

LOOKING FOR SUPPORT? START HERE.

Day One Services *(all ages)*

www.dayoneservices.org

Call 1-866-223-1111 anytime to get free and confidential help and resources regarding domestic violence, sexual assault/violence, human trafficking, or questioning aspects of your relationship.

Love is Respect *(all ages)*

Chat at www.loveisrespect.org

Text LOVEIS to 22522* | Call 1-866-331-9474

Highly trained advocates offer support, info, and advocacy to young people who have questions or concerns about their dating relationships. Free and confidential phone, live chat, and texting services are available 24/7.

Youth Services Network MN *(Ages 13-26)*

Learn more at: www.ysnmn.org

Call 612-377-8800

Online platform and app to help youth and young adults find shelter and services. Includes shelter, outreach workers, drop in centers/basic needs, food, medical, crisis line/counseling, parenting, education and employment.

Face to Face Clinic, Drop-In Center *(Ages 11-24)*

www.face2face.org/support/youth/

651-772-5555

Confidential, low-cost counseling and help with friends, family, relationships, sexuality, work, school, abuse, violence, drugs, grief. Provides confidential health care and a drop-in center with food, clothing, and housing. LGBTQ+ friendly.

Twin Cities Men's Center *(all ages)*

www.tcmc.org

612-822-5892 (leave a voicemail, hear back in 1-2 days)

Offers a variety of resources, support groups, workshops, retreats, conferences, and programming for men.

Standpoint *(all ages)*

www.standpointmn.org

612-343-9842

Provides legal advice, support, training, and over the phone advocacy free of charge, regardless of income, to domestic and sexual violence survivors, advocates, attorneys and other professionals working within the justice system in Minnesota.

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SAFETY TIPS

Cell Phone Safety Tips:

- Put a passcode on your phone. Don't share the code with anyone (if possible).
- Turn off location sharing.
- Turn off Bluetooth when not using it.
- Check privacy and security settings for all apps on your phone.
- Consider using a virtual phone number (e.g. Google Voice) to keep your number private.
- Set all online and social media profiles to be as private as possible.
- Change usernames, email addresses, and/or cell phone number.
- Try not to answer calls from unknown, blocked or private numbers.
- Block abuser's (and even their friends') phone number from calling or texting your phone.

Everyday Safety Tips:

- Carry your cell phone and important phone numbers with you at all times (write phone numbers in a planner or notebook in case you lose your phone).
- Keep in touch with someone you trust about where you are and/or what you're doing.
- Try to stay out of isolated places and try to not walk alone in the dark.
- Call 911 if you feel your safety is at risk.
- Look into getting a protective order so you'll have legal support in keeping an abuser away (you can call any of the numbers on this sheet for help with this).
- Remember that abuse is not your fault and you deserve a safe and healthy relationship.

ARE YOU OR
IS SOMEONE
YOU KNOW
EXPERIENCING
DOMESTIC
VIOLENCE?

USE THIS PAMPHLET FOR RESOURCES,
SAFETY PLANNING AND TIPS, & MORE.

MORE INFO AT WADVOCATES.ORG
24/7 CRISIS LINE: 651-227-8284.



Women's Advocates
Breaking the cycle of domestic violence.

NO ONE DESERVES ABUSE

Everyone deserves a relationship that is healthy, safe, and supportive. If you are in a relationship that is hurting you, it is important for you to know that the abuse is not your fault. Abuse is not only physical. It can be emotional, sexual, digital, financial, and identity-based.

It can happen to anyone*: Violent relationships can be experienced by anyone of any age, race, gender, sexual orientation, social class, level of education, etc.

**Note: This can include a relationship with an intimate partner like a boyfriend, girlfriend or partner, a family member such as a parent, aunt/uncle, grandparents, sibling or even a friendship. It is possible for any of these relationships to be abusive.*

If you are worried that someone you know *may be* experiencing dating violence:

- Don't tell them "I think you're in an abusive relationship." Instead, show them you are a trusting friend they can rely on.
- Asking positive questions can still show them you care about their wellbeing, such as "Do you feel like you have people that support you who are not your partner?" or "Do you feel respect, equality, love, and nonviolence are a big part of your relationship?"

Here are things you can say if someone you know *is* in an abusive relationship:

- I believe you. This is not your fault.
- No one deserves to be treated like that.
- Talking about this must be really difficult. But I am here to listen.
- What do you need to feel safe or what do you need for support? Would a safety plan tool help?
- I care about you and this is important to me.

If you aren't in a crisis but need help, call any of the helplines listed on the dark blue page of this pamphlet, or call OutFront MN, an LGBTQ friendly line, at 612-824-8434.

SIGNS OF AN ABUSIVE RELATIONSHIP

Intensity: Using excessive charm, over the top gestures that seem too much too soon, behaving obsessively

Jealousy: Responding irrationally when you interact with other people, persistently accusing you of flirting/cheating, resenting your time with friends and family or demanding private details

Control: Telling you what to wear, how to do your hair, when to speak or what to think, showing up uninvited at your home or school, checking your cell phone, emails, social media, going through your belongings, following you

Isolation/exclusion: Insisting you only spend time with them, making you psychologically dependent, preventing you from seeing your family or friends or from going to school

Sabotage: Making you miss work, school, a test or competition by starting a fight or needing you emotionally, having a meltdown or illness, breaking up with you, hiding your keys, wallet, text books or phone, stealing your belongings

Criticism: Calling you overweight, ugly, stupid, or crazy, ridiculing your beliefs, ambitions or friends, telling you they're the only one who cares about you, making you feel worthless

Blame: Making you feel guilty and responsible for their behavior, never taking accountability for their own behaviors, minimizing their actions

Anger: Overreacting to small problems, frequently losing control, violent outbursts, having severe mood swings, making threats, picking fights, having a history of violent behavior and making you feel afraid

Threats: Threats to leave, commit suicide, report survivor to police, to harm someone

Sexual Coercion: Manipulating or making threats to get sex, getting someone drunk or drugged for sex

Using Social Status: Peer pressure, threatening to spread rumors or lies

PLANNING FOR SAFETY

A safety plan is a practical tool that you create to lower your risk of being hurt by someone who is abusing you. It includes information specific to you and your life that will help keep you safe.

Creating a safety plan can help you prepare for what you will do in the case of an emergency. In a state of crisis, it can be difficult to think or remember what to do. A safety plan will remind you in those moments.

To create a safety plan on a secure online platform, here is a helpful link: <https://www.loveisrespect.org/for-yourself/safety-planning/interactive-safety-plan/>

Here are some important things to think through as you create your safety plan:

Who can you trust for support, is it:

- A teacher, counselor, or coach?
- A parent, sibling, family member?
- A friend, co-worker, classmate, teammate?

Make sure you have their phone numbers in more than one place. Can you call them anytime during the day or night? Can you call them when you're scared, sad, lonely? Think about using a code word to let these trusted people know that you are in danger.

Think about where you can go for safety, is it:

- Your home, a friend/family's home?
- Somewhere in your school?
- Somewhere recreational or in the community?
- A public, safe place that is unknown or not frequented by the abuser?

Think about things that make you feel supported and lift your spirits if you're in crisis. Ideas include:

- Playing a sport, musical instrument, game
- Reading books, drawing, making art
- Volunteering, connecting with others

For help making a safety plan call 1-866-223-1111 to speak with an advocate.