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# ASK YOURSELF

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A DOMESTIC & SEXUAL VIOLENCE  
PREVENTION & RESOURCE GUIDE

Dear Friend,

Domestic and sexual violence affects females and males of all ages in our communities. Throughout the last decade, Michigan lawmakers have taken a leadership role in enacting legislation to ensure the safety of our citizens. National and statewide legislation has effectively assisted victims of domestic violence, lessened the leniency for their offenders, and helped to reduce the stigma of abuse.

This publication contains information and prevention resources for any individual affected by domestic and sexual violence. Specific topics include the updated requirements for Michigan's campuses regarding sexual assault, warning signs of domestic violence and teen dating violence, information regarding drug-facilitated rapes and sexual assault prevention, facts on human trafficking, stalking and cyberstalking, abuse reporting procedures, as well as a parent and guardian's section, suggestions for helping a friend in an abusive situation and what to consider when leaving an abusive relationship.

Throughout this publication, many national, state and local crisis hotlines, professional domestic violence organizations and shelter information have been compiled for your quick reference.

It is hopeful that this prevention and resource guide will provide you or someone you know with invaluable information.

**Every abusive situation is unique.  
You are the only one who knows what is right for you.**

***Ask yourself,  
“how am I being treated?”***

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***Informational resources:***

Centers for Disease Control and Prevention  
Human Relations Media  
Michigan Department of Health and Human Services  
Michigan.gov Let's End Campus Sexual Assault  
National Domestic Violence Hotline  
National Network to End Domestic Violence  
National Teen Dating Abuse Helpline  
RAINN (Rape, Abuse & Incest National Network)

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***Special appreciation and compilation assistance:***

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Oakland County Coordinating Council Against Domestic Violence  
Women's Resource Center of Northern Michigan  
Legacy Model & Talent Agency and the volunteer models who devoted their  
time and patience to this project. Volunteer model photographer, Sandra Debnar

***Please note:*** This booklet is not a substitute for professional domestic violence consultation, law enforcement assistance or professional legal advice.

# Ask Yourself

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## A Domestic & Sexual Violence Prevention & Resource Guide

### EMERGENCY CONTACT NUMBERS:

If you are in immediate danger, call 9-1-1

**National Domestic Violence Hotline:**

**1-800-799-SAFE (7233)**

**TTY: 1-800-787-3224**

**RAINN National Sexual Assault Hotline:**

**1-800-656-HOPE (4673)**

**National Teen Dating Abuse Helpline:**

**1-866-331-9474**

Prepared by the Michigan Legislature

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*This information is provided free to Michigan citizens  
and is not for reproduction for resale or profit.*



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PART 1

DOMESTIC VIOLENCE  
DOMESTIC VIOLENCE

Ask Yourself

# DOMESTIC VIOLENCE

You Are Not Alone. There is Help.



*No one wants to admit they may be in an abusive relationship. When you are hurt by someone you love, you may feel like you are the only one this happens to. Know that you are not alone, and there is help available.*

## What is Domestic Violence?

*Domestic violence is a pattern of assaultive and controlling behaviors that one person uses against another in order to gain or maintain power in an intimate relationship.*

Domestic violence, also known as, intimate partner violence (IPV), is abuse committed by a current or former intimate partner or spouse, boyfriend or girlfriend, dating partner or sexual partner, or by a partner with whom there is a child in common. IPV can occur between heterosexual or same-sex couples and does not require sexual intimacy.

IPV can vary in frequency and severity and the abuse can include physical and sexual assaults, emotional abuse, social isolation, financial control, coercion, threats,

use of children, stalking, intimidation, and abuse of pets and other animals. These are examples of tactics used by an abuser to control another person. Some forms of IPV can also be committed electronically through mobile devices and social media sites.

Domestic abuse can happen to anyone regardless of age, gender, race, culture or religion. It occurs in communities across all economic, ethnic, educational, and marital status groups, however, data has shown many minority groups are disproportionately affected by IPV.





The Michigan State Police reported 64,778 victims of domestic violence in Michigan during 2020.

## Who is an Abuser?

There is no “typical” abuser. The most commonly reported abuser is a husband, ex-husband, or current or former intimate partner. **Abuse is a choice.** The abuser may use their violent family history as an excuse to validate why they abuse. They may seem friendly and loving to their partner in public, but abuse in private. Abusers often cause injuries that can be concealed and do not need a doctor.

Abusers may also place blame on those they abuse; they may be manipulative in all of their relationships and have strong verbal persuasiveness skills. Some abusers feel it is their “right to discipline” their partners and rarely do they see their behavior as a problem. A common excuse is that they “lost control,” when actually they use abuse to *gain* control over their partner.

Generally, abusers continue their behavior unless apprehended, convicted, and successfully treated. Even if their victim leaves, many abusers continue to harass, threaten and assault them. If an abuser becomes involved with someone else, it is likely his or her battering tactics will continue.

## Who is Affected?

Both men and women can be victims of intimate partner violence (IPV), which also includes the abuse of children, siblings, and elderly persons. Nearly one in four adult women and approximately one in seven men in the U.S. report having experienced severe physical violence from an intimate partner in their lifetime.<sup>1</sup> Nearly half of all women and men (47%) have experienced psychological aggression, such as humiliating or controlling behaviors, from their partners.<sup>2</sup>

Even if children are not involved or do not witness the abuse firsthand, they are almost always aware of it. According to data from The National Intimate Partner and Sexual Violence Survey (NISVS), intimate partner violence often begins in adolescence. Childhood exposure to violence between parents and experiencing child abuse firsthand are just two factors that may put individuals at risk for later committing IPV. Millions of women and men report first experiencing IPV before the age of 18.<sup>3</sup>

*Domestic violence is not a “family matter.” It is a crime.*

<sup>1-3</sup> *Intimate Partner Violence Prevention, 2017.* The National Intimate Partner and Sexual Violence Survey (NISVS), Centers for Disease Control and Prevention.

# Abusive Behaviors to Watch For

*Abusers will attempt to control their partners in a variety of ways.*

*The following is a list of some common abusive behaviors.*

**USE OF ISOLATION** — The abuser may try to cut off your relationships from family and friends, limit your outside involvement in events or activities, limit use of a vehicle, behave jealously and be suspicious of you.

**ECONOMIC** — The abuser may control all aspects of the finances and deny you access to bank accounts, cash and credit cards; prevent you from getting or keeping a job; keep you from going to school and limit your health prescriptions and dental insurance.



*Victims of abuse often report their partners stating “No one else will ever want you”, or “If I can’t have you, no one else can”.*

**EMOTIONAL** — The abuser may try to manipulate your emotions, be hypersensitive and get easily insulted and/or overreact, try to humiliate or ridicule you in public, may play “mind games” to make you feel bad or guilty, threaten to expose your weaknesses or spread rumors about you.

**INTIMIDATION** — The abuser may use threatening behavior or verbal aggression; abuse pets and/or other animals; strike or throw objects at or near you; destroy property, especially beloved possessions.



*How the abuser chooses to react or behave is not your fault.*

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*You may hear from your abuser's relatives or ex-partners that they have used force with other dating partners before.*

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**COERCION** — The abuser may threaten to find someone else if you don't comply with their demands, they may involve the children, threaten to harm themselves or commit suicide if you break off the relationship.

**DENY, OR BLAME OTHERS** — The abuser may tell you it's your fault and blame everyone else for their problems, including you, for "making them angry," or for "making them hurt you".

**DUAL PERSONALITY** — The abuser may have sudden mood changes and appear to be two different people; they may act differently in public than when alone with you.

**PHYSICAL** — The abuser may physically assault you by one or more actions such as hitting, shoving, grabbing, slapping, strangling, burning, biting, kicking; or may use force during an argument such as holding you down or restraining you.



**SEXUAL ACTIVITY** — The abuser may coerce or force you to engage in *unwanted* sexual activity, may use drugs or alcohol to impair you in order to have sex, may refrain from using birth control or allowing you to use it in an attempt for you to become pregnant.

**STRICT GENDER ROLES** — The abuser may want to enforce their idea of gender-specific duties in the home and with other family members, may make everyone obey all directions, and become possessive or angered if challenged.



Every person is worthy of respect, to be treated equally, and to have control over one's own body and self.

# ABUSE is Used to Maintain

Abuse can take the form of physical assaults such as slapping, pushing, kicking, punching, strangling or striking someone in any way. All forms of abuse are intentional tactics used by the abuser to entrap their partner in the relationship. The abuser is the only one who can choose to stop their violent behavior.

TYPES OF ABUSE	ECONOMIC CONTROL	ISOLATION/ EXCLUSION	SEXUAL COERCION
<p style="text-align: center;">E X A M P L E S  O F  A B U S E</p>	<p>Forbidding you to work or sabotaging employment opportunities</p> <p>Taking your paycheck without your consent</p> <p>Making you ask for money or giving you an "allowance"</p> <p>Not letting you know about or have access to family income</p> <p>Running up large debts on joint accounts</p> <p>Stealing your identity, property or inheritance</p>	<p>Controlling what you do, who you see or talk to, what you read, or where you go</p> <p>Not allowing you to take the car</p> <p>Limiting your outside involvement</p> <p>Using jealousy to justify abusive actions</p>	<p>If you are a woman, purposefully getting you pregnant</p> <p>Getting you drunk or drugged to have sex</p> <p>Making you perform sexual acts you normally wouldn't do</p> <p>Saying things like: "If you loved me, you would..."</p> <p>Persistently harassing you by sexting or sexual bullying</p>

# Power and CONTROL

There are many resources available to assist victims when faced with abuse, such as local shelters, 24-hour hotlines, live chats, and websites. Please see the list of Domestic & Sexual Violence Local Resources in the back of this book.

THREATS	MINIMIZE/ DENY/BLAME	EMOTIONAL	INTIMIDATION
Making threats to hurt you	Making light of the abuse and not taking concerns about it seriously	Putting you down	Making you afraid by using looks, actions, or gestures
Making threats to commit suicide	Saying the abuse didn't happen	Telling malicious lies about you to your friends	Threatening to expose your weaknesses; spreading rumors, humiliating, embarrassing, manipulating or controlling you
Making you drop previous charges	Shifting responsibility for the abusive behavior	Making you feel bad	Smashing things or destroying property
Making you do illegal things	Saying you caused the abuse	Calling you names	Abusing pets or other animals
Threatening to take your children		Playing "mind games"	Displaying weapons
		Making you think you're "crazy"	
		Humiliating you	
		Making you feel guilty	

Ask Yourself...

# There are Laws to Protect You



In 1978, the Michigan Legislature enacted the first of several aggressive statutes dealing with the plight of domestic violence victims. In 1994, many public acts imposing even more stringent laws were passed, making our state a leader in the fight against domestic violence.

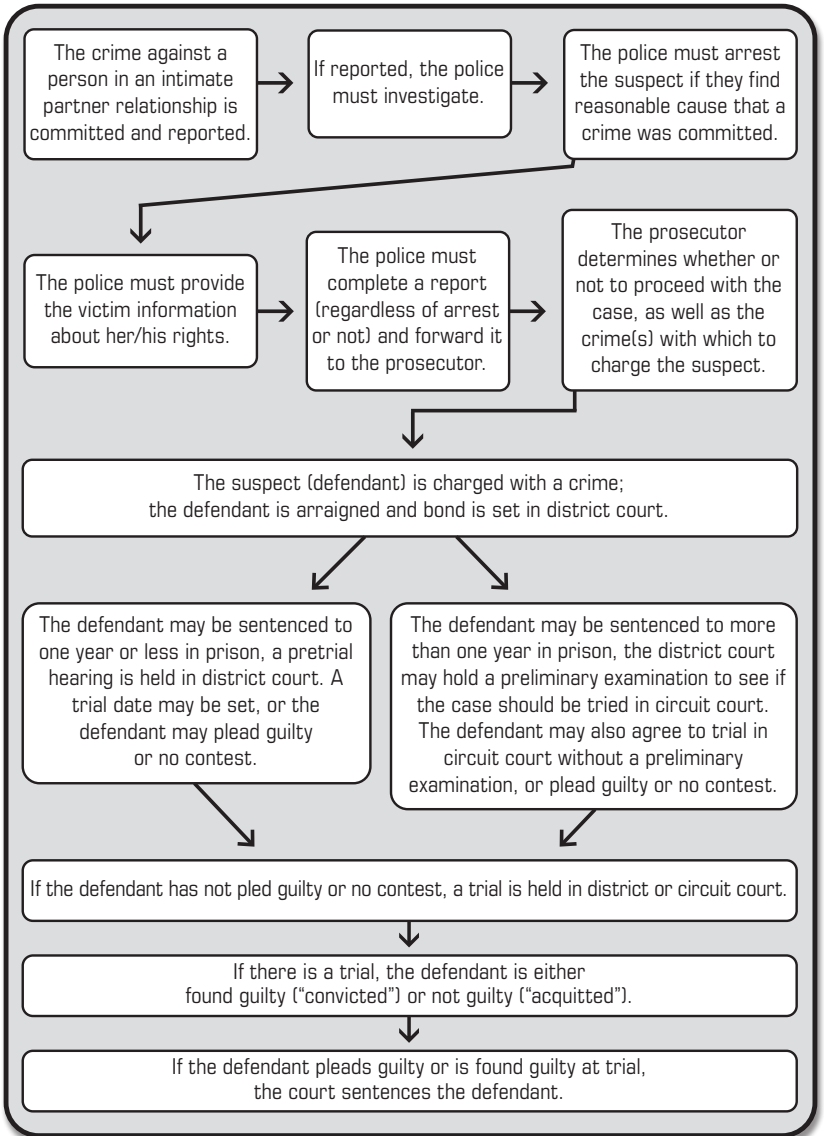
Today, every county in Michigan is covered by a domestic violence program that includes shelter, crisis intervention centers and telephone hotlines.

The Michigan Coalition to End Domestic & Sexual Violence (MCEDSV) was established in 1978 to speak on behalf of victims of abuse statewide. Comprised of shelters, service providers, and other concerned individuals, MCEDSV is now part of a national movement

working to prevent and eliminate abuse by increasing awareness and coordinating the exchange of skills, information, and resources.

Also in 1978, legislation established the governor-appointed Michigan Domestic and Sexual Violence Prevention and Treatment Board (MDSVPTB) within the Michigan Department of Health and Human Services. The Board administers state and federal funds appropriated to support community-based shelter, counseling, and advocacy services. The Board works collaboratively to develop and implement policies and training for law enforcement, the courts, and human services, as well as advises the legislature regarding domestic and sexual violence issues.

# What to Expect if Intimate Partner Violence Occurs and is Reported to the Police



From the Michigan Domestic and Sexual Violence Prevention and Treatment Board,  
*Dating Violence Youth Education Packet.*







PART 2

IF YOU ARE BEING ABUSED  
IF YOU ARE BEING ABUSED

Ask Yourself

# MY STORY

## A True Account of Abuse

### THE LAST TIME

"I said to myself—this is it. This is it." Judith's\* husband, after a brutal beating, had barricaded her in their house, and would not let her leave, or let anyone take her out. Thoughts of an abused woman she had known from church passed through Judith's mind. She too had been barricaded in her home by her husband, but that woman had not made it out.

"When you know they're serious—when they say they're going to take your life," Judith says very slowly and deliberately, "what do you do? My husband, at the time, he meant what he said."

Judith is a successful business owner in Michigan, as well as a volunteer for various organizations. She has dedicated her life to giving support, comfort, and inspiration to the people she welcomes into her business' "family," and is committed to making their dreams come true.

*"He wanted to isolate me."*

The strength that Judith draws from so that she may give support to others was not always within her. "There were times when I had given up hope on all life," Judith says, "and I know it was my prayers and the prayers of my family that brought me through what I went through."

For 15 years, Judith endured repeated abuse from her husband. "The second year of our marriage is when it all started...when I recognized it." He wanted her home at all times, he did not want her to better herself, and wanted her at his "beck and call." He would come to her job site and make threats.

*\*Name has been changed.*

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*This is one person's story of survival. What is safe for one person may not be safe for another. You know your situation the best.*

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He would not allow her to have friends. "He wanted to isolate me. He would tell me how ugly I was, that I was nothing, that 'no one wants you. I don't want you.' And when this is coming from someone you think loves you... you begin to think and feel that they must be right. Verbal abuse destroys your self-esteem and self-worth."

### LEAVING AND GOING BACK

There were no domestic violence shelters or 24-hour help lines during the time when Judith was living with domestic abuse. She had left her husband several times and returned with the hopes that she could make things work. He was the father of her children and she wanted a family as she had always envisioned. But each time it was harder to leave, and each time the abuse would get worse. Judith became increasingly concerned about the effect that this would have on her children. She did not want them to become abusers, or to think that this is how women are supposed to be treated. She knew she had to get out. "I could not subject my children to it any longer. I would not. I am their protector."

### MAKING THAT DECISION

The longer you are in a relationship with someone, the more you accumulate together. The children are attached to both parents, which also makes it difficult to leave. Judith got to the point where the house she owned with her husband meant nothing to her. Others have said similar things to her about jointly owned houses, cars, and furniture. "You've got to come to the realization that...it's just a house. My peace of mind is worth more to me than anything. My children's lives are more

important to me. I cannot sleep in peace. I cannot be in peace. I've got to get out of this relationship. I cannot stay here. And that's what I did."

"My peace of mind is worth more to me than anything."

After the last beating, Judith's husband dropped her off at the emergency room with broken ribs and a number of other injuries. They asked her if she wanted to press charges, and she said "No." She knew her husband had a gun and "...knew the man was serious about what he was talking about doing to me." So she began to look for a new place for her and her children to live. "I was serious about it" she says, "I had **had** it."

### **PREPARING TO LEAVE**

This time, Judith prepared herself for leaving. "When I would buy groceries, I would buy enough groceries for my other place. I would buy bed linens...I would put food in someone else's freezer." She made certain that she and her children would have supplies for six months after leaving. Judith decided that the best course of action for her was to be direct and honest with her husband about her plans to leave. She still wanted her children to have a relationship with their father. "I had nothing to hide from him—he knew I was serious about this. I told myself, I can do this. I **will** do this. And I did it!"

### **A NEW LIFE**

When asked if she felt safe at her new place, Judith said "...not in the very beginning. But I had peace of mind. I was able to sleep nights. That just improved as days went on." Her husband tried to talk her into coming back, but she would not go back to that situation. She counted on herself to keep her family safe and her faith to sustain them.

She reflected on something her father used to say to her and her sisters when they were dating, "If it's bad enough to leave, it's too bad to go back to it." That would be her advice to others who find themselves in abusive relationships. "If you're in a situation where you're being abused—it's not going to get any better without help. It's just going to get worse. Get out of it. Don't ever go back to it, because if they did it once, they will do it again."

### **EVERY SITUATION IS DIFFERENT**

Judith is sharing her story, with the hope that others will find comfort, and realize that "...it is an individual decision they will have to make for themselves. I think when we have different examples or situations, we can then determine which is the best course for me to take. Women need to know...that any type of abuse is serious...these types of people are insecure...they are controllers...that's what it's all about—control. Don't give in to that control." Judith stresses that everyone's situation is different and you have to know your own. When asked if there was anything that could have assisted her

"I told myself I can do this."

during the time she was being abused or as she prepared to leave, Judith admits that support from her family would have been helpful. She believes she would have sought help from groups or crisis shelters, if they had been available for her—that she would have picked up the phone and called a help line.

### **EVERY DAY IS A GIFT**

Now, Judith's main joy in life is to help others. "If there is a way to give back, I am there to do just that," she says. "Every day is a gift. Each day, I want to open the gift to see what's in it. Every day is a gift."

# If Your Abuser Comes to Your Work



*Spouses or domestic partners were responsible for 392 workplace homicides in 2020<sup>1</sup>*

Domestic violence can afflict victims at work in many ways, such as threatening phone calls or unexpected visits from the abuser, as well as actual incidents of violence. It is well known that violence often increases when the victim leaves or attempts to leave the relationship. The workplace can then become the easiest place to locate and gain access to the victim.

Employees who are coping with domestic violence have reported that it has a negative impact on their job performance.

## ***Consider Talking to Your Employer***

It is understandable that you may not want your employer or coworkers to know you are being abused.

However, only when your employer knows of the potential danger you may be in, can steps be taken to increase your safety while you are at work.

Employers may consider working closely with you, security, and local law enforcement to help create a safe environment and be able to respond quickly if a violent incident or threat occurs.

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For professional assistance or to implement an Employee Assistance Program (EAP) at your workplace, employers and employees can contact:

**United States Attorneys  
Employee Assistance Program  
1-888-271-0381**

<sup>1</sup> Bureau of Labor Statistics: *Injuries, Illnesses, Fatalities, Workplace Homicides, 2022.*

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*A personal protection order, or PPO, is an order issued by the Circuit Court. It can help to protect you from being abused, threatened, or stalked by another person.*

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## **What Can a PPO Do?**

- The PPO may prohibit someone from coming into your home or harassing you at work. *Even if a survivor has left their abuser, the work site is one place where the abuser can find them.*
- The PPO can prohibit them from buying a firearm or finding your address through school records.
- The PPO can also prohibit them from taking your minor children unless required by the court.
- There is no cost to file a PPO.

## **Who Can Get a PPO?**

Anyone who has been physically or sexually abused or threatened by someone they have been married to, lived with, dated, or have a child with, can get a PPO.

*Some examples may include:*

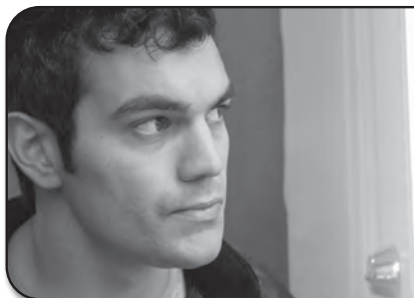
- a current or former spouse, family member, partner, other parent of your child, or current or former person you have dated.
- anyone who has been stalked.

## **How Do I Get a PPO?**

You file for a PPO with the Circuit Court Clerk's office in your county. PPO standards are the same, but practices may vary by county. *It may be helpful to contact your local domestic violence program for help with this process.*

## **What Should I Bring?**

- A statement telling the court what has been going on. Make sure to list everything including dates and details the best you can.  
*NOTE: Inaccuracies can harm your case and be used against you. The abuser will be able to read this statement.*
- Police reports, medical records, photographs, or witnesses;
- Information about the abuser: current address, date of birth or age, hair color, eye color, height, weight, address, Social Security number, driver's license number;
- Any court papers you have. For example, custody and/or parenting time orders, lease agreement, divorce papers, or criminal case records.



**CARRY A COPY OF  
YOUR PPO WITH  
YOU AT ALL TIMES.**

*This will help police  
enforce the PPO if  
there is a violation.*



**Cyberstalking,  
High-Tech Harassment,  
and the Crime of Stalking**

**USING TECHNOLOGY TO PURSUE,  
HARASS OR STALK.**

For more information and ways to protect yourself, visit:

**[WWW.NNEDV.ORG/RESOURCES/SAFETYNETDOCS](http://WWW.NNEDV.ORG/RESOURCES/SAFETYNETDOCS)**

**(NATIONAL NETWORK TO END DOMESTIC VIOLENCE)**

# Cyberstalking and High-Tech Harassment

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*Potential stalkers may find it easier to stalk via a remote device rather than confront their victim face to face.*

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Stalkers and abusers can easily use a variety of electronic devices and computer applications, including cell phones, to pursue, harass and stalk their victim. This form of stalking is often referred to as **cyberstalking**.

A cyberstalker repeatedly uses the internet to harass their victim through social networking sites, emails and/or text messages. The cyberstalker may also acquire or impersonate the victim's identity and invite third parties to further their stalking behaviors, also known as trolling. A victim can feel overwhelmed, fearful, and intimidated, even though the stalking is not a physical presence.

**Take cyberstalking seriously.** To help establish a record of stalking incidents and behaviors, document your experiences and save menacing or harassing messages and emails.

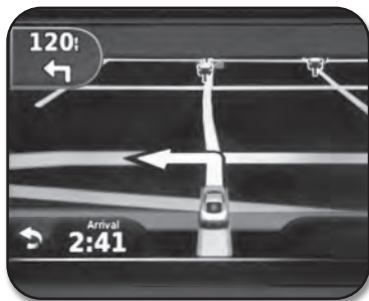
Cyberstalking can escalate to physical contact or coming to your home or workplace.

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## Be Aware

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- GPS tracking devices can be hidden on vehicles and in belongings.



- Location tracking is enabled on modern cell phones and an abuser may be able to view it. They may also be able to view recently used maps on a phone or a computer the phone's data has been synced with.
- Many cell phone cameras come enabled with geo-tagging features. This means that latitude and longitude location data is embedded in all photos taken with such cell phones. Learn how to turn this option off.

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## Keep In Mind

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- If you are arranging escape plans, **USE A DONATED OR NEW CELL PHONE.** Do not use a shared or family cell phone since billing records and phone logs might reveal your plans. *Your local crisis shelter may be able to provide you with a safe cell phone or prepaid phone cards.*
- Be sure devices such as baby monitors and speaker phones are turned off during sensitive conversations.
- Many courts and government agencies are putting records online. **Request that access to your personal information be restricted.**

# Computer and Mobile Device Safety

*Computer and mobile devices can be monitored by an abuser or anyone else who knows how to access them directly or remotely. Online activities and searches are stored within the devices and are impossible to completely erase.*



*It may be safer to use a computer at a library or trusted friend's house.*

Computers and mobile devices, especially when used on the internet, automatically store a virtual trail of activity and searches, such as what websites have been visited and what has been posted online.

**There are precautions you can take when using computers and mobile devices:**

- If you think your computer or device is being monitored by someone, don't suddenly stop using it. This may raise suspicion. Continue to use it for nonpersonal activities such as looking up the weather.
- Consider creating a new email account from a safe computer like at a library or a trusted friend's house. Do not check this new email account from the computer or device you think is being monitored.
- Email addresses should not contain your real name. Do not share detailed information about yourself.
- If a computer or device app asks if you would like it to remember your password – choose "No."
- Learn about the Preferences settings of the computer and mobile device apps you use, especially for web browsers.
- All major internet browsers have the option to use a "private browsing" or "incognito mode." When browsing the internet in a private mode, data such as the history of websites you have visited, passwords, and cookies will not be stored.
- Uncheck the "Use Inline Auto-complete" box. This function will automatically complete an internet address when you start typing in the internet address box. This could give hints to which websites you have visited.
- Do not use the same password for different accounts. Each email or online account you create should have a different password. Passwords should contain both letters and numbers and be at least 8-10 characters long. Do not use passwords that can be easily guessed such as family names or important dates.



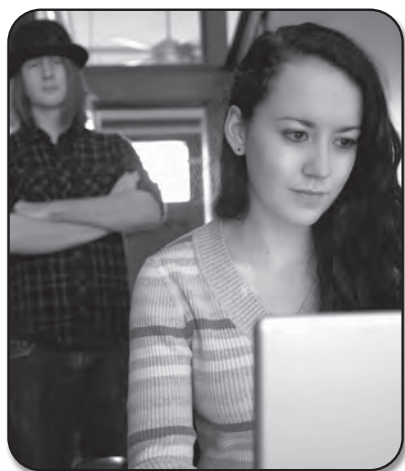
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## Be Cautious With Your Personal Information Settings on Social Media Sites

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- Set your pages on Facebook, Instagram, Twitter and other social media sites to “private” and “friends only.” CAUTION: This will not guarantee that your information is completely private.
- Limit the amount of personal information you include in your profile.
- Consider reporting any harassment on social media to the social media company. If it violates the site’s terms of service or content guidelines, they may remove it. **Be sure to document or take screenshots of the abuse if you want evidence of it.**
- Be aware that messages and photos you post on your page and your friends’ pages can be viewed by others.

**Discuss with friends and family what type of information may not be safe for them to post about you.**



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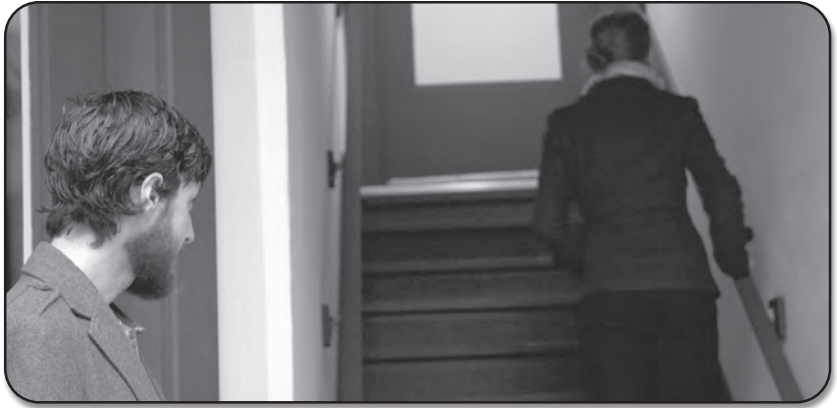
## Documentation Tips for Survivors

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Abusers often misuse technology to further abuse and control their victims. Documenting all incidents can be helpful if you ever decide to pursue legal action. **It may not be safe to use your mobile device to collect evidence. Trust your instincts and do what is safest for you.**

- **Emails.** Save threatening or harassing emails – if safe to do so – but do not forward the emails to someone else. Emails contain IP addresses which can be used to identify the sender. (Forwarded emails lose the identifying information needed for evidence.) If you’re concerned someone could access your email account, try to print them out or take screenshots of the content including the headers.
- **Text Messages.** Take screenshots or pictures of text messages. Also take a screenshot of the abuser’s contact page to show that the harassing messages are associated with their phone number. Text message content is only kept by wireless carriers for a limited time. If you are working with law enforcement, ask them to send a preservation letter to the phone company so the data is not deleted.
- **Harassing Phone Calls.** Consider recording your phone conversations. Michigan law allows for recording as long as you are personally a part of the conversation. Document your call logs by taking a screenshot or picture of the call list including dates and times.
- **Outside Help.** Consider asking a trusted friend, coworker or family member to help.

# The Crime of Stalking



*In 2022, the Michigan State Police reported 16,000 victims of Intimidation/Stalking.*

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***Stalking is repeated harassment that makes you feel scared or threatened. Stalking can be directly related to domestic violence, or can involve complete strangers.***

---

If you feel you are being repeatedly harassed, frightened, intimidated, threatened, or terrorized by another individual, you may be a victim of stalking. All forms of stalking, whether by a stranger, or domestic-violence related, can escalate over time and should be considered dangerous and unpredictable.

***Call 9-1-1 if you are in immediate danger.***

Stalkers may embark on long-term, calculated “campaigns” of harassment that threaten the safety and livelihood of their targets and the target’s family, workplace, and property.

In the United States every year, approximately 3.4 million women and men are stalked.<sup>1</sup> Stalking victimization is receiving greater recognition as a problem affecting

both men and women. Much of what has been learned is based on studies of intimate partner violence and special populations such as college students.

One common misconception is that there is, or has been, a relationship between the stalker and the victim. This is not always the case. Oftentimes, the offender develops a fantasy-based, one-way relationship after only a casual introduction, and begins to stalk the victim. This can be very confusing for the victim, while the offender sees it as a “loving,” two-way relationship.

Contact local law enforcement and document all incidents whether you plan to file formal charges or not.

*1 in 3 women and 1 in 6 men have experienced stalking in their lifetimes.<sup>2</sup>*

<sup>1,2</sup> *Stalking Victimization 2019, February 2022 Report, Government Bureau of Justice Statistics.*

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## Examples of Stalking Behavior

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Repeated, unwanted and intimidating course of conduct such as:

- following or confronting you or appearing within your sight;
- appearing at your workplace or your home;
- entering or remaining on your property;
- leaving an object like a “gift” of any kind on your property;
- contacting you by phone, letters, text messages, emails or social media;
- threatening you with harm or death;
- finding out about you through your garbage, public records, online searches; or contacting family, friends, neighbors or co-workers;
- any other behavior or action that threatens, controls, or tracks you.



*“I didn’t know where he was, but it felt like he was everywhere.”*

Stalking can leave lasting emotional scars. Many people who have been stalked express, “You can’t let fear stop you from living your life ... you have to continue to move forward and refuse to hide.” Law enforcement can help, as well as support from family, friends, and professional advocates and resources.

**No one deserves to live in fear.**

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## Precautions

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- ✓ **Always trust your instincts.** If you feel afraid, don’t ignore it.
- ✓ Obtain a new, unlisted phone number. Have the number blocked and screen calls with voice mail or an answering machine.
- ✓ Vary the times and routes you take to work or frequently visited places.
- ✓ Avoid wearing headphones or earbuds when outside. Be aware of your surroundings at all times.
- ✓ Travel with friends, limit time spent alone and try to stay in public areas.
- ✓ Consider a stalking personal protection order (PPO).

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## Collecting Evidence

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- ✓ Document the stalker’s activities in a journal; include details and record as soon as possible after each incident.
- ✓ Save any phone or text messages, letters, emails, or gifts from the stalker.
- ✓ Videotape or photograph the stalker’s activities if safe and possible.
- ✓ Collect any identifying information about the stalker such as personal appearance, type of car, license plate number, address if known, and other identifying characteristics.

## Is it Time to Leave?



*Only you know when, and if, you should leave.*

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*Trust your instincts – you know what is best for your situation.*

---

Whether or not to leave an abusive relationship is a very complex and personal decision. There are many things to consider. You, however, are the only one who can make that choice. Know that you are not alone and there are people trained to help you when you are ready.

If you feel you can do it safely, call a domestic violence program in your area or 24-hour crisis helpline. They can help you develop a safety plan.

Domestic violence programs also offer services such as housing assistance, counseling, helping you obtain a personal protection order, and providing information related to your legal options.

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**It is important to know the violence may get worse when you show signs of independence or try to leave.**

***THIS CAN BE A VERY DANGEROUS TIME.***

---

*Call your local domestic violence resource for all of your options.*

# Plan and Prepare

*If you are considering leaving your abusive relationship, careful planning may increase your safety.*

## THINK ABOUT

- Have a bag packed. Keep it hidden, but accessible, in case you need it quickly. (For some ideas of items to pack, see the list below.)
- Identify safer rooms in your home where there are less potential weapons. Practice how to get out of your home quickly and safely.
- Identify a trusted neighbor you can tell about the abuse. Ask that they call the police if they hear you being assaulted.
- Open a savings account in *your name only* to have a secure place to save money for yourself.
- If you have pets, do you feel you could leave them behind? If not, research places you can go with your pets.
- Contact your local domestic violence program, shelter, or rape crisis center to learn about free 9-1-1 cell phones.
- Memorize your local domestic violence program's phone number.

**Always call 9-1-1 if you are in danger.**

## ITEMS TO CONSIDER PACKING:

- Money (cash)
- Spare keys to car, house, and work
- Checkbooks, credit cards
- Extra clothes
- Medications
- PPO, divorce papers, custody orders, insurance papers
- Driver's license, car registration
- Birth certificates
- Social security cards
- School and medical records
- Lease/rental agreement
- Social service I.D. cards and medical I.D. cards
- Passports, green cards, work permits
- Bill payments and any unpaid bills
- Baby items, small toys for your children, pet food
- Pictures, jewelry, things that mean a lot to you
- Online account numbers and passwords
- Anything that can provide evidence of abuse

## Should I Take My Children With Me When I Leave?

Yes, if you feel you can do it safely, take your children with you. It is often more difficult to get them back later. You know your situation best. Follow your intuition as to whether or not it is safe to take your children when you leave.

Consider talking with an advocate from your local domestic violence program. Together you can discuss your individual situation and the options relating to your children. Ask what the current laws are if you plan to move your children out of state.



*Your spouse or partner may try to kidnap, threaten, or harm the children in order to get you to return. Notify those in contact with your children, such as schools or day care providers, regarding who has permission to pick them up.*

## Where Can I Go?

- Stay with a trusted friend or relative, but keep in mind your abuser may know where to find you. Be selective when telling friends and family of your new location and ask them not to share this with others.
- A domestic violence shelter. The program staff can help you with legal and financial issues as well as provide emotional support.
- You can call **9-1-1** if you are in immediate danger and need help finding local resources.

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*See the Local Resource guide at the back of this booklet for help locating a domestic violence program in your area.*

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### *Your Local Domestic Violence Program Can:*

- provide safe, short-term housing;
- provide food and clothing;
- give you time to consider future options;
- help you make a plan and prioritize your needs;
- provide crisis intervention, social service and program referrals;
- help with financial assistance and legal resources;
- supply employment assistance;
- provide support and counseling services.

## After Leaving

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Consider obtaining a P.O. Box and forwarding **all** of your mail to it.

---

You may want to call your utility companies, wireless phone service and financial institutions to ensure they do not give out your private financial information to your abuser. Be sure to do the same on all **new** accounts. Ask these companies to use identifiers other than your social security number, date of birth or mother's maiden name to validate your identity.

---

Think of a safe way to communicate with your abuser, if this becomes necessary. If you agree to meet, always do so in a public place (preferably a place with a security guard or police officer). If your abuser follows you after meeting, seek out a safe place like a hospital, police or fire station for assistance.

---

Consider creating a safety plan at work. Talk with your supervisor and building security. It is helpful to provide a picture of your abuser and a copy of your PPO, if you have one.

---

You may want to keep a record of anything that happens between you and your abuser, and anything regarding your children and visitation.

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It's a good idea to change ATM, debit, and credit card PIN codes; online banking, investing, and email passwords.

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Think about making changes to your beneficiary designations.

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# Domestic Violence Survivors and Their Pets

*When trying to escape domestic violence, many survivors worry about the safety of their pets if they are left with an abusive partner.*

Abusers often threaten, abuse, or kill pets as a way to further intimidate and control their partner. Domestic violence shelters reported nationally that 85% of women coming to their facilities told of incidents of pet abuse.

Many survivors will either stay longer in an abusive relationship, or return to an abuser out of fear for their animal's welfare. Not all domestic violence shelters have facilities to accommodate pets. This can further complicate plans to leave an abusive relationship.

An increasing number of domestic violence shelters are now allowing survivors to bring their pets. Shelters that can't accommodate pets may be able to help locate a shelter that does, or find temporary sheltering services. If you are working with a domestic violence shelter, Safe Escape grants may be able to help with the costs of boarding your pet.



Keep pets in mind if you are planning to leave, and pack pet food, ID tags, vaccination records, as well as, any paperwork or vet bills that may be in your name. This can be helpful in case your abusive partner tries to claim ownership of your pet.

The following agencies allow you to search for pet shelter services by state:

- DomesticShelters.org
- Safe Place for Pets by RedRover
- The Humane Society's Directory for Safe Havens for Animals

A growing awareness of the connection between domestic violence and animal abuse has prompted states to add increased protections for pets. In Michigan, and in 31 other states, domestic violence personal protection orders can include pets if there is intent to cause mental distress or to exert control over a victim with respect to an animal in which the victim has an ownership interest.



*For a listing of Michigan domestic violence shelters that offer pet services, see page 69.*





*Domestic violence programs help break down the isolation barrier for those who have experienced abusive relationships.*

*Many find understanding and empathy from other survivors that can turn into strong friendships and support networks.*



## ***Multi-Lingual Assistance***

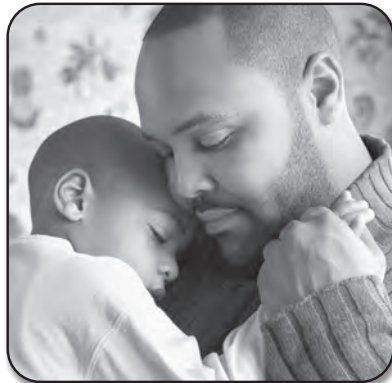
**If you, or someone you know, is dealing with an abusive relationship, there is help – for everyone.**

*The Hotline is the National Domestic Violence Hotline and has Spanish speakers available, as well as translators for more than 170 languages, 24 hours a day.*

**For help, call *The Hotline* at:  
1-800-799-SAFE (7233) or TTY 1-800-787-3224**

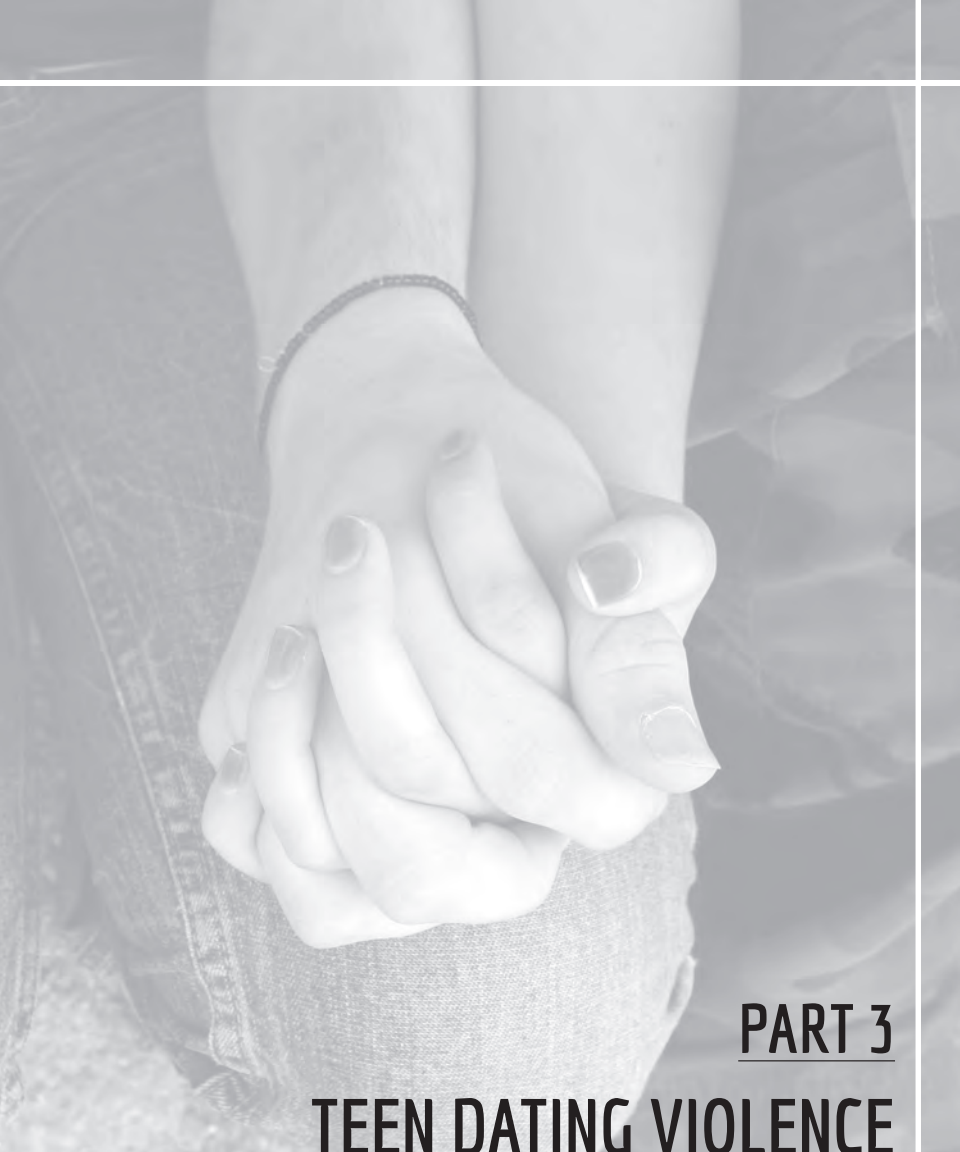
*It is possible that you may miss your abusive partner after you leave. This is normal.*

*Try writing down the reasons you wanted to end your relationship and keep them as a reminder to yourself.*



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PART 3

**TEEN DATING VIOLENCE**  
TEEN DATING VIOLENCE

*Ask Yourself*

# TEEN DATING VIOLENCE



*To help yourself and others, it is important to be informed about dating violence and be able to recognize signs of abuse.*

## What is Dating Violence?

*Dating violence is a pattern of assaultive and controlling behaviors that one person uses against another in order to gain or maintain power in a dating relationship.*

The abuser intentionally behaves in ways that cause fear, degradation and humiliation to control the other person. Forms of abuse can be physical, sexual, emotional and psychological.

Abuse occurs in a dating relationship because the abuser has a sense of entitlement – they believe they have the right to behave this way. They believe they are entitled to all of their partner’s attention, affection, loyalty and time.

It is the goal of the abuser to get and keep power and control over their partner. They intentionally use

manipulative and controlling behaviors to keep this power and control. It is the abuser’s **choice** to engage in this type of behavior.

Studies generally have found that when teenagers are being hurt in dating relationships, they rarely seek the help of a teacher, police officer, or counselor. Often, their abuser is using controlling behaviors to make them feel they are to blame. Victims may think that reporting a problem would get them into more trouble. Most often, if they choose to tell anyone, that person will be a friend or peer.

## Does Your Partner...

- ... try to control what you do, where you go, or who you see?
- ... check your phone all the time?
- ... tell you what to wear or how to look?
- ... put you down in front of your friends?
- ... text you excessively?
- ... not listen to your opinion?
- ... not let you go anywhere by yourself?
- ... take money from you?
- ... keep you from seeing friends or doing things you used to enjoy and look forward to?
- ... not give you any time alone, even with family?
- ... threaten you if you try to end the relationship?
- ... act jealous or angry when you can't be found?
- ... say things like "If you loved me, you would do what I say"?
- ... tell you no one else could ever love you?

Ask yourself, how does your partner treat you?

A dating relationship should be non-controlling and non-manipulative.  
It's about respecting and trusting each other.

At the beginning stages of the dating relationship, these behaviors may not be apparent or may be so subtle they are mistaken for the abuser's caring, concern, or love. As the relationship becomes more involved, the abuser may gradually escalate the use of these behaviors.

By the time most domestic abusers reach young adulthood, their patterns of abuse in intimate relationships can already be firmly established.

*Ask yourself if you feel happy and good about your dating relationship.*



# Myths About Teen Dating Violence

## Test Your Knowledge

Ask Yourself,  
"How Am I  
Being Treated?"



Circle "True" or "False" to the statements below and check your answers on the next page.

1. *Violence rarely happens in teenage dating relationships.*  
True or False?
2. *Physical violence is the only type of dating violence.*  
True or False?
3. *Dating violence happens mostly to girls.* True or False?
4. *Using alcohol or other drugs is a cause of dating violence.*  
True or False?
5. *People who stay in abusive relationships have no one to blame but themselves.*  
True or False?
6. *Dating violence happens mostly to teens who provoke it.*  
True or False?
7. *If the police are called when dating violence is committed, the victim has to press charges for an arrest to occur.*  
True or False?

# Answers to Myths About Teen Dating Violence

**1. FALSE.** Data shows that intimate partner violence often begins in adolescence. Among U.S. high school students who reported dating, 1 in 12 had experienced physical dating violence in the past 12 months.<sup>1</sup>

**2. FALSE.** Dating violence is a pattern of assaultive and controlling behaviors that one person uses against another in order to gain or maintain power in the relationship. The abuser intentionally behaves in ways that cause fear, degradation and humiliation to control the other person. Forms of abuse can be physical, sexual, emotional and psychological.

**3. TRUE.** Young women between the ages of 16 and 24 are the most vulnerable to intimate partner violence.<sup>2</sup>

**4. FALSE.** One of the main causes of dating violence is the abuser making the choice to engage in this behavior. Alcohol or drug use is often an excuse used to justify the abuser's violent actions.

**5. FALSE.** The person using abusive behavior is the one responsible for the abuse. It is difficult for teens to leave abusive relationships for various reasons. The fear of the abuser's threats is usually the number one reason along with lack of social support, or fear that nothing will happen to the abuser.

**6. FALSE.** Abusers make decisions about when they will abuse, how frequently they will abuse, what the severity will be, and where the abuse will take place. This decision-making process has nothing to do with the teen victim's demeanor or behavior.

**7. FALSE.** If the police believe that an assault has occurred (based on the individual's statements, possible witnesses, demeanor of one or both parties, any property destruction, etc.) they can make a *warrantless arrest* of the abuser. The victim does not have to press charges against the abuser. The prosecutor, not the victim, has sole responsibility for deciding whether or not to press charges against the abuser (see *flowchart on page 9*).

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*Both males and females, as well as individuals in same-sex relationships, can be affected by dating violence.*

Adapted from the Michigan Domestic and Sexual Violence Prevention and Treatment Board, *Dating Violence Youth Education Packet*.



<sup>1</sup> Centers for Disease Control and Prevention, 2019 *Youth Risk Behavior Survey Data*.

<sup>2</sup> *Intimate Partner Violence*, Bureau of Justice Statistics Special Report, October 2001, NCJ 187635.

# Sexual Coercion

*Sexual coercion is the act of using pressure, alcohol or drugs, or physical force to have sexual contact with someone against his or her will.*

Pressure comes in a lot of different forms and can affect many areas of your life. You can feel pressure from friends, homework and teachers, family life, competitive activities like sports, or just coping with the day-to-day drama at school.

One place you should **not** feel pressure is in your dating relationship and how far you want to take it with your significant other. That is one aspect of your life you always have control over.

Setting boundaries is an important part of any relationship, so both people can feel they are starting from the same point. You should feel comfortable enough with your partner to honestly express your feelings – and they should express theirs in return. If your partner's response is to get angry, impatient, or to “blow off” what you're telling them, they are not showing you the respect you deserve.

You don't DWE  
your partner  
anything.

Getting physical with your partner doesn't have to happen all at once if you're not ready. There isn't a “rule book” that says what has to happen in a relationship, or at what point. Trust your instincts and take it at your own pace.

You can think of **sexual coercion** as a spectrum of behaviors that can range from merely irritating to more intense or even dangerous conduct.

If your dating partner uses any of the following to get you to be more physical than you want, he or she may be using sexual coercion:

*repeatedly asking you to go beyond your boundaries*

*physically touching you in ways you've expressed you don't want*

*“guilt-tripping” you when you don't do what they want*

*sending you naked photos – or asking you to send naked photos of yourself*

*lying to you or making threats*

*yelling at you or calling you names*

*repeatedly using phrases like “Come on, I love you, just one more kiss”*

*holding you down; continuing to touch you and not stopping*

Be clear and direct with your partner and don't be embarrassed if you don't want to do something. You absolutely don't have to do anything you don't want to. If they are not listening to you – try to leave the situation.



# Sexting



**?** *Does someone ask you to send naked or “dirty” pictures of yourself?*

You can **never** guarantee that private photos won't end up online or on someone else's phone. The same goes for webcams, texts and videos.

Once you hit “Send” you lose control over who sees it.

**THINK TWICE BEFORE  
SENDING PHOTOS OF YOURSELF.**

**?** *Have you received sexual text messages, pictures, or videos that make you feel uncomfortable?*

This can be a type of sexual bullying and used to intimidate or harass you. If your dating partner sends you explicit messages, it could be a form of abusive behavior. Nude photos or videos of anyone under 18 years old could be considered child pornography and is illegal.

**SEXTING CAN HAVE  
LEGAL CONSEQUENCES.**

## *What You Can Do:*

- Tell your parents or a trusted adult for help and guidance.
- Don't respond to hostile, harassing, or inappropriate texts or messages. The same goes for webcams and instant messages. Responding may only encourage the person sending the messages.
- Block harassing numbers from texting or calling you.
- Don't answer calls from unknown or blocked numbers.
- Save or document harassing messages in case you need them later. Consider all threatening texts to be serious.
- If the harassment continues, you may consider filing a criminal report and asking for a personal protection order.

# Sexual Bullying



*A sexual type of bullying is known as sexual bullying. It can also be sexual harassment.*

***Sexual bullying is physical or non-physical behavior that is based on a person's sexuality or gender. It can be done to a person's face, behind their back, or through electronic media.***

Does someone make you feel uncomfortable, intimidated or small by saying sexual things to you or about you? Has someone spread gossip or rumors of a sexual nature about you? If they have, this is sexual bullying. Sometimes sexual harassment or bullying can get physical, too.

Each situation is unique, but if this is happening to you, or if you see it happen to someone else —

**DON'T WAIT – SPEAK UP – SAY IT'S NOT OKAY**, and talk to a trusted adult.

**THERE'S NO SUCH THING AS "ASKING FOR IT."**

*Speak up against bullying of all kinds.*

**Below are some common types of sexual bullying or harassment:**

- Showing someone inappropriate or “dirty” sexual videos and/or pictures
- Spreading sexual rumors (in person, by text, or online)
- Making sexual jokes, comments, or gestures
- Writing sexual messages in public about other people
- Posting sexual comments, pictures, or videos on social networks like Facebook and Twitter
- Making sexual comments or offers online while pretending to be someone else
- Touching, grabbing, or pinching someone in a deliberate sexual way
- Pulling at someone's clothing and brushing up against them in a purposefully sexual way

## Ask Yourself

*Has my dating partner ever:*

- kept me from seeing friends and family?
- insulted or humiliated me in front of others?
- demanded to know where I am at all times?
- texted me excessively?
- checked my phone for calls and texts?
- tried to control where I go or who I hang out with?
- taken money from me?
- told me how to dress?
- acted extremely jealous for no reason?
- been cruel to pets or other animals?

## "How Am I Being Treated?"

- been abusive to former dating partners?
- acted physically abusive toward me like punching, slapping, shoving, or kicking?
- threatened to hurt me or my friends or family?
- forced me to have sex or perform sexual acts I didn't want to?
- abandoned me in a dangerous situation or unfamiliar area?
- displayed extreme mood swings – very happy one moment and very angry the next?
- threatened suicide?
- kept me from doing things I like?

---

*Dating violence can be physical, sexual, verbal, or emotional abuse.*

---

## Ask Yourself

*Do you feel like:*

- your relationship developed very quickly and there was pressure to commit?
- you are blamed for all of the problems and arguments?
- you can't go anywhere alone and/or always have to check in with your partner?
- you can't bring up certain subjects or make decisions because it may make your partner angry?
- you are constantly worrying about keeping your partner happy; that if you "just try harder" everything will be okay?
- you often apologize or make excuses for your partner's behavior, especially after they have treated you badly?
- you are fearful of breaking up with your partner because they have threatened to hurt you or themselves?
- you are being stalked?

# How to Help a Friend Who is Being Abused

## ***LISTEN.***

Give your undivided attention and listen attentively without interrupting.

## ***GIVE THEM CONTROL.***

It is important your friend have control over the conversation and can speak freely and openly. All control has been stripped from her or him during the abuse so it is important that you allow them to make decisions such as who to tell and what steps to take next. You can encourage your friend to seek medical attention or counseling, but it's important that you don't try to **force** her or him to do anything – unless you know they're in immediate danger, then call 9-1-1.

## ***UNDERSTAND.***

Try to understand their thoughts, feelings and experiences from their point of view.

## ***DON'T JUDGE.***

Do not make judgments about their situation or the decisions your friend has made or will make. Offer your support and assistance.

## ***BELIEVE.***

Believe what your friend tells you. It takes strength and courage to reach out.

## ***BE SUPPORTIVE.***

Tell your friend it is not their fault. Don't minimize or make excuses for the abusive behavior. It is common for survivors to feel they have done something wrong. Remind your friend the abuser chose to abuse.

## ***RESPECT THEIR DECISION.***

Sometimes we think we know what is best; however, telling your friend what to do will **NOT** be helpful. Respect their decision to leave or to stay in the relationship.

**Only they can know what is best for them.**





## **CONFIDENTIALITY.**

Your friend has chosen to confide in you. It's not your place to tell others – with the exception of informing a teacher, counselor, or another trusted adult if your friend is in immediate danger.

**Don't contact their abuser or publicly post negative things about them. It may only worsen the situation for your friend.**

## **SAFETY PLAN.**

Help your friend develop a safety plan, whether it's using code words or signals, or finding him or her a place to stay.

## **EDUCATE YOURSELF.**

Understand the dynamics of dating violence and what resources are available. For more information, visit [www.michigan.gov/datingviolence](http://www.michigan.gov/datingviolence).

## **BE RESOURCEFUL.**

Offer the phone number or website of the local domestic violence program in your area. The **National Teen Dating Abuse Helpline** is available 24 hours a day, seven days a week, at **1-866-331-9474**. You or your friend can text or live chat with a peer advocate anytime or visit [www.loveisrespect.org](http://www.loveisrespect.org).

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## **YOUR FRIEND IS BEING ABUSIVE... ...WHAT CAN YOU DO?**

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### **Don't Let It Go.**

Confronting a friend and calling them out on their abusive behavior is not an easy thing to do. But ignoring it or making excuses only reinforces what they're doing is okay. It can send a strong message to the victim that no one else thinks anything is wrong with how they're being treated. The victim may become isolated and less likely to escape the abuse.

### **Give Examples of Abuse You Have Witnessed.**

Give examples to your friend on how they've been abusive. Try to focus on the harm you saw being done to their partner and how the situation made you feel.

### **Keep the Focus on the Abuser's Choice of Behavior.**

Your abusive friend may try to turn the conversation into a discussion of their partner's faults. Remind them we **choose** how to react and behave and their partner doesn't have to change in order to make the abuse stop.

### **It's Okay to End the Relationship.**

Tell your friend it's okay to respectfully end the relationship if it's not working out. You don't want them to get into trouble and dating abuse is serious. Offer professional resources they could contact (many are listed in the back of this booklet).

## For Parents and Guardians

*Although it's most often a male battering a female, dating violence can occur in any relationship and either gender can be the abuser.*

As a parent or guardian, it is often a difficult task to talk with your child about complex and sensitive issues. Any child today can find themselves coping with situations such as dating

violence, sexting, sexual bullying, sexual assault, and even stalking behaviors. It's important to keep your child safe without alienating them from friends and normal activities.

*Many teens are afraid to tell family and friends about unhealthy dating behaviors.<sup>1</sup>*



### *Signs that your child may be experiencing abuse in a dating relationship:*

- Your child's partner is extremely jealous or possessive;
- You notice unexplained bruises or marks on your child;
- Your child's partner emails or texts excessively;
- Your child answers emails or texts constantly and feels anxious or upset if unable to reply;
- You notice your child is depressed, withdrawn, nervous, or anxious;
- Your child stops participating in extracurricular activities, social events, or hobbies;
- Your child stops spending time with family and friends;
- You notice disturbing or drastic changes in your child's tone, language use, or style of clothing.

<sup>1</sup> CDC Fast Facts: Preventing Teen Dating Violence, January 27, 2023, *last reviewed*.

## *Try to reach out and connect.*

- Remind your child that everyone deserves a safe and healthy relationship and abuse should never be tolerated.
- Teach your child about setting boundaries with their partners.
- Be supportive and understanding even though what they might be telling you is difficult to hear or comprehend.
- Stress that being abused or sexually assaulted is not their fault and you don't blame them.
- Take them seriously and validate their feelings without minimizing what they're telling you.



- Gain their trust by listening without getting angry.
- Don't blame the other parents by telling your child "I told you they were bad news" or "not a good family."
- Don't put yourself against your child's abusive partner or their parents or guardians – it may not be safe.
- Be open-minded to what your child shares with you.

*Professional assistance may help.*

### **CONSIDER:**

- Informing school officials and verifying school policies;
- Obtaining a personal protection order or a restraining order;
- Reaching out to community parent support groups;
- Offering access to youth support groups and age-appropriate information and resources.



## *Make a plan together.*

Help your child develop a safety plan.

Once your child decides to leave the abusive relationship, this can be a very dangerous time. The ex-partner can become enraged, obsessive, volatile, persistent, tenacious and it's possible that stalking behaviors can begin.

In the end, you and your child should come to an agreement on the course of action to be taken. Staff at your local domestic violence program can help with safety planning. Many of the resources listed in this booklet can also offer support and guidance.



## For Today's Young

One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner.<sup>1</sup>

- Take steps to safely and effectively intervene
- Speak up against sexist language
- Speak up against behaviors that promote violence
- If safe to do so, help to stop behavior that puts others at risk
- Provide peer leadership in social groups


Being an active bystander can help protect against violence.

<sup>1</sup> (2008) *Interpersonal and Physical Dating Violence Among Teens*. The National Council on Crime and Delinquency Focus.

# VIOLENCE & DISRESPECT HAVE



# Men and Women



Stop the Silence. Help End the Violence.

OK2SAY encourages confidential tips on criminal activities or potential harm directed at students, school employees, or schools.

652729 (OK2SAY) iPhone & Android  
855-565-2729  
ok2say.com ok2say@mi.gov

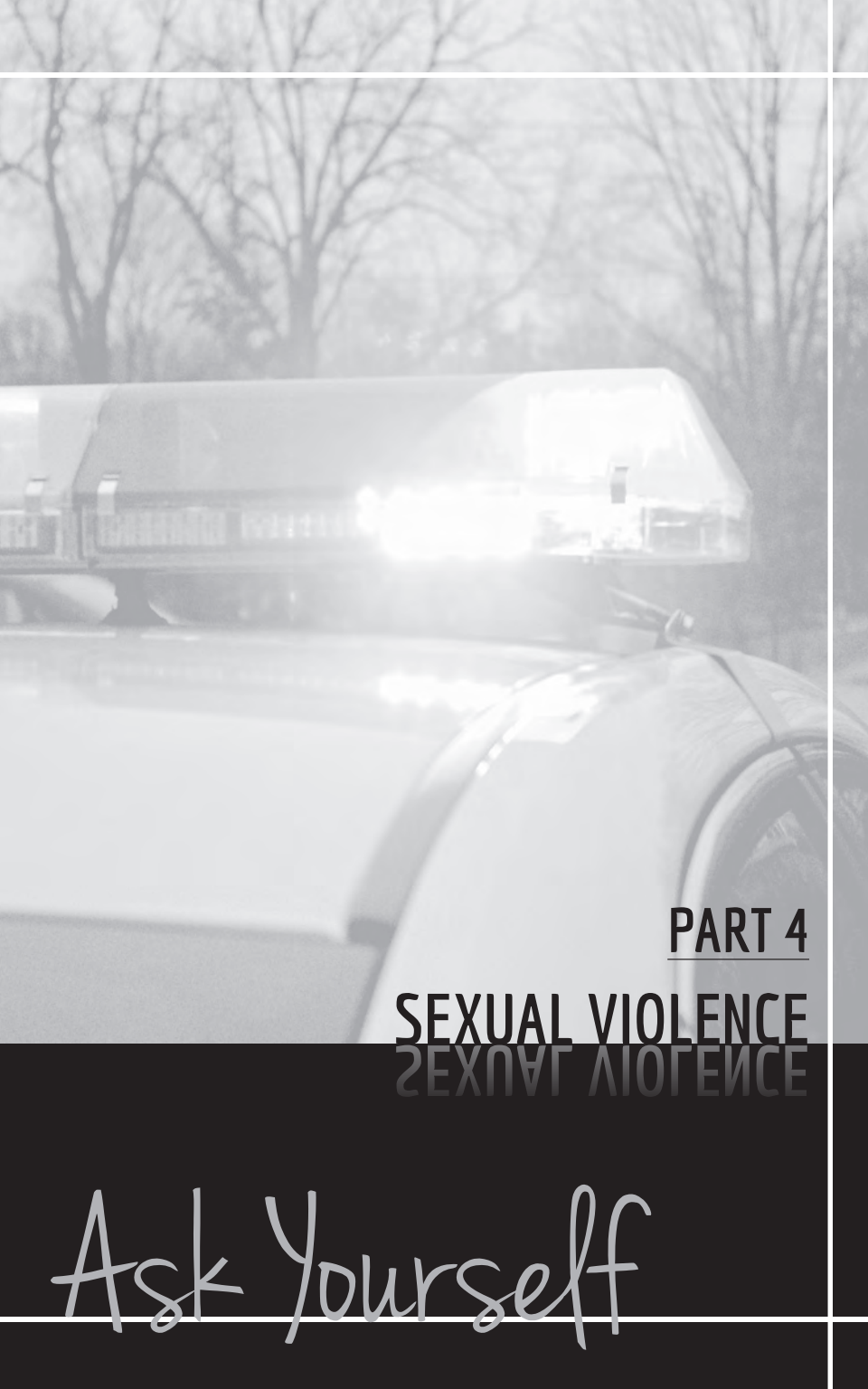
- Recognize and say “NO” to hurtful behavior
- Trust your instincts
- Don’t be pressured to change who you are to please your partner
- Know you have control over your own body
- Pursue your own interests
- Know that you can break up and fall out of love without fear

Violence in a relationship  
is NOT a way to say  
“I love you.”



# NO PLACE IN A RELATIONSHIP





PART 4

SEXUAL VIOLENCE  
SEXUAL VIOLENCE

Ask Yourself

# SEXUAL VIOLENCE

## Criminal Sexual Conduct

1 in 5 women  
and 1 in 38 men  
in the United States are  
raped in their lifetimes.<sup>1</sup>

*Sexual assault is any form of sexual contact that a victim has not initiated or agreed to, and which is imposed by using violence, threats, coercion, or deception. Michigan courts refer to these offenses as "criminal sexual conduct."*

Offenders may choose victims they believe are vulnerable, accessible - easy targets, or ones they can control. Sexual assault is not based on sex, love or physical attraction. It's a crime of power and control.

### Examples of When Rape May Have Occurred...

... from the victim's perspective:

"We were messing around then it went too far."

"I said 'No' but he wouldn't stop."

"I couldn't get away and he threatened to hurt my baby."

"He said he couldn't stop once he got started."

"I changed my mind, but she wouldn't let go."

"He was stronger than me and I was afraid to make him mad."

... from the offender's perspective:

"I was totally teased, it wasn't my fault."

"She was dressed so sexy, I knew she wanted it."

"I could tell 'No' meant 'Yes.'"

"We'd did it before, what's the problem this time?"

If you have been sexually assaulted, you can call  
the National Sexual Assault Hotline at 1-800-656-4673.  
They can connect you to a sexual assault resource in your area.

<sup>1</sup> The National Intimate Partner and Sexual Violence Survey (NISVS): 2020 Summary Report.

# If You Have Been Raped

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*Don't blame yourself. The rapist is to blame. Now is the time to take care of yourself.*

---

**1** **Get to a safe place.**  
It's most important after a sexual assault to get to a place of safety, whether it be your home or the home of a friend or family member.

**2** **Make every effort to save anything that might contain DNA.**

Therefore, you should not urinate, bathe or shower, change clothes, comb hair, clean up, or move anything the rapist may have touched before seeking medical care.

**3** **Seek medical attention immediately.**  
It's vital that you get checked for possible injuries, pregnancy, and sexually transmitted infections, including HIV testing, regardless of your decision to report the crime to the police.

**4** **Forensic medical exams are available.**  
Forensic medical exams collect and preserve DNA evidence. You have the right to accept or deny any part of the exam. You do not have to report your assault to the police in order to receive a forensic medical exam.

# If You Suspect You Have Been Drugged

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*Tests can provide valuable information. It is important to contact a trusted resource\* if you think you were sexually assaulted – the sooner, the better.*

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**1** Try to get medical help immediately.

**2** Try not to urinate before getting help.

**3** To preserve evidence if you were sexually assaulted, don't douche, bathe or change clothes before getting help.

**4** When possible, save the glass or the beverage in which the drug was dissolved for testing.

**5** You can contact your local rape crisis center or law enforcement agency for drug testing and resource information. \*Most substances can be detected through appropriate drug testing, usually through a simple urine test.

# SAFE Exam

## *Sexual Assault Forensic Exam (SAFE)*

*If you're a victim of sexual assault, you don't have to report the crime to the police to have an exam. You also don't have to pay for your own forensic exam.*

A sexual assault forensic exam (SAFE) is a specific exam given to victims of sexual assault and abuse. This exam preserves possible DNA evidence and allows victims to receive important medical care. You don't have to report the crime to have an exam, but the process gives you the chance to safely store evidence should you decide to report at a later time.

## **Why should you consider having a sexual assault medical forensic exam?**

It won't cost you. You should not be charged for the exam. The Violence Against Women Act requires states to provide free sexual assault forensic



To find a local hospital or healthcare facility that can provide a sexual assault forensic exam (SAFE), contact the National Sexual Assault Hotline at 1-800-656-HOPE (4673).

The hotline will connect you to a sexual assault resource in your area and, in some instances, can send an advocate to accompany you through the evidence collection process.

exams if they wish to remain eligible for critical anti-crime grant funding. *If you are charged for the exam, immediately contact your local sexual assault service provider.*

Getting a forensic exam increases the likelihood of prosecution. Not only does DNA evidence carry weight in court, but it may prevent future sexual assaults from occurring. Even if the perpetrator is not prosecuted, their DNA may be added to the national database, making it easier to connect the perpetrator to a future crime.

You can have time to decide if you want to report and the decision to report the crime is entirely yours. Having a sexual assault forensic exam ensures that the forensic evidence will be safely preserved if you decide to report at a later time.

For more information on filing a claim:

**Crime Victim Services Commission**

Phone: 517-373-7373

Toll-free: 1-877-251-7373

Victims Only: 517-241-7373

Email: [michigancrimevictim@michigan.gov](mailto:michigancrimevictim@michigan.gov)

Adapted from RAINN (Rape, Abuse & Incest National Network), [www.rainn.org](http://www.rainn.org).

# SANE Nurse

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## *Sexual Assault Nurse Examiner (SANE)*

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*A specially trained sexual assault nurse examiner, or SANE, provides first-response care to sexual assault patients in either hospital or non-hospital settings, 24-hours-a-day.<sup>2</sup>*

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SANE nurses strive to preserve their patients' dignity while performing the forensic exam, to ensure that victims are not retraumatized by the exam, and to assist victims in gaining control by allowing them to make the decisions throughout the evidence collection process.<sup>3</sup> SANE nurses can also testify in any legal proceedings related to the exam.<sup>4</sup>

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## **How to Find A SANE Nurse After an Assault? 855-VOICES4**

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To find SANE services near you, contact a local sexual assault organization online, call **1-855-VOICES4** or **1-800-656-HOPE**. Another resource is **[www.michigan.gov/campussexualassault/medical](http://www.michigan.gov/campussexualassault/medical)**.

If your community doesn't have a SANE program, every hospital emergency room in Michigan is required to provide a medical forensic examination to a person stating that they have been sexually assaulted in the previous five days and are seeking an exam. (MCL 333.21527.)<sup>5</sup>



<sup>2,3,4</sup> Campbell, R. (2004, November). "The Effectiveness of Sexual Assault Nurse Examiner Programs." Harrisburg, PA: VAWnet, a project of the National Resource Center on Domestic Violence/ Pennsylvania Coalition Against Domestic Violence.

<sup>5</sup> (Nov. 2018) Retrieved from [www.michigan.gov/campussexualassault](http://www.michigan.gov/campussexualassault).

# The Emotional and Physical Expression of Trauma

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## *Understanding the Traumatic Experience*

When someone lives through an extremely intense event, for example being involved in a car accident, they may experience a flood of reactions and emotions. When we experience extreme stress, hormones are released in the brain and greatly impact how memory is encoded, or stored, and how the brain processes what is happening. During stress and trauma, memories are stored as sensory fragments – rather than sequential events. It can be difficult to later relay these memories in the actual context and order they occurred.

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## *Why Does This Matter?*

In the immediate aftermath of a traumatic event, such as sexual assault, you may have difficulty relaying your experience to law enforcement or medical personnel. You may display a wide range of emotions, or show no emotions at all. You may be able to recount specific sensory details about the assailant (smells, textures), or the location in which the assault took place (lights, colors and sounds), but have more difficulty reporting exactly what took place and in what order.

For law enforcement, medical staff, or anyone else, this disorganized recount of events may seem suspicious, contradictory, or confusing. Being given ample time to relay the memories of the traumatic event can be the first step toward healing for many survivors.

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# The Freeze Response

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## *Paralysis in Victims of Sexual Assault and Rape*

You may have heard of “fight or flight” which is a biological response in mammals, including humans, that prepares the body to either fight back against a threat, or flee from a threatening situation. This response is activated after your brain recognizes a situation is very dangerous. Stress (or adrenal) hormones are then released which give your body the energy to fight back or get away to safety.

A lesser known biological reaction is the “freeze response.” When this happens, you enter into a temporary state of paralysis and your body can’t

move, can’t fight back, or move away to safety. These stress-induced responses are automatic and occur without conscious thought. Your brain is hard-wired to pick which response it deems best for survival.

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## *Can This Happen to Assault Victims?*

Many survivors of sexual assault and rape experience this “freeze response” during the attack. It’s very frightening, confusing, and can be detrimental to the healing process. You may not understand why you couldn’t move, fight back, scream, or defend yourself in any way.

*It’s important for you to know that this is a normal and completely biological response to trauma and not something you could have controlled.*



# What You May be Feeling After an Assault

Approximately 80% of sexual assault crimes are committed by someone the victim knows.

Being sexually assaulted or raped is a very traumatic experience and it's important to remember that you will need time to recover. Human beings respond very strongly to traumatic events, both physically and emotionally. Your body, mind, and emotions have to process what has happened and then find ways to begin the healing process. Responses to the assault may be immediate or delayed.

While no two survivors will feel and respond the same, there are common trauma recovery effects you may experience after an assault.

## PHYSICAL EFFECTS

- changes in eating patterns
- changes in sleeping patterns/nightmares
- eating disorders
- fatigue
- gastrointestinal irritability
- headaches
- muscular tension
- substance abuse
- soreness
- stress-related depression
- immune system responses

## EMOTIONAL EFFECTS

- anger
- shock
- fear
- anxiety
- denial

- depression, sadness
- embarrassment, feeling exposed, humiliated
- hopelessness
- mood swings
- obsessions/compulsions/phobias
- sense of unreality/numbness
- shame, guilt, self-blame

## COGNITIVE EFFECTS

- difficulty concentrating
- difficulty getting things accomplished
- flashbacks
- replaying the circumstances of the assault
- wondering if other people can sense what happened to me
- worrying others will reject you
- worrying others will blame you

## SOCIAL EFFECTS

- fear of being alone
- fear of leaving house (especially alone)
- fear/nervousness in crowds
- hypersensitivity when relating to others
- loss of trust in self and others
- withdrawal from people, relationships, activities
- difficulty with intimacy
- disruption in sexual relations

*Adapted from "Common Reactions to Sexual Assault," University of Michigan's Sexual Assault Prevention & Awareness Center (SAPAC).*

# Alcohol and Drug-Facilitated Sexual Assaults

*There are several odorless and tasteless drugs that can be used to render you unconscious or heavily sedated and unable to ward off attackers.*

The use of alcohol and drugs to commit sexual assaults continues to be a substantial problem. **Alcohol remains the drug perpetrators use most often.**

There are other common drugs used to facilitate rape and sexual assaults that are largely colorless, tasteless and odorless and can be slipped into someone's drink without notice.

## These drugs:

- act rapidly
- make you feel heavily intoxicated and unable to communicate
- can last up to 24-48 hours when combined with alcohol
- cause blurred vision
- can cause a deep, unresponsive sleep
- can cause amnesia
- can cause respiratory depression
- when combined with other drugs or alcohol, can result in coma or even death



## Rohypnol

A central nervous system depressant ten times more potent than Valium. The victim may feel intoxicated and eventually may lose consciousness.

### Common street names include:

Roachies, La Rocha, Roche, Rope, Roofies, Ruffles, Mexican Valium, Forget-Me Pill, Mind Erasers, Stupifi, Shays, Rib, RZ, and Roach Z

## GHB (Gamma Hydroxy Butyrate)

GHB is a depressant with anesthetic qualities. It can cause deep sleep, nausea, amnesia, convulsions, and loss of consciousness.

### Common street names include:

Liquid Ecstasy, Liquid X, Scoop, Easy Lay, Georgia Home Boy, Grievous Bodily Harm, Max, and G

## Ketamine

A fast-acting general anesthetic that is used as an animal tranquilizer. Effects can include numbness, hallucinations, trembling, convulsions, and loss of consciousness.

### Common street names include:

K, Special K, Vitamin K, Ket, Kit Kat, Cat Valium, Purple, and Super C

# Party Smart

The legal drinking age in Michigan is 21 years old.



*Stick with friends. Agree with one or more friends that you will look out for each other at parties or other social events. If any of your friends seem to be getting extremely intoxicated, get them out of the situation. Being a good friend could save their life.*

Don't accept a drink that you didn't see being made.

If someone offers to get you a drink from a bar or at a party, go with the person to order your drink. Watch the drink being poured and carry it yourself.

If you're in a conversation where your attention may be averted, put your hand over your drink.

If your drink is left unattended, throw it out.

If your drink tastes salty or soapy or has particles in it, throw it out.

Don't share or exchange drinks.

Only drink from a can or bottle that you have opened yourself.

Listen for the "fizz" on twist-off bottles. If the bottle opens too easily, get a new one.

Be wary if someone wants you to go outside for "fresh air," especially if it is someone you have just met.

Don't drink from public "punch bowls" or "trash cans" at parties.

If you hear someone joking about date rape drugs, leave the party.

Pay attention to the behavior of people around you. Tell a trusted friend if you feel you are becoming severely intoxicated after only one or two drinks.

# Campus Sexual Assault Laws and Policies

Under federal law Title IX, all schools are required to have systems in place to respond to sexual assault.

Under the federal law **Title IX**, all schools are required to have systems in place to respond to reports of sexual assault. Every school or school district that receives federal funding (which includes almost all colleges and universities, as well as public elementary, middle and secondary schools) is required to designate and/or adequately train at least one employee to coordinate the recipient's Title IX responsibilities. Victims of sexual assault can contact their school's Title IX coordinator at any time to receive interim protective measures and begin the school investigation process if they wish to do so.



## *The Campus Sexual Violence Elimination Act (SaVE)*

The **SaVE Act** imposes new obligations on colleges and universities. It also clarifies the rights of victims of sexual assault, domestic violence, dating violence or stalking on campus. It gives victims a new ability to appeal an outcome. It also requires schools to inform victims of their rights and options, and to tell them where to get counseling and legal help.

The **SaVE Act** requires all colleges and universities to:

- disclose incidents of domestic violence, dating violence, sexual assault, and stalking in annual campus crime statistic reports.
- to provide training programs for students and employees addressing the issues of domestic violence, dating violence, sexual assault, and stalking, as well as “safe and positive” options for bystander interventions.

**The Campus Sexual Violence Elimination Act (SaVE)<sup>1</sup> was added to the Violence Against Women Act (VAWA) in 2013.**

<sup>1</sup> *The Cleary Act requires public and private colleges and universities to disclose information about crimes that are committed on or near campus, including crimes of sexual violence. In 2013, the Campus SaVE Act amended the 1990 Cleary Act.*

*The process for handling sexual assaults may vary for each school –  
855-VOICES4 - Text: 866-238-1454*



*Victims can have input into creating the interim measures that address their needs on campus, such as:*

- Adjustments made to class schedules;
- Changes to campus living arrangements;
- Receive information about existing counseling, health, mental health, victim advocacy, legal assistance and other services available;
- Assistance with deadlines for coursework and exams;
- Obtain a no-contact directive or restraining order.

*All students or employees reporting an assault will be provided with their written rights to:*

- Have the matter handled by appropriately trained, unbiased officials;
- Be accompanied by a support person during the investigation;
- Provide evidence and names of witnesses to the investigator;
- Receive regular status updates about the investigation and any outcomes or sanctions;
- Have an equal opportunity as the accused person to participate at every level of the investigation;
- Be protected from any retaliation for having made a complaint of sexual assault.



*It's never too late to talk to the police about a sexual assault.<sup>1</sup>*

<sup>1</sup> [www.michigan.gov/campussexualassault](http://www.michigan.gov/campussexualassault).

# Human Trafficking

*There are two severe forms of human trafficking: sex trafficking and labor trafficking.*

In 2021, there were 1,186 human trafficking cases reported by the state of Michigan.



*Every year, human traffickers generate billions of dollars in profit by victimizing millions of people worldwide.*

Human trafficking is a crime involving the exploitation of someone for the purpose of labor or a commercial sex act, through the use of force, fraud, or coercion.

Human trafficking affects individuals across the world, including the United States, and Michigan.

The National Human Trafficking Hotline reported that Michigan ranked 5th in the number of calls made to its hotline in 2021 (1,186 calls). Traffickers are estimated to exploit millions of victims, with many forced into labor and sex-based industries.

**Sex Trafficking** is the recruitment, harboring, transportation, provision, obtaining, patronizing, or soliciting of a person for the purposes of a commercial sex act, in which the commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act is not yet 18 years of age.

**Labor Trafficking** the recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud, or coercion, for the purposes of subjection to involuntary servitude, peonage, debt bondage, or slavery.

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## Myths and Misconceptions about Human Trafficking

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**MYTH:** *Human trafficking is essentially a crime that must involve some form of travel, transportation, or movement across state or national borders.*

**TRUTH:** Trafficking does not require transportation. Although transportation may be involved as a control mechanism to keep victims in unfamiliar places, it is not a required element of the trafficking definition. Human trafficking is not synonymous with forced migration or smuggling, which involves border crossing.

**MYTH:** *Human trafficking only occurs in illegal underground industries.*

**TRUTH:** Trafficking can occur in legal and legitimate business settings as well as underground markets. Human trafficking has been reported in business markets such as restaurants, hotels, and manufacturing plants, as well as underground markets such as commercial sex in residential brothels and street-based commercial sex.

**MYTH:** *Human trafficking victims always come from situations of poverty or from small rural villages.*

**TRUTH:** Although poverty can be a factor in human trafficking because it is often an indicator of vulnerability, poverty alone is not a



single causal factor or universal indicator of a human trafficking victim. Trafficking victims can come from a range of income levels, and many may come from families with higher socioeconomic status.

**MYTH:** *Trafficked persons can only be foreign nationals or are only immigrants from other countries.*

**TRUTH:** The federal definition of human trafficking includes both U.S. citizens and foreign nationals. Both are protected under the federal trafficking statutes. Human trafficking within the United States affects victims who are U.S. citizens, lawful permanent residents, visa holders, and undocumented workers.

**If you suspect that any child or adult is a victim, or is at risk, call 1-855-444-3911 any time day or night. If the individual is in imminent danger, call 9-1-1.**

**National Human Trafficking Hotline  
1-888-373-7888 (TTY: 7-1-1)  
Text: 233733**

*Information and statistical data from National Human Trafficking Hotline, [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)*







PART 5

RESOURCES  
BEZONKCEZ

Ask Yourself

# I have the right to...

*I have the right to say what I would like to say without worrying about making you angry and what will happen if you do become angry.*

And I have the right to...

...wear my hair the way I want.

...relax sometimes.

...do what I want to do.

...be boring if I choose to be boring.

...visit with people without having to call anyone to get permission.

...dress the way I choose.

...voice my opinion without getting criticized for it.

...continue my education.

...have my own space.

...get away from the kids sometimes.

...say no to sex.

...choose my own friends—male or female.

# ...and I have the right to...

...talk on the telephone.

...go places with my parents, siblings, and other members of my family.

...be treated with respect.

...have a driver's license.

...drive the car.

...have pets.

...spend money as I choose.

...choose and follow my own religion.

...have my own beliefs, thoughts, and feelings.

...not be criticized about my family.

...do things to make myself look and feel attractive.

...look nice for my own benefit.

...be sloppy when I feel like it.

...quiet time by myself,  
including bathroom time.

...take a nap when I'm tired.

...have a job.

...not have anyone  
control my schedule.

...work for whom I want.

*...live peacefully without having  
to fear any physical abuse.*

"Bill of Rights" created by the Women's Resource Center of Northern Michigan's  
Personal Growth Support Group. Reproduced with permission.



# State and National Resources

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## **Michigan Coalition to End Domestic & Sexual Violence**

3893 Okemos Road, Suite B2  
Okemos, MI 48864

Phone: (517) 347-7000

TTY: (517) 381-8470

[www.mcedsv.org](http://www.mcedsv.org)

2727 Second Avenue, Suite 208  
Detroit, 48201

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## **Michigan Crime Victim Notification Network (MCVNN)**

*Free and confidential service for victims to access information and receive notifications regarding their offender's custody status and court events.*

Toll-Free: 1-877-886-5401

TTY: 1-800-649-3777

[www.michigan.gov/corrections](http://www.michigan.gov/corrections)

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## **Michigan Department of Health and Human Services**

24/7 Sexual Assault Hotline: 1-855-VOICES4

Text: 1-866-238-1454

Cash, Food, Medical, or Home Assistance

Phone: 517-241-3740

[www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

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## **National Domestic Violence Hotline – 24/7**

*Translators for more than 170 languages are available.*

*Your call can be routed to a domestic violence service provider in your area.*

The Hotline: 1-800-799-SAFE (7233)

SMS: TEXT START to 88788

[www.thehotline.org](http://www.thehotline.org)

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## **National Human Trafficking Hotline**

*24/7 hotline if you or someone you know is a victim of human trafficking.*

Toll-Free: 1-888-373-7888

TTY: 7-1-1

Text: 233733

[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

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## **RAINN (Rape, Abuse & Incest National Network)**

### **National Sexual Assault Hotline – 24/7**

*Your call can be routed to a sexual assault program nearest you.*

The Hotline: 1-800-656-HOPE (4673)

[www.rainn.org](http://www.rainn.org)

# Michigan's Sex Offender Registry

[www.michigan.gov/msp](http://www.michigan.gov/msp)

(517) 214-1806



*The Michigan State Police (MSP) Public Sex Offender Registry (PSOR) is made available online with the intent to better assist the public in preventing and protecting against the commission of future criminal sexual acts by convicted sex offenders.*

**PSOR information is updated regularly by the MSP in a continuous effort to provide complete and accurate information to the public.**

*The Michigan Public Sex Offender Registry website includes:*

- ▶ offender's name
- ▶ date of birth
- ▶ photo
- ▶ registration details
- ▶ physical characteristics
- ▶ identifying numbers
- ▶ known alias(es)
- ▶ scars, marks, tattoos
- ▶ offense information
- ▶ address information
- ▶ campus information
- ▶ employment information
- ▶ vehicle information

## Email Notification Sign-Up

From the PSOR website you can sign-up for email alerts that will notify you of the movements of a specific offender.

Once you have registered to track a particular offender you will be notified via email any time the offender moves, changes employment, or enrolls in school.

**Note:** After leaving the state, offenders will no longer appear on the PSOR website and are no longer active registrants unless they relocate back to Michigan.

Once in the new state, offenders must comply with the registry requirements of that state.

The following website enables citizens to search the latest information from all 50 states, the District of Columbia, Puerto Rico, Guam, and numerous Indian tribes for the identity and location of known sex offenders:

**[www.fbi.gov/how-can-we-help-you/safety-resources](http://www.fbi.gov/how-can-we-help-you/safety-resources)**

In addition, the National Sex Offender Public Website (NSOPW) allows citizens to search the sex offender registries of participating states:

**[www.nsopw.gov](http://www.nsopw.gov)**



## *Can victim information be released?*

**NO. Michigan law does not allow the release of victim information.**

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# DOMESTIC & SEXUAL VIOLENCE LOCAL RESOURCES

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For the most up-to-date information about services in your area, please call either the National Domestic Violence Hotline or the Rape, Abuse & Incest National Network (RAINN). **If you are in immediate danger, call 9-1-1.**

The following resources are organized by city and can offer guidance, support, and professional advice. Many of the resources include temporary shelter, medical-forensic exams, advocacy, and counseling for all ages – women and men. For shelters that offer pet services for survivors, see page 69. Information is current at the time of printing.

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## ADRIAN

### Catherine Cobb Domestic Violence Program

Crisis: (517) 265-6776

Toll-Free: 1-800-874-5936

COUNTY SERVED: LENAWE

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## ALLEGAN

### Sylvia's Place

Crisis: (269) 673-8700

COUNTY SERVED: ALLEGAN

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## ALPENA

### Shelter, Inc.

Crisis: (989) 356-2560

Crisis: (989) 356-6265

COUNTIES SERVED: ALCONA, ALPENA, IOSCO,  
MONTMORENCY, PRESQUE ISLE

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## ANN ARBOR

### DV Project/SafeHouse Center

Language Interpreters Available

Crisis: (734) 995-5444

COUNTY SERVED: WASHTENAW

### Sexual Assault Prevention and Awareness Center – University of Michigan

Crisis: (734) 936-3333

Phone: (734) 764-7771

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## BATTLE CREEK

### s.a.f.e. Place

Crisis: (269) 965-SAFE (7233)

Toll-Free: 1-888-664-9832

Phone: (269) 965-6093

COUNTIES SERVED: BARRY, CALHOUN, EATON

### Sexual Assault Services of Calhoun County

Crisis: 1-888-383-2192

Phone: (269) 245-3925

COUNTIES SERVED: BARRY, BRANCH, CALHOUN,  
EATON

### Green Gables Haven

Crisis: (269) 945-4777

Toll-Free: 1-800-304-5445

COUNTY SERVED: BARRY

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## BAY CITY

### Bay Area Women's Center

Crisis: (989) 686-4551

Toll-Free: 1-800-834-2098

COUNTIES SERVED: ARENAC, BAY

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## BENTON HARBOR

### Child & Family Services of SW Michigan Safe Shelter (for Women and Children)

Crisis: (269) 925-9500

Toll-Free: 1-888-983-4275

COUNTY SERVED: BERRIEN

**BIG RAPIDS****Women's Information Service, Inc. (WISE)**

Crisis: 1-800-374-WISE (9473)

Phone: (231) 796-6600

COUNTIES SERVED: MECOSTA, NEWAYGO, OSCEOLA

**CADILLAC****Cadillac Area OASIS/Family Resource Center**

Crisis: (231) 775-SAFE (7233)

Toll-Free: 1-800-775-4646

Phone: (231) 755-7299

COUNTIES SERVED: MISSAUKEE, WEXFORD

**CALUMET****Barbara Kettle Gundlach Shelter**

Crisis: (906) 337-5623

**Ontonagon Outreach**

Phone: (906) 884-4004

Toll-Free: 1-888-337-5623

(Upper Peninsula only)

COUNTIES SERVED: BARAGO, HOUGHTON,  
KEWEENAW, ONTONAGON**CARO****Human Development Commission/  
Thumb Area Assault Crisis Center**

Toll-Free: 1-800-292-3666

Phone: (989) 551-8336

COUNTIES SERVED: HURON, SANILAC, TUSCOLA

**CHARLOTTE****SIREN/Eaton Shelter, Inc.**

Crisis: (517) 543-0748

Toll-Free: 1-800-899-9997

COUNTY SERVED: EATON

**COLDWATER****Branch County Coalition Against  
Domestic Violence/Shelterhouse**

Crisis: (517) 278-SAFE (7233)

COUNTY SERVED: BRANCH

**DETROIT****Wayne County SAFE**

Crisis Pager: (313) 430-8000

Phone: (313) 964-9701

Medical - Forensic Exams Offered

COUNTY SERVED: WAYNE

**YWCA/Interim House Metro Detroit**

Crisis: (313) 861-5300

COUNTY SERVED: WAYNE

**Alternatives for Girls**

Crisis: 1-888-AFG-3919 (234-3919)

Resource Center: (313) 361-4000 ext. 295

Phone: (313) 361-4000

**Arab Community Center - Dearborn**

Crisis: (313) 216-2202

**Arab-American Chaldean Council -  
Southfield**

Phone: (248) 354-8460

**Michigan Asian Indian Family Services -  
West Bloomfield**

Crisis: (888) 664-8624

**EAST LANSING****MSU Safe Place**

Phone: (517) 355-1100

COUNTIES SERVED: CLINTON, EATON, INGHAM,  
JACKSON, LIVINGSTON,  
SHIAWASSEE**MSU Sexual Assault Program**

Crisis: (517) 372-6666

SANE Nurse: (517) 353-2700

**ESCANABA****Tri County Safe Harbor**

Crisis: (906) 789-1166

Toll-Free: 1-800-682-1649

Phone: (906) 789-9207

COUNTIES SERVED: DELTA, MENOMINEE,  
SCHOOLCRAFT



## FLINT

### YWCA of Greater Flint

Crisis: (810) 238-SAFE (7233)

Phone: (810) 238-7621

COUNTY SERVED: GENESEE

## GRAND RAPIDS

### YWCA West Central Michigan

Crisis: (616) 454-9922 (YWCA)

Phone: (616) 459-4681

Counseling: (616) 459-4652

COUNTY SERVED: KENT

### Grand Rapids Safe Haven

Crisis: (616) 452-6664

COUNTY SERVED: KENT

## GRAYLING

### River House Inc.

Crisis: 1-888-554-3169

Crisis Text: (989) 889-0545

Phone: (989) 348-1719

COUNTIES SERVED: CRAWFORD, OGEMAW, OSCODA,  
ROSCOMMON

## HILLSDALE

### Domestic Harmony

Crisis: (517) 439-1454

Toll-Free: 1-888-439-1454

COUNTY SERVED: HILLSDALE

## HOLLAND

### Center for Women in Transition

Crisis: (616) 392-1970

Toll-Free: 1-800-848-5991

Español: (866) 728-2131

COUNTIES SERVED: ALLEGAN, OTTAWA

## HOUGHTON

### Dial Help, Inc.

Local Crisis: (906) 482-HELP (4357)

U.P. Crisis Line: 1-800-562-7622

Text: 35NEEDS (906) 356-3337

COUNTIES SERVED: BARAGA, HOUGHTON,  
KEWEENAW, ONTONAGON

## HOWELL

### LACASA & Safe Pet Place

Crisis: 1-866-522-2725

COUNTY SERVED: LIVINGSTON

## IONIA

### Relief After Violent Encounter (RAVE)

Crisis: 1-800-720-SAFE (7233)

Phone: (616) 527-3351

COUNTIES SERVED: IONIA, MONTCALM

## IRON MOUNTAIN

### Caring House, Inc.

Crisis: (906) 774-1112

Toll-Free: 1-800-392-7839

Phone: (906) 774-1337

COUNTIES SERVED: DICKINSON, IRON

## IRONWOOD

### Domestic Violence Escape, Inc. (DOVE)

Crisis: (906) 932-0310

Phone: (906) 932-4990

COUNTY SERVED: GOGEBIC

## JACKSON

### AWARE, Inc.

Crisis: (517) 783-2861

COUNTY SERVED: JACKSON

**KALAMAZOO****YWCA of Kalamazoo**

Crisis: (269) 385-3587

Phone: (269) 345-5595

COUNTY SERVED: KALAMAZOO

**L'ANSE****Baraga County Shelter Home**

Crisis: (906) 524-7078

Text: (906) 208-8835

Phone: (906) 524-7079

COUNTY SERVED: BARAGA

**LANSING****End Violent Encounters, Inc. (EVE)**

Crisis: (517) 372-5572

COUNTY SERVED: CLINTON, EATON, INGHAM

**LAPEER****LACADA (Lapeer Area Citizens Against Domestic Assault)**

Crisis: (810) 667-4175

COUNTY SERVED: LAPEER

**LUDINGTON****Communities Overcoming Violent Encounters (COVE)**

Crisis: 1-800-950-5808

Phone: (231) 843-2541

COUNTIES SERVED: LAKE, MASON, OCEANA

**MANISTEE****CHOICES of Manistee County**

Crisis: (231) 723-6597

Toll-Free: 1-800-723-7220

COUNTY SERVED: MANISTEE

**MARQUETTE****Women's Center/Harbor House**

Crisis: (906) 226-6611

Toll-Free: 1-800-455-6611

Phone: (906) 225-1346

COUNTIES SERVED: ALGER, MARQUETTE

**MIDLAND****Shelterhouse/Council on Domestic Violence and Sexual Assault**

Crisis: 1-877-216-6383

Phone: (989) 835-6771

COUNTIES SERVED: GLADWIN, MIDLAND

**MONROE****Family Counseling & Shelter Services**

Crisis: (734) 242-7233

Phone: (734) 241-0180

COUNTY SERVED: MONROE

**MT. CLEMENS****Turning Point, Inc.**

Crisis: (586) 463-6990

COUNTY SERVED: MACOMB

**MT. PLEASANT****R.I.S.E., Advocacy, Inc.**

Crisis: (844) 349-6177

Phone: (989) 773-0078

COUNTIES SERVED: CLARE, GRATIOT, ISABELLA

**Central Michigan University  
Sexual Assault Services**

Women's Aid Crisis: (989) 772-9168

Crisis: (989) 772-2918

Counseling Center: (989) 774-3381

University Police: (989) 774-3081

## MUSKEGON

### Every Woman's Place

Text: (231) 468-6060

Crisis: (231) 722-3333

COUNTY SERVED: MUSKEGON, NEWAYGO, OCEANA

## PETOSKEY

### Women's Resource Center of Northern Michigan

Crisis: (231) 347-0082

Toll-Free: 1-800-275-1995

COUNTIES SERVED: ANTRIM, CHARLEVOIX,  
CHEBOYGAN, EMMET, OTSEGO

## PLYMOUTH

### First Step, Inc.

Crisis: (734) 722-6800

Toll-Free: 1-888-453-5900

COUNTY SERVED: WAYNE

## PONTIAC

### HAVEN

Crisis: (248) 334-1274

Toll-Free: 1-877-922-1274

TTY/TDD: (248) 972-2540

COUNTY SERVED: OAKLAND

### Centro Multicultural

#### La Familia

Crisis: (248) 858-7800

Text: (248) 858-2653

COUNTY SERVED: OAKLAND

## PORT HURON

### Blue Water Safe Horizons

Crisis: (810) 985-5538

Text: (810) 824-7948

Toll-Free: 1-888-985-5538

COUNTY SERVED: ST. CLAIR

## SAGINAW

### Child and Family Services of Saginaw

Crisis: (989) 790-9118

COUNTIES SERVED: BAY, MIDLAND, SAGINAW,  
TUSCOLA

### Underground Railroad

Crisis: (989) 755-0411

Toll-Free: 1-888-399-8385

COUNTY SERVED: SAGINAW

## SAULT STE. MARIE

### Diane Peppler Resource Center, Inc.

Crisis: (906) 635-0566

Toll-Free: 1-800-882-1515

COUNTIES SERVED: CHIPPEWA, LUCE, MACKINAC

## ST. JOHNS

### Safe Center

Crisis: 1-877-952-7283

COUNTIES SERVED: CLINTON, SHIAWASSEE

## THREE RIVERS

### Domestic and Sexual Abuse Services

Toll-Free: 1-800-828-2023

COUNTIES SERVED: CASS, ST. JOSEPH, VAN BUREN

## TRAVERSE CITY

### Women's Resource Center of Grand Traverse Area

Crisis: 1-800-554-4972

Phone: (231) 941-1210

COUNTIES SERVED: ANTRIM, BENZIE,  
GRAND TRAVERSE,  
KALKASKA, LEELANAU

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## LOCAL RESOURCES THAT OFFER PET SHELTER SERVICES FOR SURVIVORS

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The following resources are organized by city and describe the various services that are offered for the pets of domestic violence survivors. For more information, see page 32 of this booklet. This information was current at the time of printing.

***Please Note:** Certified service dogs are protected under the Americans with Disabilities Act and owners have the right to bring them into public establishments, including domestic violence shelters, even those with no-pet policies. Certified service dogs are not considered pets by law.*

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### ALLEGAN

#### Wishbone Pet Rescue Alliance - with Sylvia's Place PAWS Program (Protecting Animals and Women in Shelters)

Crisis: (269) 673-8700

Toll-Free: 1-888-411-7837

COUNTY SERVED: ALLEGAN

Caseworkers at Sylvia's House will work with Wishbone to arrange safe, secure and confidential care for your pet(s).

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### BATTLE CREEK

#### s.a.f.e. PLACE

Crisis: 1-888-664-9832

Phone: (269) 965-SAFE (7233)

COUNTIES SERVED: BARRY, CALHOUN, EATON

s.a.f.e. Place arranges for short-term care of cats and dogs at a local shelter.

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### BAY CITY

#### Bay Area Women's Center:

Crisis: 1-800-834-2098

Phone: (989) 686-4551

TTY: (989) 686-0284

COUNTIES SERVED: ARENAC, BAY, SURROUNDING AREA

If a need is determined to house pet(s) during a survivor's shelter stay, funds are provided to temporarily board the pet(s) in an undisclosed location for their protection.

## HOWELL

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### LACASA & Safe Pet Place

Crisis: 1-866-522-2725

Phone: (517) 548-1350

Text: (517) 777-8005

COUNTY SERVED: LIVINGSTON

LACASA's Safe Pet Place allows survivors to bring their family pet(s) with them to the Crisis Shelter, where on-site kennels are provided.

## MIDLAND

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### Shelterhouse

Crisis: 1-877-216-6383

Phone (Midland): (989) 835-6771

Phone (Gladwin): (989) 426-9413

COUNTIES SERVED: GLADWIN, MIDLAND

Shelterhouse partners with the Red Rover Safe Place for Pets program, local vets, and kennels to provide boarding for pets (mostly dogs and cats) while families are in shelter.

## Pontiac

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### HAVEN's Farber Family Pet Center

Crisis: (248) 334-1274

Toll-Free: 1-877-922-1274

TTY/TDD: (248) 972-2540

COUNTY SERVED: OAKLAND

Provides secure space within the HAVEN shelter complex for dogs, cats, birds and other small domestic companion animals of survivors living at the shelter.

## SAGINAW

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### Underground Railroad, Inc.

Translation Services Available for non-English speaking persons

Crisis: 1-888-399-8385

Phone: (989) 775-0411

Text: (989) 770-8892

COUNTY SERVED: SAGINAW

Underground Railroad will house pets in the room with the family whenever possible. Three indoor/outdoor kennels, including an outdoor, fenced dog run, are also available that survivors can access.













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*The information in this publication is available,  
upon request, in an alternative, accessible format.*

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