

## **Safety Information and Tips For Helping Others Involved in Domestic Violence**

### **Warning Signs: Self Protection**

**What are words and behaviors that precede a violent incident?**

**What has your partner said or done that makes you feel afraid?**

**What is it about the way your partner looks that makes you feel afraid**

**What are you feeling inside?**

**Does your partner have any weapons?**

### **Self-protective Actions:**

**What can you do to increase your safety?**

**Who can you call in an emergency? (Friends, family members, neighbors, law enforcement) What are their telephone numbers?**

**Where can you go to be safe?**

**Can you lie or withhold information if you have to in order to protect yourself?**

### **Obstacles: Supportive Actions**

**What makes it difficult?**

**What do you feel about your partner?**

**How do you feel about yourself?**

**What might happen if you stay in the relationship?**

**What might happen if you end the relationship?**

### **Supportive Actions**

**Who can you turn to for emotional support?**

**Is there a support group you can join?**

**Is there a friend or family member who will help?**

**Is there a hotline you can call? What is the telephone number?**