

Is it me?

- Are you in a relationship, yet feeling isolated and alone?
- Do you believe that it is your fault if your partner is not happy?
- Do you believe your partner's criticisms are only meant to help you?
- Does your partner abuse physically or emotionally?
- Do you feel there is danger to yourself or your children if you leave the relationship?
- Are you an emotional hostage?
- Do you fear that you cannot survive alone?
- Do you believe that if only you change, your partner will change?
- Are you fearful about being hit?
- Is your partner stalking you?
- Have you stopped visiting family or relatives because of your partner?

If your answer to any of these questions is yes, then please call one of the advocates

At times, everyone has had one or two of these thoughts, but if you are having such thoughts, you may be a victim of intimate partner violence. As a victim, you may believe that you are responsible for causing or controlling everything that happens in the relationship. You may believe the problems in the relationship are your fault. You may rationalize, minimize, or explain away other reasons for your partner's behavior, and take on total responsibility for the violence. Taking responsibility gives you a feeling of power and control of situations that feel frightening and overwhelming. However, there are healthier ways to feel in control without trying to control the feeling and behavior of another person in the relationship.



OGLALA SIOUX TRIBE VICTIM SERVICES PROGRAM

OST VICTIM SERVICES ADVOCATES

ON CALL 24/7: (605) 867-1508

Office: (605) 867-1508

Fax: (605) 867-1511

OST VICTIM SERVICES

PO BOX 6022

Pine Ridge, South Dakota 57770

*Providing Domestic Violence,
Teen Dating Violence,
Relationships Education,
and Sexual Assault/Rape.*

*Funded by the US Dept of Health & Human Services
Family Violence Protection Service Act (FVPSA)*

VICTIM'S SERVICES OGLALA SIOUX TRIBE PROGRAM



OGLALA SIOUX NATION
PINE RIDGE RESERVATION

Providing Services For:

- Crisis Intervention
- Outreach Advocacy
- Emergency fuel, food, clothing, shelter, and transportation
- Accompaniment to hospitals for medical exams
- Assistance filing victim compensation applications
- Criminal Justice advocacy: Transportation to court, court support, assisting in filing protection orders and restraining orders
- Support Group
- Community Education to raise awareness on domestic violence and intimate partner violence and teen dating violence.



SAFETY PLANNING FOR SURVIVORS OF ABUSE

Not all ideas work for all people in violent relationships. Choose the ones that make sense for YOU.

IF YOU ARE PLANNING TO LEAVE REMEMBER LEAVING CAN BE DANGEROUS

- Open a bank account in your own name that your abuser does not have access to.
- Leave money, an extra set of keys, and copies of important documents with someone you trust or in a safe place and take them with you when you leave
- Figure out who can let you stay with them or help you in other ways
- Try to figure out which are the agencies in the community that can help you (police, domestic violence agencies, legal services, ect.) and get their phone numbers
- Would a protection order/restraining order help you?
- Bring prescription medications, glasses, hearing aids, or other assistive devices with you.

IF YOU ARE LIVING WITH THE ABUSER

- Practice how to get out of your home safely
- Decide and plan for where you will go if you need to leave in a hurry
- Keep a bag packed with money and important documents if you need to leave in a hurry
- Try to stay out of the bathroom or kitchen or other dangerous parts of your house if your partner gets violent
- If your partner has weapons in the house, think about ways to remove them
- Hide an extra set of car keys and some money

WHAT TO TAKE IF YOU LEAVE

- Identification
- You and your Children's Birth Certificates
- House and car keys
- Check book
- Protection Order/Divorce papers
- Medications
- School records
- Social Security cards
- Driver's license
- Money/EBT card/Welfare ID
- Personal pictures and possessions that are precious to you
- Deed, lease agreement, rental agreement
- Address books
- Clothes, diapers (best to put these in a safe place until you decide to go.)

OGLALA SIOUX TRIBE VICTIM SERVICES

*Intimate Partner Violence and
Sexual Assault is Against the Law*

**NOTHING YOU SAY OR DO MAKES IT
OKAY FOR SOMEONE TO HURT YOU**