

ASSUME NOTHING

A STORY OF
INTIMATE VIOLENCE

TANYA
SELVARATNAM

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FIRST EDITION

Library of Congress Cataloging-in-Publication Data has been applied for.

ISBN 978-0-06-305990-0

21 22 23 24 25 LSC 10 9 8 7 6 5 4 3 2 1

APPENDIX

Jennifer Friedman, the director of the legal project at two family justice centers in New York City for Sanctuary for Families, was my sounding board and guide throughout the strenuous process of extracting myself from an abusive relationship and strategizing for my safety. We met in person in the spring of 2019 to brainstorm for this appendix. The day was May 7, exactly one year since the *New Yorker* story. (Friedman and I had picked the date by coincidence.) We began by exchanging a hug.

I asked Friedman to collaborate with me on an accessible resource for how to spot, stop, and prevent intimate partner violence. Here is her statement:

Every survivor's story is unique, and all survivors' experiences are intensely personal, often causing deep scars, physical and emotional, which can take a lifetime to heal. Despite this, there are commonalities among the stories I have heard from survivors I have encountered from all over the world. Domestic

violence is one form of gender-based violence, which also includes sexual harassment, sexual assault, female genital mutilation, honor crimes, human trafficking, forced and child marriage, and others. Domestic violence involves a pattern of gender-based intimate partner, dating, or family violence with a central dynamic of power and control. In this dynamic, the abuser establishes and maintains power and asserts control over the victim/survivor. The manifestation of this dynamic can take many forms, including physical, sexual, emotional, economic, psychological, digital, and legal (discussed in this appendix).

Domestic violence is prevalent across demographic lines, including race, class, sexual orientation, and gender, although the vast majority of victims are women and girls. Not every abuser engages in physical violence. Many may use threats, such as to take the children or to hurt family members; and the weight of those threats may be effective enough so that violence is not necessary. The abuser will be extremely skilled in homing in on the victim's weaknesses and pressure points in order to exploit and manipulate her, in asserting dominance, and in enforcing compliance. This may be psychological abuse and can include exploiting a victim's history of sexual abuse to his advantage. Once women have children, this vulnerability makes them easy prey. The abusers often will use the children as pawns and leverage, even well after the relationship has ended, when there can be extensive litigation over custody, visitation, and child support. Or the abuser may construct a weakness in the victim over time, as in the case of cyber sexual abuse, where the abuser may take photographs of the victim and threaten to post them online or disseminate them to her family, community, or employer.

Many victims experience extreme trauma and may exhibit symptoms of post-traumatic stress disorder (PTSD). This is a normal psychological and physiological reaction to being threatened with death or severe harm, and is now understood to be a significant aspect of the experience of intimate partner violence. For example, the experience of being strangled, in which your air supply is cut off and you are unable to breathe, can invoke extreme trauma and PTSD.

Some victims experience a dynamic known as the “cycle of violence.” There was a time when this cycle was thought to be the primary manifestation of domestic violence. While I do not see this as the only dynamic, it is a common pattern, in which there is an escalation of tension so that the victim feels she is “walking on eggshells” and that anything she does will set off the abuser. Finally, there is a violent incident that breaks the tension, and afterward there is a “honeymoon” period, in which the abuser begs for forgiveness and a break from the abuse follows. Over time, physical violence may not be as necessary because the threat is always there. The abuser has accomplished compliance.

Some domestic violence is a prelude to, or part of, sex trafficking, pimping, and commercial sexual exploitation. Many sex traffickers or pimps seek out vulnerable young people, often those who are homeless or living in group homes, and lure them into romantic relationships in which they are first courted and then subjected to intimate partner violence, groomed, and pimped.

Many survivors have their first experiences of intimate partner violence as teens or young adults. Signs of abuse in young people may be similar to those in adults but often include abuse

on social media, use of photos or videos to manipulate them, excessive texting, and demanding access to passwords. College dating violence is also extremely prevalent, with nearly half of dating college women reporting the experience of abusive dating behaviors, as is sexual assault, both occurring within the context of intimate relationships and being exacerbated by partying and fraternity cultures.

There may be inherent or structural power imbalances in the relationship between victim and abuser that are easy to exploit, such as financial power, immigration status, health issues such as HIV status, and use of male, racial, or ethnic privilege. Whichever modality the abuser selects, the abuse is strategic, intended to exert control, and the victim may ultimately feel trapped in the relationship, finding it difficult, even impossible, to escape. The isolation has made her feel she has no friends or family to turn to. The sexual abuse has made her feel vulnerable and possibly ashamed. The emotional and psychological abuse has chipped away at her self-confidence, making her feel dependent or less capable than she really is. The economic abuse has possibly left her with no resources to survive on her own and take care of her children.

The threats—to kill her, to take her children, to hurt her animals or family, to expose vulnerabilities—are very effective at instilling a fear of leaving. For immigrant victims, these dynamics are exacerbated by fear of deportation, language barriers, and lack of knowledge of victims' rights within the American legal system.

Given this web of control, it is amazing that so many victims do leave and escape. Fortunately, thanks to the brave and groundbreaking work of so many leaders and feminist pioneers

over the past fifty years, there are trusted resources to turn to. There are counselors and shelters, sexual assault hotlines, legal services, and some economic support resources, although certainly not enough. Included in this appendix are resources for victims in every state. I encourage anyone who reads this book and recognizes that they are in an abusive relationship to reach out to experts in the field and their community who can help develop a safety plan for their individual situation. My mantra is that because every situation is unique, it is imperative that safety planning is done individually for each victim. There isn't a cookie-cutter plan that is right for everyone. It is critical that victims and advocates be aware of danger and known lethality factors (listed in this appendix) and the reality that threats to kill can be acted upon. The most dangerous time is when the victim leaves or attempts to leave, because the abuser has lost control. This is when threats to kill become most serious and safety planning is critical.

For Tanya, there was a powerful abuser with unusual resources at his disposal. I was especially concerned about her safety. We talked at length about her knowledge of his behavior and what she believed his reactions would be to various scenarios as we planned her extraction. We asked many questions: Should she go to the police, which would trigger a criminal investigation and likely a prosecution? Should she file for a civil order of protection in family court? How could she best extricate herself? Where should she go immediately after she left, which can be the most dangerous time? Would he retaliate? If so, what form would that take? Would he physically come after her? Attack her in the street? Show up at her place of employment? Defame her to friends, family, or employers? Did

he have “dirt” on her that he could try to exploit? Would he try to sabotage her employment? For victims who are financially dependent, or who have children, there are so many additional questions: Will he cut off support? Will he show up at the children’s school? Try to take them away? Abduct them? File for custody? File false abuse charges against her with child protective services? Take them to another country with different laws that favor men?

The answers to these questions and many, many more will dictate the course of action that is best for each survivor. An order of protection (the name may differ by state—restraining order, protective order, etc.) can be a powerful tool, as can be filing for custody, divorce, or child support. But it is not the right move for everyone. Are you in a shelter, effectively hidden for the moment? Then perhaps filing may not be in your best interest, as the abuser would need to be served with papers and will now have the chance to locate you and retaliate. What is your economic plan for survival? Do you need child support, or should you consider filing for public assistance? Do you want or need an order of custody? Be aware that initiating a family court case could turn into a protracted battle, and the abuser will likely be granted visitation with the children. Do you know if he is planning to file for custody anyway? Then perhaps you should file first, giving yourself the opportunity to frame the narrative. Of course, it is difficult to make these decisions without legal counsel. While the costs of an attorney may be out of reach for many victims, there are organizations that provide free legal advice, which can be accessed through the resources listed here.

Your abuser may have convinced you that you have vulnerabilities he would expose in court. Talk these through with a lawyer, if possible. It may be that there are real legal challenges, or it may be that he has manipulated you into believing that he has advantages that are not in fact legally compelling. You may also have rights you were unaware of. If you are an immigrant survivor, there are pathways to legal residency separate from the abuser, such as asylum, a Violence Against Women Act Self-Petition (aka battered spouse waiver), a U visa, a T visa, or Special Immigrant Juvenile Status (SIJS).

In any case, my strongest advice is to reach out, if possible, to one of the resources provided here and, when you feel ready, safely speak with someone who can help provide you with options you may not have known existed. You are the expert in your own situation. Your intuition is there for a reason, and you should use it to help guide you through this entire process. If you are receiving advice you doubt, perhaps you should get a second opinion. You know the pressure points and the danger you are in, and you should not allow anyone to convince you to do anything that you are not ready for. Ultimately, no one except you walks in your shoes.

All survivors have to decide for themselves whether and when they are ready to share their stories and possibly seek help. No matter how humiliating you may think your situation is, coming forward and speaking your truth, if only to a counselor or lawyer, is extraordinarily brave and can bring about a breakthrough. The abuser has sought to silence your voice and diminish your self-worth, preventing you from feeling your own power. But you *do* have power, and seeking help

(including speaking with an expert) may bring you more power. Taking back your power is an important step toward healing and reclaiming your life. While the larger society may not honor women’s voices because of an entrenched power structure dominated primarily by men, times are changing.

—Jennifer Friedman, Director, Bronx and Manhattan Legal Project and Policy, Sanctuary for Families

I. SIGNS OF INTIMATE PARTNER VIOLENCE

The following is adapted from B. J. Cling and Dorchen A. Leidholdt, “Interviewing and Assisting Domestic Violence Survivors,” in *Lawyer’s Manual on Domestic Violence: Representing the Victim*, 6th ed., edited by Mary Rothwell Davis, Dorchen A. Leidholdt, and Charlotte A. Watson (Supreme Court of the State of New York, 2015), <http://ww2.nycourts.gov/sites/default/files/document/files/2018-07/DV-Lawyers-Manual-Book.pdf>.

Jealousy and Possessiveness

Jealousy and possessiveness are two of the most common characteristics of abusers. These may initially be interpreted by the victim as signs of her partner’s passion and devotion, though it soon becomes apparent that they underlie his acts of domination and control. The jealousy can take many different forms. An abuser may use GPS to monitor a victim, accuse her of having affairs with every man in her life, call the victim frequently during the day, send constant text messages, drop by her place of work unexpectedly, prevent her from performing

her job effectively, check her car's mileage, or ask friends or neighbors to watch her.

Controlling Behavior

This is a hallmark of abuse, which may be related to jealousy and can permeate every facet of existence. An abuser will initially attribute his controlling behavior to concern for her well-being. The situation will progressively worsen. The abuser may ultimately monitor her every move, assume control of all finances, and/or prevent the victim from coming and going freely.

Quick Involvement

A victim often knows or dates the abuser for a brief, intense period of time before getting engaged or moving in together. Almost immediately in their relationship, the abuser will pressure the victim to commit to him and will make her feel guilty for wanting to slow the pace. The abuser expects the partner to meet all his needs, build her world around him, and submerge her identity in his.

Manipulative Behavior

Abusers are often skilled manipulators who begin by appearing to be devoted, dependable partners. Once a victim is entrapped in the relationship and tries to get out, the abuser may manipulate the very agencies the victim can turn to for help, such as criminal justice, child welfare, and judicial authorities. Often the abuser will succeed in having his victim investigated for child abuse or neglect, arrested for fabricated crimes, or tarred as an alienating parent. An abuser will also manipulate his

children, persuading them that their mother is to blame for the family's no longer living together or for their moving from their old neighborhood or school.

Isolation

Abusers isolate their victims by severing the victims' ties to outside support and resources. The abuser will create conflict with the victim's friends and family, forcing the victim to choose between them and him. The abuser may block the victim's access to use of a vehicle, work, or telephone and internet service in the home. He wants her in the home, where she is totally under his control, so any social contact becomes a threat.

Blame and Incessant Criticism

The abuser is never at fault and never accepts responsibility for his actions, blaming others for his own shortcomings. He will blame the victim for almost anything, including his poor work performance, his bad relationships with other people, and, above all, his violence toward her.

Abusive and Violent Sex

Sexual abuse is a pervasive form of domestic violence. This includes forcing unwanted sex, restraining partners against their will during sex, acting out fantasies in which the partner is helpless, initiating sex when the partner is asleep, or demanding sex when the partner is ill or tired.

Verbal Abuse

Abusers usually subject their victims to an unending barrage of insults. The epithets "bitch" and "whore" are staples among

abusers, as are threats and obscenities. The language the abuser uses can be cruel and hurtful, including cursing, degrading, or insulting the victim or putting down the victim's accomplishments.

Rigid Gender Roles

Abusers often demand that their partners conform to traditional sex or gender roles. The victim is supposed to be passive, obedient, solicitous, attractive, a great cook who always has dinner on the table just when he is ready for it, and sexually available to him whenever he is in the mood. Many abusers move to control the family's finances and discourage or undermine their victims' educational and career aspirations; they maintain that marriage gives them full authority over the victim and the family.

Dual Personality: "Dr. Jekyll and Mr. Hyde"

Abusers often exhibit different personalities at different times, leaving the victims to tiptoe around them and guess which person they will get at any given moment. At times, the abuser can be loving and at other times cruel. Explosive behavior and moodiness can shift quickly into congeniality.

Past Battering

A victim will often discover that the abuser's past relationships followed a pattern of abuse similar to hers. (Individual occurrences do not constitute an abusive personality.)

Threats of Violence

These consist of any threat of physical force meant to control the partner.

Breaking or Striking Objects

This behavior is used as punishment (e.g., breaking sentimental possessions) or to terrorize the victim into submission.

Cruelty to Animals

An abuser will injure or even kill beloved family pets as a sign of his power, as a threat of violence toward the family, or simply as an act of cruelty.

Use of Privilege

The abuser will use whatever leverage he has against the victim, including social status, financial status, male privilege, race privilege, immigration status, and knowledge of the victim's personal information, such as gender identity, sexual orientation, or religious status. This may take the form of emotional or psychological abuse, with name-calling, demeaning, or degrading the victim based on status or lack of privilege. Male privilege may include using rigid sex roles as a means of control, such as demanding sex as a marital right. In LGBTQIA+ relationships, there may be threats to out the victim to friends, family, or colleagues. Where the victim is undocumented or not a US citizen, there may be threats to report the victim to US Immigration and Customs Enforcement (ICE) or other authorities.

II. TYPES OF ABUSE AND THEIR EFFECTS

The following is adapted from Dorchen Leidholdt, Esq., and Ted McCartney, MSW, "Understanding Domestic Violence," an unpublished PowerPoint presentation.

Types of Abuse

Physical Abuse

- Hitting, slapping, shoving, grabbing, pinching, biting, and pulling hair
- Choking you or trying to suffocate you
- Preventing access to medical care
- Having easy access to weapons
- Forcing you to use alcohol or drugs
- Driving dangerously while you are in the car

Sexual Abuse

- Holding you down during sex
- Forcing you to have sex or making you do other sexual acts unwillingly
- Forcing you to have sex after hurting you or when you are sick or tired
- Calling you sexual names or forcing you to dress in a certain way
- Assaulting your genital area or breasts
- Pressuring/demanding that you have sex with other people
- Forcing you to watch or act out pornography
- Taking sexual/pornographic photographs of you and using them to manipulate your behavior, such as threatening to release them to friends and family or post them online

Emotional Abuse

- Name-calling or insulting you
- Acting jealous and not trusting you

- Humiliating you
- Making you question your perception of reality within a relationship by using statements such as “That never happened” or “It’s all in your head” (aka gaslighting)
- Cheating on you repeatedly and then blaming you for the infidelity
- Damaging your relationships with your children

Economic Abuse

- Withholding access to your money
- Refusing to let you go to work or school
- Forcing you to mount up debt to hurt your credit
- Refusing you access to money for necessities such as food and medical care
- Preventing you from viewing bank accounts
- Signing your name on financial instruments, such as rent, mortgages, car loans, and other documents, without your knowledge or against your will
- Allowing you to work but confiscating your paycheck
- Giving you a limited budget and forcing you to account for every penny spent

Psychological Abuse

- Intimidating you
- Isolating you from other people
- Threatening to harm people you care about or pets
- Threatening to take your children
- Stalking you: following; sending unsolicited letters,

messages, and/or gifts; destroying or vandalizing your property; threatening to harm your family members or friends

- Controlling your reproductive freedom by forcing sex, denying you access to contraceptives or abortion

Digital Abuse

- Controlling your passwords
- Searching your phone often, including texts and calls
- Monitoring you with any technology, such as a GPS
- Insulting you in social media status updates
- Engaging in cyber sexual abuse (also known as “revenge porn”)
- Spoofing (setting up a false online profile of you intended to destroy your reputation)
- Installing spyware on your devices to intercept communication and personal information
- Sending defamatory messages about you through email and/or social networking websites

Legal Abuse

- Falsely reporting you to law enforcement or child welfare agencies
- Threatening deportation
- Initiating retaliatory cases, such as filing orders of protection, suing for custody, and making frivolous claims
- After the relationship has ended, gaining access to you by engaging in litigation
- Instituting legal proceedings that you cannot afford to fight

Effects of Abuse

Physical Effects

- Direct physical injury: bruises, broken bones, lacerations, traumatic brain injury, vision and hearing impairment, damage to or loss of teeth
- Other physical effects: chronic headaches, pervasive body aches, feelings of dizziness
- Insomnia and disrupted or abnormal sleep
- Long-term physical effects: chronic illnesses such as heart disease (in middle-aged and old survivors), diabetes, autoimmune disorders, and stroke

Psychological Effects

- High levels of anxiety
- Depression
- Minimization/denial
- Numbness/flattened affect
- Memory loss
- Dissociation
- Shame, self-blame
- Self-medication (drug/alcohol abuse)
- Post-traumatic stress disorder (PTSD)
- Intrusion: emotional reactions, flashbacks, images, nightmares
- Avoidance: dissociation, minimizing, numbing, denial
- Arousal: anger, difficulty concentrating or sleeping

Lethality Indicators

- Increase in severity or frequency of violence
- Use of or threats to use weapons
- Threats to kill you, children, and/or self
- Abuse of drugs or alcohol
- Stalking, choking, or forced sex
- Unemployment
- Separation

III. RESOURCES

Whether you are a victim or a loved one seeking to support a victim, there are organizations you can turn to for help and information. What follows is a range of national and community-specific options. Several of the national organizations listed here include state-specific resources.

Resources for Immediate Safety Assistance

National Domestic Violence Hotline

<https://www.thehotline.org>

National Domestic Violence Hotline, P.O. Box 90249,
Austin, TX 78709

Hotline: 1-800-799-7233

TTY: 1-800-787-3224

Office: 1-512-453-8117

“Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.”

Family Justice Center Alliance

<https://www.familyjusticecenter.org>

Alliance for HOPE International, 101 W. Broadway,

Suite 1770, San Diego, CA 92101

Office: 1-888-511-3522

List of affiliated centers: <https://www.familyjusticecenter.org/affiliated-centers>

“The Family Justice Center Alliance (FJCA) is a program of Alliance for HOPE International, one of the leading domestic violence and sexual assault prevention and intervention organizations in the United States. The FJCA serves as the clearinghouse, research center, and national affiliation organization for Family Justice Centers and other multi-agency centers that serve victims of domestic violence, sexual assault, elder abuse, child abuse, and/or human trafficking.”

Family Justice Centers provide assistance with shelter, counseling, legal, and other services. Most are designed as walk-in centers that can be accessed by any victim in need. The link given here provides information about centers located throughout the United States.

RAINN (Rape, Abuse & Incest National Network)

<https://www.rainn.org>

Hotline: 1-800-656-4673

Office: 1-202-544-1034

“RAINN (Rape, Abuse & Incest National Network) is the nation’s largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org or rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.”

Legal Resources

*American Bar Association Commission
on Domestic & Sexual Violence*

https://www.americanbar.org/groups/domestic_violence

“Our mission is to increase access to justice for victims of domestic violence, sexual assault and stalking by mobilizing the legal profession.” The ABA Commission on Domestic & Sexual Violence provides individualized support to attorneys representing victims of domestic violence, sexual assault, and stalking, including research assistance, sample practice tools, model pleadings, and access to experts in the field.

ImmigrationLawHelp.org

<https://www.immigrationlawhelp.org>

“ImmigrationLawHelp.org is a searchable online directory of over 1,000 free or low-cost nonprofit immigration legal services providers in all 50 states. Only nonprofits that are BIA recognized or have attorneys on staff are included in the directory. Users can search ImmigrationLawHelp.org by state, zip code, or detention facility. Users can also refine their search by types and areas of legal assistance provided, populations served, languages spoken, other areas of legal assistance, and non-legal services provided. ImmigrationLawHelp.org was developed by the Immigration Advocates Network and Pro Bono Net with support from the Four Freedoms Fund.”

National Institute of Justice Violence Against Women and Family Violence Program

<https://www.nij.gov/topics/crime/violence-against-women/pages/welcome.aspx>

“The mission of the Violence Against Women and Family Violence Research and Evaluation program is to promote the safety of women and family members, and to increase the efficiency and effectiveness of the criminal justice system’s response to these crimes. This mission is being accomplished through the following objectives:

- **Estimating the Scope of the Problem** to understand the extent of violence against women and family members . . .

- **Identifying Causes and Consequences** to identify the reasons violent behavior against women and within the family occur . . .
- **Evaluating Promising Prevention and Intervention Programs.”**

National Women’s Law Center

<https://nwl.org>

National Women’s Law Center, 11 DuPont Circle NW,

Suite 800, Washington, DC 20036

Office: 1-202-588-5180

“The National Women’s Law Center fights for gender justice—in the courts, in public policy, and in our society—working across the issues that are central to the lives of women and girls. We use the law in all its forms to change culture and drive solutions to the gender inequity that shapes our society and to break down the barriers that harm all of us—especially those who face multiple forms of discrimination, including women of color, LGBTQ people, and low-income women and families. For more than 45 years, we have been on the leading edge of every major legal and policy victory for women.”

WomensLaw.org

<https://www.womenslaw.org>

“Despite its name, WomensLaw.org provides information that is relevant to people of all genders, not just women. Our Email Hotline will provide legal information to anyone

who reaches out with legal questions or concerns regarding domestic violence, sexual violence, or any other topic covered on WomensLaw.org.” [Also see the Family Justice Center Alliance.]

Community-Specific Resources

Asian/Pacific Islander Domestic Violence Resource Project

<https://dvrp.org>

A/PI DVRP, P.O. Box 14268, Washington, DC 20044

Hotline: 1-202-833-2233

Office: 1-202-833-2232

Email: info@dvrp.org

“The Asian/Pacific Islander Domestic Violence Resource Project (DVRP) is a non-profit organization in Washington, DC. Our mission is to address, prevent, and end domestic violence and sexual assault in Asian/Pacific Islander communities while empowering survivors to rebuild their lives after abuse.”

Black Women’s Blueprint

<https://www.blackwomensblueprint.org>

Black Women’s Blueprint, 279 Empire Blvd.,

Brooklyn, NY 11225

Office: 1-347-533-9102/3

Email: info@blueprintny.org

Black Women’s Blueprint specializes in providing “help for women, cis, trans and LGBTQ survivors of sexual assault, rape,

childhood sexual and/or physical abuse, human trafficking, and physical assault.”

Break the Cycle

<http://www.breakthecycle.org>

Break the Cycle, P.O. Box 66165, Washington, DC 20035

Text: loveis to 22522

Office: 1-202-849-6289

“Break the Cycle inspires and supports young people 12–24 to build healthy relationships and create a culture without abuse. We are a culturally affirming organization that centers young people, caring adults, and communities in our prevention and intervention efforts.”

Casa de Esperanza

<https://casadeesperanza.org>

Casa de Esperanza, P.O. Box 40115, St. Paul, MN 55104

Minnesota crisis line: 1-651-772-1611

National hotline: 1-800-799-7233

Office: 1-651-646-5553

Email: info@casadeesperanza.org

“Casa de Esperanza is a leader in the domestic violence movement and a national resource center for organizations working with Latin@s in the United States. Based in St. Paul, Minnesota Casa de Esperanza’s mission is to ‘mobilize Latinas and Latin@ communities to end domestic violence.’ Founded in 1982 to provide emergency shelter for Latinas and other women and

children experiencing domestic violence, the organization has grown to become the largest Latina organization in the country focused on domestic violence. Casa de Esperanza is also committed to becoming a greater resource to organizations and communities in the areas of sexual assault and trafficking.”

Day One

<https://www.dayoney.org>

Day One, P.O. Box 3220, Church Street Station,

New York, NY 10008

Hotline: 1-800-214-4150

Text: 1-646-535-3291

Email: info@dayoney.org

“Our mission is to partner with youth to end dating abuse and domestic violence through community education, supportive services, legal advocacy and leadership development.”

Daya

<https://www.dayahouston.org>

Daya, Inc., P.O. Box 770773, Houston, TX 77215

Hotline: 1-713-981-7645

Office: 1-713-842-7222

Email: contact@dayahouston.org

“Daya’s mission is to empower South Asian survivors of domestic and sexual violence through culturally specific services and to educate the community in an effort to end the cycle of abuse.”

National Coalition of Anti-Violence Programs

<https://avp.org/ncavp>

National Coalition of Anti-Violence Programs,

116 Nassau Street, 3rd floor, New York, NY 10038

Bilingual hotline: 1-212-714-1141

Office: 1-212-714-1184

“We work to prevent, respond to, and end all forms of violence against and within LGBTQ communities. We’re a national coalition of local member programs, affiliate organizations and individual affiliates who create systemic and social change. We strive to increase power, safety and resources through data analysis, policy advocacy, education and technical assistance.”

National Deaf Domestic Violence Hotline

<https://thedeafhotline.org>

Hotline: 1-800-799-7233

TTY: 1-800-787-3224

Videophone: 1-855-812-1001

Email: nationaldeafhotline@adwas.org

“All survivors of domestic violence face the same issue: abuse thrives in isolation. This can be especially true for survivors of domestic violence who are Deaf, DeafBlind or hard of hearing. Domestic violence programs can still isolate survivors by not providing adequate access to critical information.

“Our hotline strives to educate the public about the need for Deaf, DeafBlind and hard of hearing abuse outreach programs.

The safe and strictly confidential services that our hotline offers Deaf survivors can be life-saving.”

National Indigenous Women’s Resource Center

<http://www.niwrc.org>

National Indigenous Women’s Resource Center, 515 Lame

Deer Avenue, P.O. Box 99, Lame Deer, MT 59043

Office: 1-406-477-3896

Toll-Free: 1-855-649-7299

“The National Indigenous Women’s Resource Center, Inc. (NIWRC) is a Native nonprofit organization that was created specifically to serve as the National Indian Resource Center (NIRC) Addressing Domestic Violence and Safety for Indian Women.”

National LGBTQ Institute on IPV

<https://lgbtqipv.org>

“The LGBTQ Institute on IPV expands the capacity of individuals, organizations, governmental agencies, local communities, tribes, and tribal organizations to identify and respond to the specific and emerging needs of diverse LGBTQ intimate partner violence survivors. We inform research and policy agendas, coordinate with other Domestic Violence Resource Network members, and provide training and technical assistance to improve violence prevention and intervention efforts nationwide.”

Operation Restoration

<https://or-nola.org>

Operation Restoration, 1450 Poydras St., Suite 2260,
New Orleans, LA 70112

Office: 1-504-684-9222

Email: info@or-nola.org

“Operation Restoration supports women and girls impacted by incarceration to recognize their full potential, restore their lives, and discover new possibilities. . . . One of OR’s greatest strengths is that it is an organization created by and for formerly incarcerated women.”

Peaceful Families Project

<https://www.peacefulfamilies.org>

Peaceful Families Project, P.O. Box 771, Great Falls, VA 22066

Office: 1-540-324-8818

Email: info@peacefulfamilies.org

“Our mission is to work towards preventing all types of abuse in Muslim families by increasing awareness regarding the dynamics of domestic violence. We believe that a better understanding of religious and cultural values can be used as a resource to prevent domestic violence, and that religion and culture should never be used to justify abusive behavior. Through education and training, we seek to promote attitudes and beliefs that emphasize justice, freedom from oppression, and family harmony.”

Sanctuary for Families

<https://sanctuaryforfamilies.org>

Sanctuary for Families, P.O. Box 1406, Wall Street Station,
New York, NY 10268

Legal hotline: 1-212-249-6009, ext. 246

Text: 1-646-692-0300

Email: info@sffny.org

“Sanctuary for Families is dedicated to the safety, healing and self-determination of victims of domestic violence and related forms of gender violence. Through comprehensive services for our clients and their children, and through outreach, education and advocacy, we strive to create a world in which freedom from gender violence is a basic human right.”

StrongHearts Native Helpline

<https://www.strongheartshelpline.org>

Hotline: 1-844-7NATIVE (762-8483)

Email: info@strongheartshelpline.org

“StrongHearts Native Helpline is a safe domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy daily from 7 a.m. to 10 p.m. CT. Anonymous and confidential.

Callers reaching out after hours may connect with the National Domestic Violence Hotline by selecting option one. StrongHearts is a project of the National Domestic Violence Hotline and the National Indigenous Women’s Resource Center.”

Trans Lifeline

<https://translifeline.org>

Trans Lifeline, 195 41st St., #11253, Oakland,
CA 94611-9991

Hotline: 1-877-565-8860

Office: 1-510-771-1417

Email: contact@translifeline.org

“Trans Lifeline is a grassroots hotline and microgrants 503(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis—for the trans community, by the trans community.

“Trans Lifeline was founded in 2014 as a peer-support crisis hotline. The Hotline was, and still is, the only service in the country in which all operators are transgender. Because of the particularly vulnerable relationship transgender people have with police, it is also the only service in the country with a policy against non-consensual active rescue.”

Ujima: The National Center on Violence Against Women in the Black Community

<https://ujimacommunity.org>

Hotline: 1-800-799-7233

Office: 1-844-77-UJIMA (85462)

Email: ujimainfo@ujimacommunity.org

“The mission of the National Center on Violence Against Women in the Black Community is to mobilize the community

to respond to and end domestic, sexual and community violence in the Black community.”

Additional Resources

A Call to Men

<https://www.acalltomen.org>

Office: 1-917-922-6738

Email: info@acalltomen.org

“A CALL TO MEN is a violence prevention organization and respected leader on issues of manhood, male socialization and its intersection with violence, and preventing violence against all women and girls.”

Equality Now

<https://www.equalitynow.org>

Equality Now, 125 Maiden Lane, 9th Floor, Suite B,
New York, NY 10038

Office: 1-212-586-0906

“At Equality Now, we believe in creating a just world where women and girls have the same rights as men and boys. We tackle the most difficult issues, challenge ingrained cultural assumptions and call out inequality wherever we see it. . . . We use the power of the law to create enduring equality for women and girls everywhere.”

FreeFrom

<http://www.freefrom.org>
FreeFrom, 12405 Venice Blvd., Suite 422,
Los Angeles, CA 90066

“Our mission is to create pathways to financial security and long-term safety that support survivors of gender-based violence.”

Futures Without Violence

<https://www.futureswithoutviolence.org>
Futures Without Violence, 100 Montgomery St.,
The Presidio, San Francisco, CA 94129
Office: 1-415-678-5500
Email: info@futureswithoutviolence.org

“For more than 30 years, FUTURES has been providing groundbreaking programs, policies, and campaigns that empower individuals and organizations working to end violence against women and children around the world.

“Providing leadership from offices in San Francisco, Washington D.C. and Boston, we’ve established a state-of-the-art Center for Leadership and Action in the Presidio of San Francisco to foster ongoing dialogue about gender-based violence and child abuse.”

A Long Walk Home

<http://www.alongwalkhome.org>
A Long Walk Home, 1658 N. Milwaukee Ave.,
Suite 104, Chicago, IL 60647
Office: 1-877-571-1751
Email: info@alongwalkhome.org

“A Long Walk Home empowers young artists and activists to end violence against all girls and women. We advocate for racial and gender equity in schools, communities, and our country-at-large.”

National Coalition Against Domestic Violence

<http://www.ncadv.org>
NCADV, 600 Grant, Suite 750, Denver, CO 80203
Office: 1-303-839-1852

“The National Coalition Against Domestic Violence (NCADV)’s mission is to lead, mobilize and raise our voices to support efforts that demand a change of conditions that lead to domestic violence such as patriarchy, privilege, racism, sexism, and classism. We are dedicated to supporting survivors and holding offenders accountable and supporting advocates.”

National Disability Rights Network

<https://www.ndrn.org>
National Disability Rights Network, 820 First St. NE,
Suite 740, Washington, DC 20002
Office: 1-202-408-9514

“The National Disability Rights Network works in Washington, DC on behalf of the Protection and Advocacy Systems (P&As) and Client Assistance Programs (CAPs), the nation’s largest providers of legal advocacy services for people with disabilities.”

National Network to End Domestic Violence

<https://nnedv.org>

National Network to End Domestic Violence,

1325 Massachusetts Ave. NW, 7th Floor,

Washington, DC 20005

Hotline: 1-800-7999-7233

Office: 1-202-543-5566

Technology Safety: <https://www.techsafety.org>

“The National Network to End Domestic Violence (NNEDV) is a social change organization dedicated to creating a social, political, and economic environment in which violence against women no longer exists.”

The Polaris Project

<https://polarisproject.org>

Polaris, P.O. Box 65323, Washington, DC 20035

Hotline: 1-888-373-7888

Office: 1-202-790-6300

Email: info@polarisproject.org

“Founded in 2002, Polaris is named for the North Star, which people held in slavery in the United States used as a guide to navigate their way toward freedom. Today we are filling in the roadmap for that journey and lighting the path ahead.” The

Polaris Project serves victims and survivors through the National Human Trafficking Hotline; builds a dataset that illuminates how trafficking really works, in real time; and turns knowledge into targeted systems-level strategies to disrupt and prevent human trafficking.

UN Women

<https://www.unwomen.org/en>

UN Women, 220 East 42nd St., New York, NY 10017

Office: 1-646-781-4400

“UN Women is the United Nations entity dedicated to gender equality and the empowerment of women. . . .

“UN Women supports UN Member States as they set global standards for achieving gender equality, and works with governments and civil society to design laws, policies, programmes and services needed to ensure that the standards are effectively implemented and truly benefit women and girls worldwide.”

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