

Helping Someone Experiencing Domestic Violence

- Listen without judgment and respect the person's choices. Keep what they tell you confidential unless there is an immediate safety concern requiring emergency assistance. Offer practical support, such as safely storing important documents, keys, or an emergency bag.
- Be someone they can contact when they need help. Avoid pressuring them to leave or make decisions before they are ready. Instead, help them identify available options and connect them with a domestic violence advocate, hotline, shelter, or other trusted resource.
- Store items for them: Offer to keep a spare set of keys, important documents, or an emergency bag at your house.
- Support their choices: Leaving an abusive partner is a process, not a single event. Let them make their own decisions at their own pace, as pressure can cause them to pull away from your support.

- Connect them to people who can help them, offer helpline numbers or offer to sit with them while they call an advocate.
- If you are in law enforcement or a health, education, social worker service provider, keep information available for support.



Native Women's Society of the Great Plains

"Reclaiming Our Sacredness"

Box 428

Eagle Butte, SD 57625

Phone: (605) 200-2699

or (605) 850-1332

FIND HELP:

<https://www.nativewomenssociety.org/members>

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Safety Planning

SURROUND HER



WITH SAFETY TOGETHER WE HEAL

She walks with strength and power. Honor the woman she is and the elder she will become.

Give her a community that protects her from a batterer's violence and honors the beauty of her spirit.

Safety Plan If You Stay

- A safety plan can help you think ahead about ways to protect yourself and your children.
- Talk with your children about what to do during a dangerous situation. Remind them that their priority is to stay safe. Identify trusted family members, friends, or neighbors who can help.
- Practice your safety plan when it is safe to do so. During a violent incident, try to move toward an exit and avoid kitchens, rooms with weapons, or small spaces where you could become trapped. If possible, get to a safe place and call 911.
- For confidential support, contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or StrongHearts Native Helpline (844) 762-8483 (1-844-NATIVE).

If You Decide to Leave

- Plan for how you and your children can safely leave. Keep essential items—such as identification, important documents, keys, money, medications, and clothing—ready or stored with someone you trust.
- Know who can help you and how you will get to a safe location.

After a Violent Incident

- Seek medical attention for yourself and your children if needed and keep copies of medical documentation. If it is safe, consider contacting law enforcement, making a police report, or seeking a protection/restraining order.
- A local domestic violence organization can also help with safety planning, emergency shelter, advocacy, counseling, and other services.

Digital Safety

- Be aware that an abusive partner may monitor your phone, location, GPS, internet activity, or social media. Consider turning off location sharing and reviewing your privacy settings.
- When possible, use a safe device or public computer to search for resources. Private/incognito browsing or clearing browser history may help, although these measures do not guarantee that your activity cannot be detected.

