

# VICTIM TO SURVIVOR

A Toolkit Developed by

**RUTH'S HOUSE**

Beaufort County, NC



Often when we think of domestic abuse we think of physical violence. However, domestic abuse comes in many forms all focusing on power and control.

Abusive power and control are how abusers gain and maintain power over a victim. The abuse can be physical, sexual, emotional, digital, and/or financial.

In this toolkit we will define the types of abuse and provide safety planning tips and local resources for each.

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# PHYSICAL AND SEXUAL ABUSE

Nearly one in four women in the United States reports experiencing violence by a current or former spouse or boyfriend at some point in her life? -CDC

PHYSICAL ABUSE – hitting, punching, choking, depriving food, light, and/or water, and many other ways of physically harming another.

SEXUAL ABUSE – forcing to participate against his or her will. This can include intercourse when the partner is not fully conscious, has not given consent or is afraid to say no.  
Source: The Domestic Violence Survival Workbook

# Safety Tips

- Identify your partner's use and level of force so that you can assess the risk of physical danger to you and your children before it occurs.
- Identify safe areas of the house where there are no weapons and there are ways to escape. If arguments occur, try to move to those areas.
- Do not run to where the children are, as your partner may hurt them as well.
- If violence is unavoidable, make yourself a small target. Dive into a corner and curl up into a ball with your face protected and arms around each side of your head, fingers entwined.
- If possible, always have a phone accessible and know what numbers to call for help. Know where the nearest public phone is located. Know the phone number to your local shelter. If your life is in danger, call the police.
- Let trusted friends and neighbors know of your situation and develop a plan and visual signal for when you need help.
- Teach your children how to get help. Instruct them not to get involved in the violence between you and your partner. Plan a code word to signal to them that they should get help or leave the house.



- Tell your children that violence is never right, even when someone they love is being violent. Tell them that neither you, nor they, are at fault or are the cause of the violence, and that when anyone is being violent, it is important to stay safe.
- Practice how to get out safely. Practice with your children.
- Plan for what you will do if your children tell your partner of your plan or if your partner otherwise finds out about your plan.
- Keep weapons like guns and knives locked away and as inaccessible as possible.
- Make a habit of backing the car into the driveway and keeping it fueled. Keep the driver's door unlocked and others locked — for a quick escape.
- Try not to wear scarves or long jewelry that could be used to strangle you.
- Create several plausible reasons for leaving the house at different times of the day or night.

Call our 24-Hour Helpline at 252-940-0007 for assistance in developing your personalized safety plan.

# Local Resources

If you are in an emergency, please call 911.

Emergency Shelter & Protection Order Assistance –  
Ruth's House 252-940-0007

Legal Representation for Protection Order – Legal Aid of  
NC 252-758-0113

Assistance with Criminal Charges - Beaufort County DA  
Victims Assistant 252-940-4010

Family Law (Divorce, Separation, Custody) – Inner Banks  
Legal Services 252-495-0585

Sexual Assault Advocacy - REAL Crisis 252-758-4357

Child Advocacy - TEDI BEAR 252-758-8334



# EMOTIONAL ABUSE

“To toxic people, a little conditioning can go a long way to keep you walking on eggshells and falling just short of your big dreams.” - Shahida Arabi

PSYCHOLOGICAL, EMOTIONAL, OR VERBAL ABUSE – when a partner threatens, humiliates, excessively blames, puts-down, intimidates, or otherwise psychologically hurts the other partner.

Source: The Domestic Violence Survival Workbook

# Safety Tips

- Often, emphasis is placed on planning around physical safety, but it is important to consider your emotional safety as well. Emotional safety can look different for different people, but ultimately, it is about developing a personalized plan that helps you feel accepting of your emotions and decisions when dealing with abuse. Below are some ideas for how to create and maintain an emotional safety plan that works for you.

- **Seek Out Supportive People:** A caring presence such as a trusted friend or family member can help create a calm atmosphere to think through difficult situations and allow for you to discuss potential options.

- **Identify and Work Towards Achievable Goals:** An achievable goal might be calling a local resource and seeing what services are available in your area or talking to one of our advocates. Remember that you don't have to do anything you aren't comfortable with right now but taking small steps can help options feel more possible when you are ready.

- **Create a Peaceful Space for Yourself:** Designating a physical place where your mind can relax and feel safe can be good option when working through difficult emotions that can arise when dealing with abuse. This can be a room in your house, a spot under your favorite tree, a comfy chair by a window or in a room with low lights.



- **Remind Yourself of Your Great Value:** You are important and special, and recognizing and reminding yourself of this reality is so beneficial for your emotional health. It is never your fault when someone chooses to be abusive to you, and it has no reflection on the great value you have as a person.

- **Remember That You Deserve to Be Kind to Yourself:** Taking time to practice self-care every day, even if it is only for a few minutes, really creates space for peace and emotional safety. It is healthy to give yourself emotional breaks and step back from your situation sometimes. In the end, this can help you make the decisions that are best for you.

Call our 24-Hour Helpline at 252-940-0007 for assistance in developing your personalized safety plan.

# Local Resources

24-Hour Helpline – Ruth’s House 252-940-0004

Agape Community Health Services - 252-940-0602

Celebrate Recovery - 252-833-4898

Mobile Crisis – 1-866-437-1821

Dream Provider Care Services – 252-946-0585

Pamlico Counseling Center – 252-975-2027

Passages – 252-975-3111



# DIGITAL ABUSE

“You deserve to be in a safe and healthy relationship, both in person and online. If your partner is digitally abusive, know their behavior is not acceptable and could be illegal”  
- [loveisrespect.org](http://loveisrespect.org)

DIGITAL ABUSE - the use of technologies such as texting and social networking to bully, harass, stalk, or intimidate a partner. Often this behavior is a form of verbal or emotional abuse perpetrated online.

# Safety Tips

## Abuse or Harassment

- Do not respond to harassing, abusive or inappropriate comments. It will not make the person stop and it could get you in trouble or even put you in danger.

- Keep a record of all harassing messages, posts and comments in case you decide to tell the police or get a restraining order.

- Always report inappropriate behavior to the site administrators.

## Leaving an Abusive Relationship

- If you are leaving an unhealthy relationship, start by blocking your ex on Facebook and other social networking pages. We recommend you do not check-in on foursquare or other location-based sites or apps – you do not want your ex or their friends tracking your movements.

- Adjust your privacy settings to reduce the amount of information that particular people can see on your page. Privacy settings on sites like Facebook allow the user to control how their information is shared and who has access to it. Remember, registering for some apps require you to change your privacy settings.



- Avoid posting private details on your friend's pages. They may not have appropriate settings and doing so may allow someone to see your movements and location. The same goes for tagging yourself in pictures.

- Consider what is called a "super-logout" – deactivating your Facebook account every time you log off and reactivating it every time you log back on. This way, no one can post on your wall, tag you or see your content when you're offline, but you still have all of your friends, wall posts, photos, etc. When you log back on.

- While it is inconvenient and may seem extreme, disabling your social networking page entirely may be your best option to stop continued abuse or harassment.

Call our 24-Hour Helpline at 252-940-0007 for assistance in developing your personalized safety plan.

## GET HELP

24-Hour Helpline – Ruth's House 252-940-0007

Online resources – [loveisrespect.org](http://loveisrespect.org)



# FINANCIAL ABUSE

“Financial abuse occurs in 99% of domestic violence cases.” - NNEDV.org

FINANCIAL ABUSE – cashing checks without permission, taking money, forging signatures, lying about how much money they have, or using deception, scare tactics, trickery, or pretense for financial gain.

Source: The Domestic Violence Survival Workbook

# Safety Tips

## While in the relationship...

- If safe, put extra income (no matter how small) in a private, separate account or hiding place.
- Have a plan of what to do if savings is discovered

## When leaving...

- Consider taking at least half joint funds immediately upon leaving, 75% if leaving with children
- Document how funds were spent as may be asked to account for expenditures at a later date
- Open separate bank account
- Change all direct deposits and account Personal Identification Numbers (pins)

## Disclosure...

- Think through all the Pros & Cons to disclosing abuse to employers, public benefits, and housing.

**Call our 24-Hour Helpline at 252-940-0007 for assistance in developing your personalized safety plan.**



## Local Resources

Inner Banks Legal Services - 252-495-0585  
Online Resources - [nnedv.org](http://nnedv.org)

\*\*There are many nationwide programs designed to assist victims and survivors, call our Client Services Coordinator at 252-940-0007 for more information.

# Additional Local Resources

## **Emergency Financial Assistance**

- Salvation Army 252-946-2523
- First Presbyterian Church 252-946-4616
- First United Methodist Church 252-946-3311
  - First Baptist Church 252-945-8074
  - First Christian Church 252-946-4293
- Mother of Mercy Catholic Church 252-946-2941
  - Harvest Church 252-833-4849
- St. Peter's Episcopal Church 252-946-8151

## **Food Banks**

- Eagles Wings 252-975-1138
- Athens Chapel Church 252-923-5401
- First Church of Christ 252-946-5236
  - Harvest Church 252-833-4894
- Haw Branch Church of Christ 252-946-5083
  - Martha's Pantry 252-943-2124

## **Children's Programs and Child Care**

- Beaufort/Hyde Partnership for Children – 252-975-4647
  - Boys and Girls Club – 252-355-2345
    - Head Start – 252-940-1282
    - Pamlico Pals – 252-946-0185
  - Reaching for the Stars 252-940-5777

## **Parenting Classes**

- Coastal Pregnancy Center – 252-946-8040
- Cornerstone Family Worship Center – 252-945-6109
- Triple P Parenting Free Online Course – [triplep-parenting.com](http://triplep-parenting.com)

Contact DSS at 252-975-5500 to see if you qualify for childcare assistance.

## **Employment and Job Training/Education**

- NC Works - 252-940-0900
- Workfirst (DSS) – 252-975-5500
- Greene Lamp – 252-644-7094
- Purpose of God Annex – 252-974-1484
- Workforce Initiatives through Beaufort Community College – 252-940-6307

## **Disability Programs**

- Beaufort County Developmental Center – 252-945-3549
  - Disability Advocates – 252-355-6215
  - Frist In Families of NC – 919-251-8368
  - Lechris Health Systems – 252-636-6105
    - Life Quest – 252-975-8080
- Vocational Rehabilitation – 252-946-0051