

WHAT TO TAKE WITH YOU WHEN YOU LEAVE

- Identification
- Social security cards
- Welfare ID
- Medication
- Money/Debit or Credit Cards/Checkbook
- House and car keys
- Medications
- Medical, life, and auto insurance papers
- Legal Documents such as court orders, restraining orders
- Birth certificates for you and your children



NEED HELP?

SACRED SHAWL CRISIS LINE

(605) 685-1111

Strong Hearts Native Helpline

1-844-762-8483

SACRED SHAWL SHELTER

PO Box 488

Martin, SD 57551

(605) 685-1020

Find Us On Facebook

www.facebook.com/sacredshawlsociety

WILD HORSE BUTTE COMMUNITY DEVELOPMENT CORPORATION

401 5th St.

Martin, SD 57551

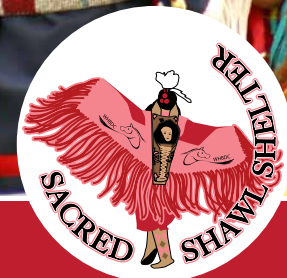
(605) 685-1168

FAX: (605) 685-1169



WWW.WILDHORSEBUTTECDC.ORG/
SACRED-SHAWL-SOCIETY

**FOR THE
SAFETY OF
WOMEN &
CHILDREN**



MISSION

The mission of the Sacred Shawl Shelter is committed to keeping women and children safe in a non-violent, Lakota value centered environment. The shelter will empower community through increased awareness, cultural intervention and by providing opportunities to make healthy lifestyle choices. The shelter will assist in encouraging our community to heal through Lakota cultural values and traditions.

SERVICES PROVIDED

- **Referrals and Safety Planning**
- **Provide Shelter for Women Against Violence and Sexual Assault.**
- **Emergency Shelter Services for Women & Children**
- **Transportation Available**
- **Legal Assistance:**
 - **-protection orders**
 - **-court preparation**
- **Domestic Violence and Sexual Assault Group**
- **Community Awareness and Education**
- **Advocacy and Other Supportive Services**

WHAT IS A SAFETY PLAN?

A safety plan is a set of actions that can help lower your risk of being hurt by your partner. It includes information specific to you and your life that will increase your safety at school, home, and other places that you go on a daily basis.

BEFORE AND DURING AN ATTACK

When an attack starts, try to escape. If you feel you are in danger, leave your home and take your children, no matter what time it is. Go to the house of a friend or relative or a domestic violence shelter.

Call for help. Scream as loudly and for as long as you can. You have nothing to be ashamed of — the abusive person does.

Stay close to a door or window so you can get out if you need to.

Stay away from the bathroom, kitchen, and weapons.

Practice your escape. Know which doors, windows, elevator, or stairs would be best.

Have a packed bag ready. Hide it in a place that you can get to quickly.

Identify neighbors you can tell about the violence. Ask them to call the police if they hear signs of domestic violence coming from your home.

Have a “code word” to use with your children, family, friends, and neighbors. Ask them to call the police when you say that word.

Get Ready to Leave

Leave money, an extra set of keys, and copies of your important papers with someone you trust. You may need to leave home fast, and you will need these things later.

Think about who you could stay with and who can lend you money.

Keep the phone number of the local domestic violence shelter nearby (or store it in your cell phone, if that is safe).

Teach your children how to be safe, for times when you are not with them.

Make sure your children’s school or daycare provider knows who is allowed to pick up your children.

Ask the court for a protective order and keep it with you at all times.

Keep notes about any contacts, threats, messages, or letters your spouse/partner sends to you. If your spouse/partner leaves messages on your voice mail, save the messages.

Think of how to stay safe in case the police do not get to you right away.

Give copies of your protective order to everyone listed on the order and to family, friends, and neighbors who are willing to help you.

If you are thinking about going back to a situation that could be abusive, talk with someone you trust about alternatives.

Think positive thoughts about yourself.

Read books, articles, and poems to help you feel stronger.

Decide who you can call to get the support you need.

Go to a support group. You will get support and learn about yourself, domestic violence, and relationships.

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SACRED-SHAWL-SOCIETY](http://WWW.WILDHORSEBUTTECDC.ORG/SACRED-SHAWL-SOCIETY)

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