

THE SAFETY PAGE



BRAVO/Buckeye Region Anti-Violence Organization/www.bravo-ohio.org/report@bravo-ohio.org/866-86-BRAVO

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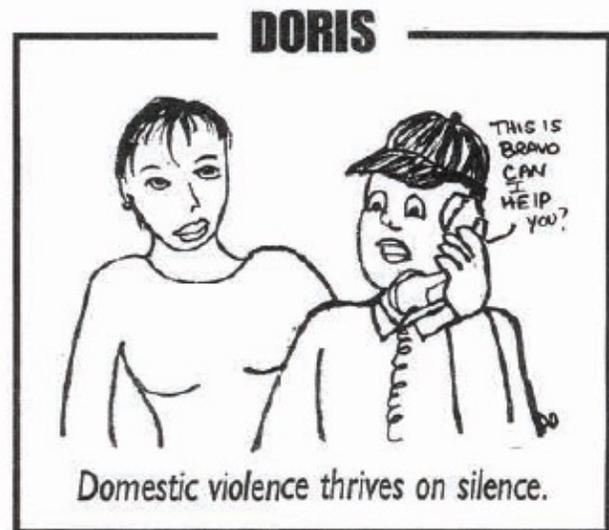
Are you in an abusive relationship?

Recognizing the problem is the first step in making change.

Does your partner use power and control over you by acting in any of the following ways?

- You feel like you're walking on eggshells and you change your behavior to deal with their moods.
- They ridicule or humiliate you.
- They seem like two different people.
- They accuse you of having affairs.
- They want you to need them for money or expect you to support them.
- They try to control where you go and what you do with jealousy and anger.
- They withhold sex as a way to humiliate or punish you.
- They use your race, age, sexual orientation, gender identity, ability, class, appearance, religion HIV status, etc. against you.
- They threaten to have your kids taken away from you and/or abuses your kids or their own kids.
- They threaten to out you to your employer, family, or others.
- They threaten you, scream at you, throw things, open your email, read your journal, break, or steal your things.
- They withhold your medications or put you in situations that jeopardize your health.
- You're unsure where an SM scene begins or ends, and they disrespect your safe words, rules, or boundaries.
- They blame their behavior on alcohol/drugs or history of abuse.
- They blame you for their failures, or failures in the relationship.
- They force/coerce you to have sex or hurt you during sex.
- They slap, pull, shove, hit, kick, punch, or restrain you.

If you are experiencing intimate partner violence, it is not your fault.



If you or someone you know is in an abusive relationship call BRAVO; we can help.

As a community, we often don't recognize intimate partner violence when we see it, or it is hard to name it when we do. We want to believe it happens "out there", not in our community. But it does, regardless of identity or status. We need to educate ourselves about the differences between healthy disagreements, stress induced outburst, and the cycle of intimate partner violence. Let's take care of ourselves and others. If someone comes to you: believe them, let them know, call BRAVO.

Report it to BRAVO at 866-86-BRAVO

If you experience violence, it is not your fault.

If you are experiencing intimate partner violence... *you have options*

What is intimate partner violence?

A pattern of actions and behaviors that are coercive, manipulative, and isolating; a pattern that is used to maintain power and control within a relationship. Intimate partner violence can include but is not limited to physical attacks - it can also involve verbal abuse, emotional cruelty, controlling of finances, sexual assault, and/or physical attacks.

What to do if you are experiencing violence:

- **It is never your fault.** Know that you do not cause abuse to happen. Only your abuser is responsible for their actions.
- **You don't have to be isolated.** Develop a support network, tell close friends or family members whom you trust, call a support hotline, or join a support group. You are not alone.
- **Document and report abusive incidents.** Keep a log including the date, location, and what your abuser said and did, include witnesses, medical records, or whether the police were involved; take pictures of injuries; get medical treatment; file a police report. Keep all documents in a safe place where your abuser will not have access to them.
- **Make safety plans to protect yourself at home, in your car, at work, school, etc.** Remember that a protection order may help, but it is not the only means of protection.
- **Call BRAVO at 866-86-BRAVO for assistance, referrals, support groups, police/legal/medical advocacy, and/or to make a report.**

Making a Safety Plan

If you are experiencing abuse in your current relationship, think about making a safety plan for escaping the situation if necessary. Remember that leaving is a process, the first time you leave may be permanent, or temporary, don't give up. Also remember that when an abuser's control is threatened, the violence may escalate. Leaving can be a dangerous time.

1. **Think about when to leave.** *It may not be a good idea to announce that you are leaving, or to leave during a fight, since the loss of control makes some abusers more violent. Some leave when the abuser is asleep or not home. If you think you might have to leave suddenly, make sure you have things packed so you can easily grab everything and go.*
2. **Cover your tracks.** *If your partner has access to or you suspect they check your phone or computer, consider deleting incoming and outgoing calls you make to friends, shelters, or advocates. Delete information from your internet browsing history.*
3. **To stay or leave.** *It is important to consider your safety. How might your partner persuade you to stay? Has this happened before? What will you say or do to get past these things.*
4. **Identify safe spaces.** *Think of places where your partner could not find you, and people who will keep your whereabouts a secret. If you stay with a friend - park your car in their garage, or move it away from the house. If you stay in a hotel, if possible register using an alias, if not inform the staff you don't wish any information to be released. Find out which shelters are closest and remember that they sometimes have waiting lists.*
5. **Identify items to take with you.** *Items to consider: **Personal items:** keys, address book, cell phone/chargers, medicine, money (bus fare, etc.), extra keys (house/car), extra clothes, sentimental valuables. **Documents:** copy of protection order, bank books, check books, insurance policies, marriage license, divorce/custody papers, birth certificates, passport/green card, picture ID (driver's license, welfare ID card), social security card.*