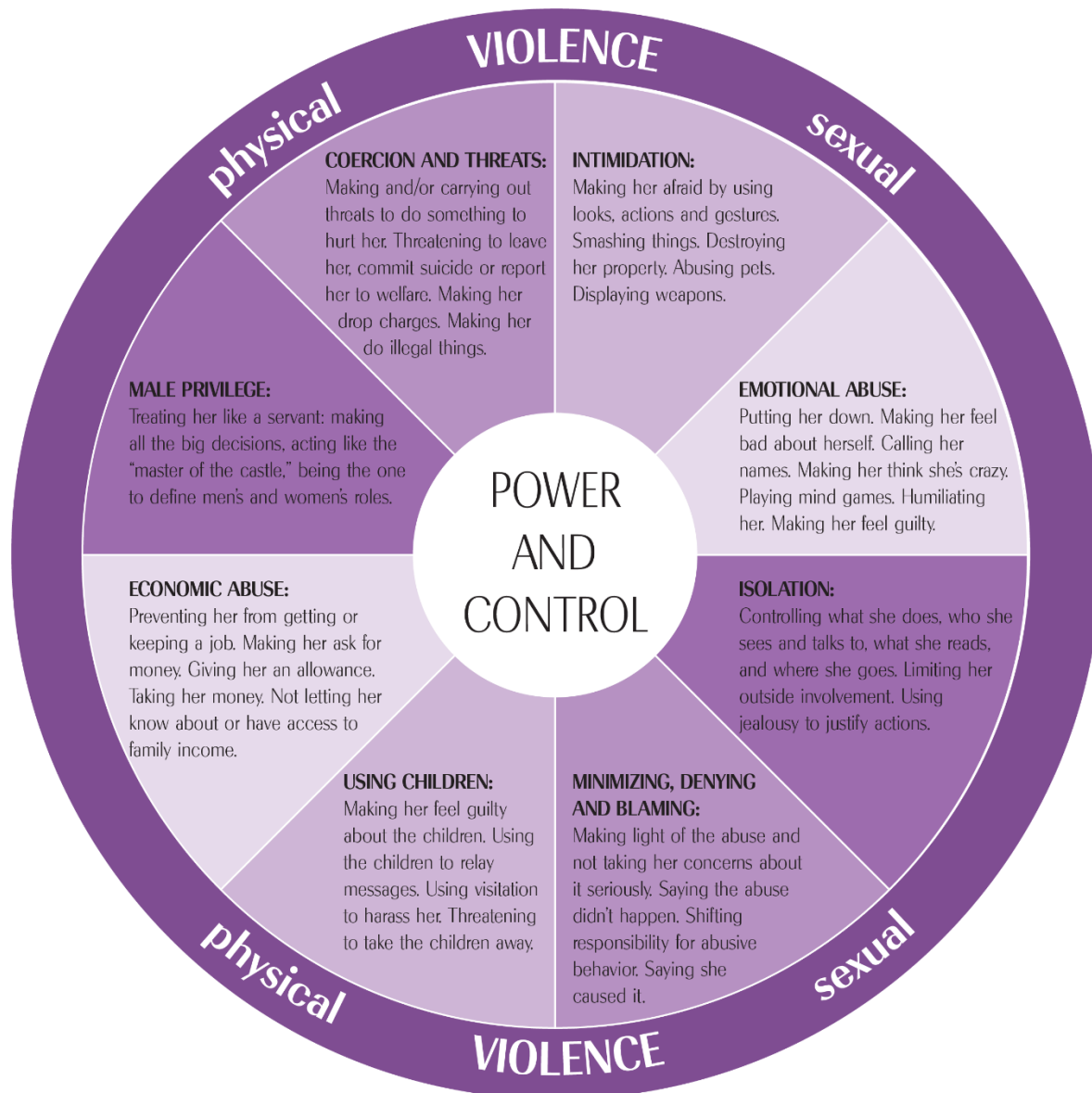


It's Never as Easy as "Just Leave" Participant Guide

Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control in an intimate relationship.

Power and Control



Remember: you never deserve to be mistreated. If you have questions about domestic, we encourage you to text "loveis" to 22522 at any time to connect with a confidential advocate from loveisrespect.org.

Safety Planning

- Who can you trust to share your concerns about your relationship?
- What word or phrase can you use in a phone call, text or message to ask someone you trust to call for help?
- Where or who can you stay with if you don't feel safe at home?
- If you need to leave in an emergency, where is a safe public place you could go?
- If you need to leave immediately, who can you call to pick you up or meet you?
- If you decide to end your relationship, where can you do it safely?
- Who can you call to talk with after ending your relationship?

Resources:

The National Domestic Violence Hotline: www.ndvh.org

Phone and chat services are available to anyone who has been affected by relationship abuse, including those who are currently in abusive relationships, those who are working to heal, friends or family of victims and survivors, and anyone in the community who has questions about domestic violence. Call 24/7/365 at 1-800-799-7233 or chat at theline.org.

National Dating Abuse Helpline: www.loveisrespect.org

Have a question about how to date in a healthy way? Need to check in with an advocate about your relationship? Want to raise a red flag? Peer advocates are available 24/7/365 to offer education, support and advocacy online at loveisrespect.org, by texting "loveis" to 22522, or by calling 1-866-331-9474.

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