#### Why do I need a safety plan?

If you are in a violent relationship, one of the most important steps you can take is to make a safety plan for you and your family, both at home and at work/school.

These plans contain simple but critical steps you can take to increase your safety while dealing with the violence you and your family are facing.

#### Safety when preparing to leave:

- \* Remember that leaving your batterer is a very dangerous time!
- \* Open a savings/checking account or credit card in your name.
- \* Leave money, an extra set of keys, copies of important documents, and clothes with someone you trust.
- \* Identify someone with whom you would be able to stay, or who would lend you some money.
- \* Keep the phone number of the 24-hour Domestic Violence hotline close at hand and keep some change or a calling card with you for emergency calls, 1.800.876.6238
- \* Inform family/friends/police about your intent to leave.
- \* Review your safety plan to plan the safest way to leave your batterer.
- \* In the planning stages, use alternate phone methods, as phone bills may reveal who you have called.

#### The Personal Safety Plan

#### Safety if living in a home where violence may occur:

- \* Decide where you will go if you have to leave your home.
- \* Practice how to get out of your home safely.
- \* Identify a way out of each room in the house. Stay in areas where you have an accessible exit.
- \* Find a trusted neighbor to whom you can disclose the violence, and ask that they call the police if they hear a disturbance coming from your home.
- \* Keep a pre-packed bag ready at a relative/friend's home in case you need to leave quickly.
- \* Have a code word to use with your children, family, friends, or neighbors when you need help.
- \* If you believe an argument is going to occur, try to leave. If you cannot leave, avoid areas where there are no exits, or rooms that have items that could be used as weapons.
- \* Use your own instincts and do whatever is necessary to be safe. This may mean giving the abuser what they want to calm them down.
- \* Call 9-1-1 for help.

## Safety if you have had the perpetrator evicted, or are living alone:

- \* Change locks on doors/windows.
- Install a security system (including better lighting, more locks, smoke detectors and fire extinguishers).
- \* Teach children to call the police or family and friends if the perpetrator tries to take them.
- \* Talk to schools/daycare about who has permission to pick up your children.
- \* Find a lawyer knowledgeable about family violence to explore legal provisions that protect you and your children.
- Notify neighbors/police/landlord that your partner no longer lives there and that they should call the police if they see the perpetrator near your residence.
- \* Do not place outgoing mail in an outside, unlocked mailbox. If you have a locked mailbox, change the locks.
- \* Change all passwords on accounts that you might have shared.
- \* Remove individual from bills, bank accounts, credit cards and other financial documents.

For more Safety Planning information, or to receive assistance in creating a personalized safety plan, contact the advocate at your local Ponca Tribe Office.

### Important Things to Take When You Leave:

- \* Identification cards (Driver's License, Tribal ID, Passport)
- \* Social Security cards
- \* Birth certificates
- \* Credit cards, bank account numbers, checkbooks
- \* Cash
- \* Extra set of keys
- \* Medications
- \* Phone numbers and addresses of family, friends, doctors, lawyers, community agencies
- \* Pay stubs for both you and abuser
- \* Tax returns from previous years
- \* Important documents (loan papers, divorce/custody, car title/ registration, lease, health insurance, vaccination records)
- \* Clothing and comfort items for you and children
- \* Family photographs
- \* Pets/pet items



Norfolk:

1800 Syracuse \* 402.371.8834

Niobrara:

2523 Woodbine Street \* 402.857.3391

Omaha:

2602 | Street \* 402.734.5275

Lincoln:

1701 E Street \* 402.438.9222

Sioux City

125 Sixth Street \* 712.258.0500



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# PONCA TRIBE OF NEBRASKA

Domestic Violence Program

# Safety Planning for Victims of Domestic Violence

Planning helps keep you and your family safe during violent incidents, while leaving the relationship and after the relationship ends.

#### Domestic Violence

Domestic Violence is defined as a series of actions chosen by an abuser in order to control a partner's behavior. It's a reality that exists in every community across America and it affects all cultures, religions, ethnic groups, and socio-economic sectors.

#### Types of abuse include:

- 1) Physical- includes slaps and pushes, kicking, punching, choking, and permanent physical harm.
- **2) Sexual-** is forced sexual activity, either intercourse or other acts.
- **3)** Financial- when you are not given enough money to feed or clothe yourself and your children and are expected to make ends meet without resources.
- 4) Psychological/Emotional- constant put downs are used against you (i.e. threats, insults, threats of physical attacks, etc.)

#### **Startling Facts**

- \* Domestic Violence is the leading cause of injury to women (more than car accidents, muggings, and rape combined).
- \* Studies show that up to 10 million children witness some form of domestic violence annually.
- \* A woman is beaten every 18 seconds in the United States.
- \* Once violence begins, it usually becomes more frequent and severe.
- \* Native Women are targets of violent crimes—battering, rape, assault, and homicide occur at much higher rates than any other group of women or men, by both Native and non-Native men.

Domestic Violence causes far more pain than the visible marks of bruises and scars. It is devastating to be abused by someone that you love and think loves you in return.

- Dianne Feinstein

If you identify with the issues outlined here, there are resources available to you. Please contact the Ponca Tribe of Nebraska Domestic Violence Program to get help.

#### **Does Your Partner:**

- Tell you that you are nothing without them?
- Use intimidation or threats to get their way?
- Embarrass or make fun of you in front of others?
- Pressure you sexually for things you aren't ready for?
- Treat you roughly grab, push, pinch, shove, or hit you?
- Make you feel like there "is no way out" of the relationship?
- Make you feel like everything that doesn't go right is your fault?
- Use drugs/alcohol as an excuse for saying hurtful things or abusing you?
- Call you several times a night or show up to make sure you are where you said you would be?





Services available through the Ponca Tribe of Nebraska Domestic Violence Program:

- ~ Transportation
- ~ Legal and Court Advocacy
- Shelter Placement and Referral
- ~ Community Resource Referral
- ~ Information
- ~ Counseling
- ~ Clothing
- ~ Food
- ~ Phone Cards
- ~ Limited Financial Assistance

All services are FREE of charge

National Crisis Line: 1.800.799.7233

Help is available 24 hours a day

All calls are free and confidential

Items to take when leaving:

Identification; School & Vaccination Records; Medication; Money, Check Book, Credit Cards; Address Book; Legal/Medical Documents

#### You Should Know....

- Assault is a crime!
- No one deserves to be abused.
- It is not your fault.
- You have a right to be safe.
- · Help is available.
- You are not alone.
- Domestic Violence can be fatal.
- Violence against women is not traditional.
- WOMEN ARE SACRED.



"Everyone has a right to peaceful coexistence, the basic personal freedoms, the alleviation of suffering, and the opportunity to lead a productive life" - Jimmy Carter

#### PONCA TRIBE OF NEBRASKA



Norfolk Office: 1800 Syracuse Ave. Norfolk, NE 68701 402.371.8834

Niobrara Office: 249 Spruce Ave. Niobrara, NE 68760 402.857.3341

Lincoln Office: 1701 E Street Lincoln, NE 68508 402.438.9222

Omaha Office: 2602 J Street Omaha, NE 68107 402.734.5275

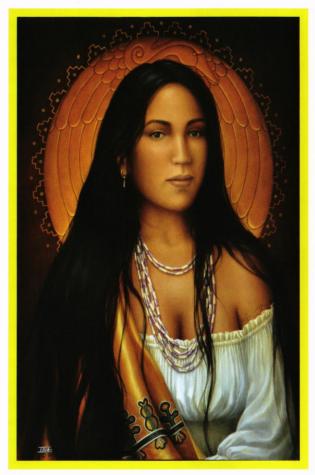
Sioux City Office: 119 Sixth Street Sioux City, IA 51103 712.258.0500

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#### PONCA TRIBE of NEBRASKA

Domestic Violence Program



VIOLENCE IS NOT A NATIVE AMERICAN TRADITION

Norfolk - Niobrara -Lincoln - Omaha - Sioux City



# What is Domestic Violence?

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone.

anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

# DO YOU FIND YOURSELF OR SOMEONE YOU KNOW SAYING THINGS LIKE...

"IT ISN'T ALL BAD"

"IT WON'T HAPPEN AGAIN"

"BUT, I LOVE THEM"

"I NEED TO STAY... FOR THE KIDS"

OR "IT ONLY HAPPENS WHEN..."

IF SO YOU MIGHT BE IN AN
ABUSIVE RELATIONSHIP AND NEED
TO SEEK HELP FROM YOUR LOCAL
DOMESTIC VIOLENCE PROGRAM OR
CALL THE NATIONAL CRISIS LINE:
1.800.799.7233



seen, the Explosion phase where there is a major confrontation, followed once again by the also tends to occur in cycles: the Honeymoon phase where things seem to be really good, the several tactics that abusers use to manipulate and intimidate and doesn't always involve physical violence. There are the Tension Building stage beings again. Honeymoon phase in which the abuser makes promises and may even seem different until their victims. These can range from put downs to physical or sexual attacks. Domestic Violence Domestic Violence can occur daily or once in a while Tension Building phase when conflict is beginning and some of the tactics are starting to be

Program can help! much you care for your partner it may be too dangerous to stay with them. When the victim is relationship. Everyone wants to believe the best in the person they love and they are correct else's decision to hurt you. This cycle is also one reason that it is hard for victims to leave the important to remember that NO ONE deserves to be abused and you cannot control someone It is common that victims will become so anxious during the Tension Building phase that they that "it isn't always bad", but it isn't always good either. You must realize that no matter how ready to leave it is important they have a safety plan in place. Your local Domestic Violence begin doing things that may seem as if they are "provoking" the Explosion; however it is





Services available through the Ponca Tribe of Nebraska Domestic Violence Program:

VICTIM/SURVIVOR ADVOCACY SAFETY PLANNING LEGAL AND COURT ADVOCACY COMMUNITY RESOURCE REFERRAL SHELTER REFERRAL **TRANSPORTATION** INFORMATION PRESENTATIONS SUPPORT GROUPS/TALKING CIRCLES COUNSELING REFERRALS LIMITED FINANCIAL ASSISTANCE MEDICAL ADVOCACY PROTECTION ORDERS PHONE CARDS

Services available to individuals enrolled in a federally recognized tribe, those who have children who are enrolled members, or have a partner who is an enrolled member.

**TOILETRIES** 



IF YOU OR SOMEONE YOU KNOW
ARE EXPERIENCING VIOLENCE IN
YOUR RELATIONSHIP
CONTACT YOUR LOCAL PTN OFFICE
FOR ASSISTANCE



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J.C. 4.22.13

#### PONCA TRIBE of NEBRASKA

#### Domestic Violence Program



Violence is not a Native American Tradition.

Contact your local office for free and confidential services:

NORFOLK- NIOBRARA LINCOLN- OMAHA- SIOUX CITY