

Domestic abuse, also known as spousal abuse, occurs when one person in an intimate relationship or marriage tries to dominate and control the other person.

Domestic abuse that includes physical violence is called domestic violence.

Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you.

Abusers use fear, guilt, shame, and intimidation to wear you down and keep you under his or her thumb. Your abuser may also threaten you, hurt you, or hurt those around you.

And while women are more commonly victimized, men are also abused — especially verbally and emotionally, although sometimes even physically as well.

The bottom line is that abusive behavior is never acceptable, you deserve to feel valued, respected, and safe.



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**Sacred Shawl Shelter**  
*(605) 685-1020  
Fax: (605) 685-1720*

**Crisis Hotline**  
*(605) 685-1111*

*WHBCDC: (605) 685-1168  
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*Sacred Shawl  
Society*



**Wild Horse Butte Community  
Development Corporation**  
*Martin, SD*

*Recognizing abuse is the  
first step to getting help*



*Sacred Shawl Society is dedicated  
to the safety of women  
and their children*



# MISSION

*The Sacred Shawl Society, is committed to the protection of our women and children from domestic violence and sexual assault.*

*The Society recognizes that violence against women is a system of behaviors and tactics used to maintain power and control over women, whether that is as individuals or as a group.*

*The Sacred Shawl, believes that violence against Lakota/Indigenous women is not traditional to our culture and lifeway teachings.*

*Sacred Shawl Society is committed to maintain a shelter, for safety and advocacy for individuals victimized by violence.*

*The society is continuously working to develop an effective response to systems in our community such as health, criminal justice, and other institutions that minimize violence against women.*

*The society will strive to raise community awareness on violence against women.*

*The Society will actively seek methods and processes that will facilitate non-violent interaction and support self-healing, peace and harmony, individual responsibility and self-growth. As Indigenous women, we have survived and held on to much of our tradition.*

*In keeping with our culture we are expected to conduct ourselves ethically and there is an expectation that Sacred Shawl members and employees interact with one another in the spirit of unity and mutual support.*

*We have survived by maintaining our traditions and culture and Sacred Shawl Society will conduct and interact with each other with unity and mutual support of those traditions.*

# SERVICES

*Sacred Shawl Society actively collaborates with tribal, state and federal agencies to provide services and shelter to victims of domestic and sexual violence.*

## ◆ Domestic Violence Advocacy and Services

## ◆ Emergency Shelter Services

## ◆ Limited Transportation

## ◆ Assistance with Protection Orders and Court Preparation

## ◆ Community Awareness and Education



## Personalized Safety Plan

◆ Having important phone numbers nearby for you and your children. Numbers to have are the police, hotlines, friends and the local shelter.

◆ Friends or neighbors you could tell about the abuse. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.

◆ How to get out of your home safely. Practice ways to get out. Safer places in your home where there are exits and no weapons. If you feel abuse is going to happen try to get your abuser to one of these safer places.

◆ Any weapons in the house. Think about ways that you could get them out of the house.

◆ Even if you do not plan to leave, think of where you could go.

◆ Think of how you might leave. Going over your safety plan often.

◆ Abusers try to control their victim's lives. When abusers feel a loss of control - like when victims try to leave them - the abuse often gets worse. Take special care when you leave. Keep being careful even after you have left.

◆ Four places you could go if you leave your home.

◆ People who might help you if you left. Think about people who will keep a bag for you. Think about people who might lend you money. Make plans for your pets.

◆ Keeping change for phone calls or getting a cell phone.

◆ Opening a bank account or getting a credit card in your name.

◆ How you might leave. How you could take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to be able to protect your children.

◆ Putting together a bag of things you use everyday. Hide it where it is easy for you to get.

## ITEMS TO TAKE, IF POSSIBLE

Identification

School and Vaccination Records

Medication

Money, Credit Cards, EBT Card

Address Book or Family/Friend Contact Info

Legal Documents, Birth Certificates, Social Security Cards

Extra Clothes

Insurance Documentation

Driver's License/Titles

## NATIVE WOMEN HAVE A RIGHT TO SAFETY

Women have rights that are protected by Federal, Tribal and State laws.

Safety for women and children are the most important to responders of domestic violence.

Women have a right to be treated with fairness, dignity and respect

Historically, violence to women and children were not accepted.

Respecting women, one's self and others created harmony in relationships.