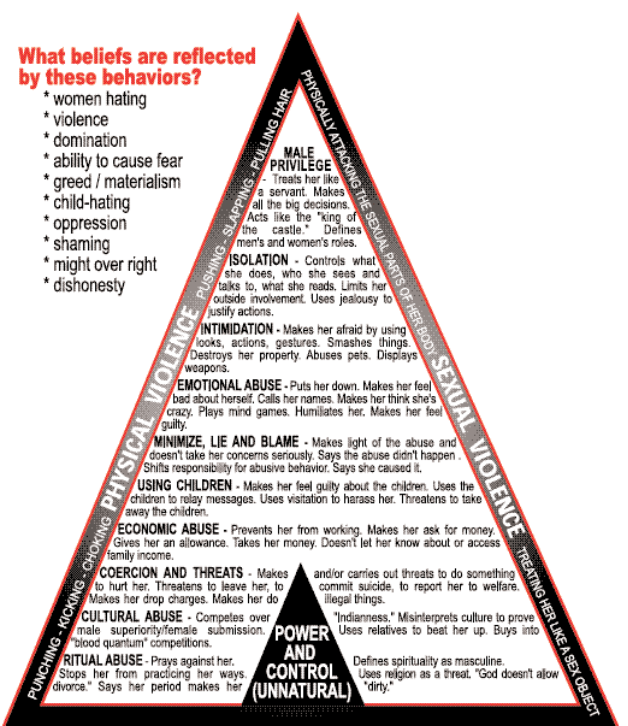
RITUAL ABUSE:

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.

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.



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Examples of tactics:

PHYSICAL-SEXUAL:

Kick, punch, slap, pinch, hair pulling, pushing, 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 will be leaving.*
4. Identify ways of escaping and places to go ahead of time.
5. Teach the children to run to certain friends, neighbors or relatives if violence occurs, and to call the police.
6. Tell neighbors and/or friends to call the police if they see or hear suspicious noises coming from your house.
7. Leave extra money, keys, clothes, documents at the shelter or with friends or relatives.
8. Have an advocate help get a protection order and keep it with you all the time.
9. _____

ISOLATE ME:

1. Go to the shelter, or friend's or relative's place 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. _____

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, but go talk to an advocate, friend or relative.
5. Talk to a person who understands what you're experiencing and make plans.

EMOTIONALLY ABUSE ME:

1. Call or visit an advocate, friend or relative who is supportive and will maintain confidentiality.
2. Attend a women's group.
3. Leave and go some place where there are people and things that nurture, validate and support you.
4. Find ways to continue self-growth through school, friends, family and other groups.
5. _____

MINIMIZE, LIE AND BLAME ABOUT THE VIOLENCE AND ABUSE:

1. Call or visit people who believe and support you, and understand the violence.
2. Attend women's group at the shelter or other places.
3. Leave and go to places that are safe physically and emotionally.
4. _____

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

1. Call or visit people you trust to hear, believe and support you.
2. File for temporary or permanent custody with the assistance of your advocate or attorney.
3. Enroll the children with your Tribe.
4. Get a protection order that includes the children, and outlines supervised visits with a drop-off contact.
5. Have an attorney, advocate or other person be the contact for your partner for information concerning the children.
6. Talk to the children about what's going on, have an advocate talk to them and or get them into a program for children who have witnessed/experienced battering.

USE ECONOMIC ABUSE AGAINST ME:

1. Save and hide as much money as possible.
2. Get the assistance of state Child Support Enforcement program.
3. Get a separate checking and savings account.
4. Get assistance from an advocate and/or attorney to make sure money issues are addressed in custody, divorce and other legal situations.
5. Work with an advocate or other person who understands the dynamics of battering to assess options related to money matters.

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