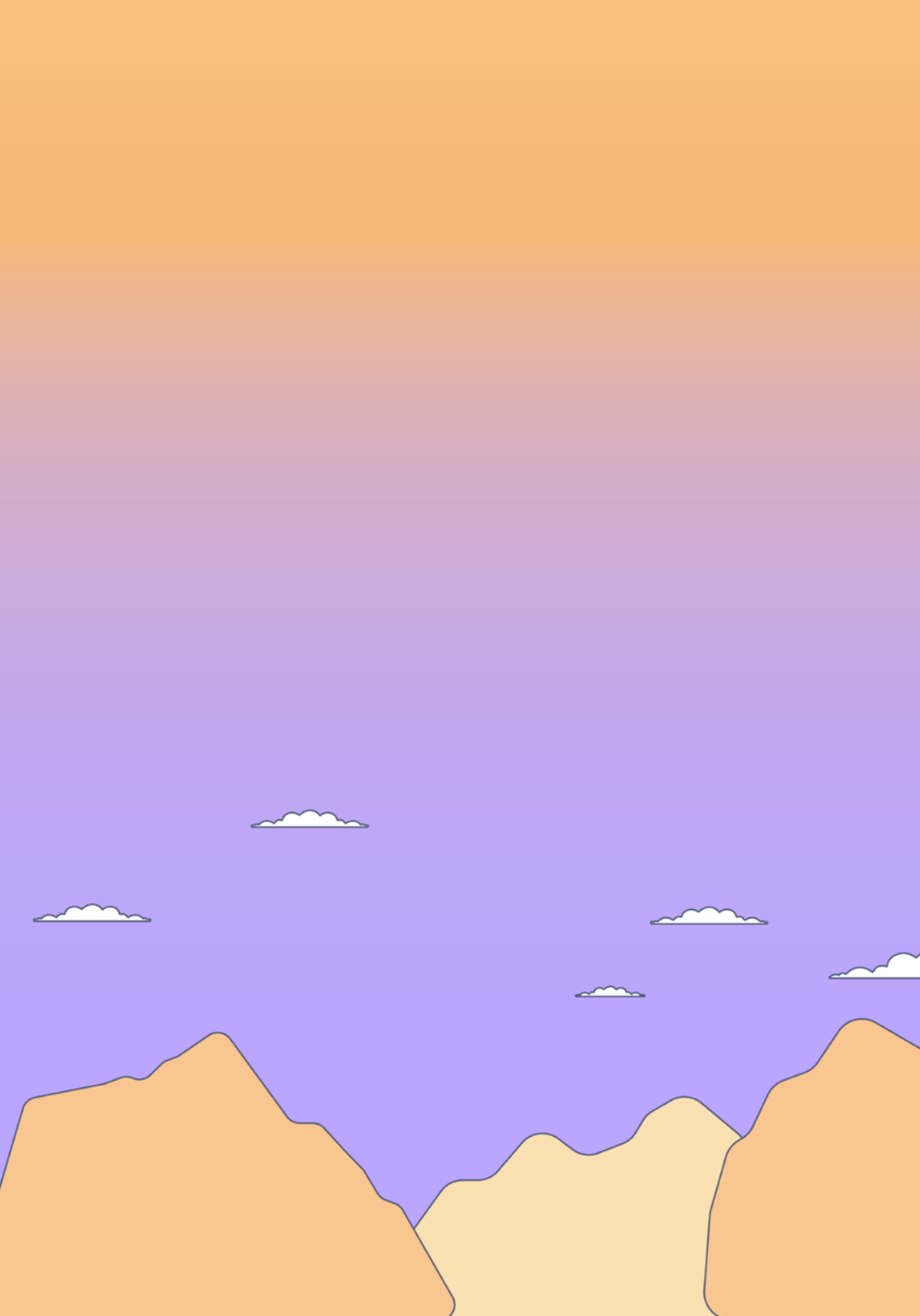
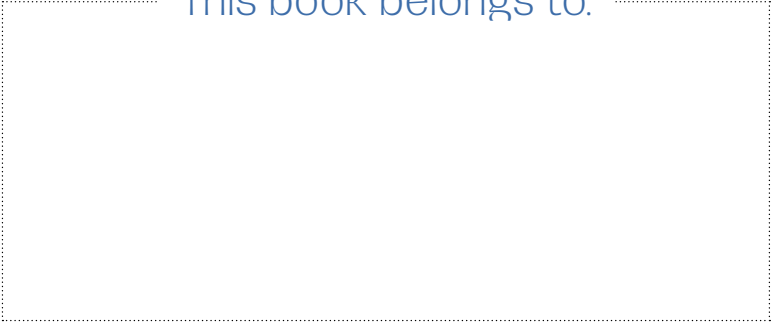


A Place for Me





This book belongs to:



A note about safety

This notebook includes information on domestic violence and how to get help, often linking to websites and hotlines where more advice and resources can be found. It also includes space to reflect on personal experiences through journal prompts and other activities.

It is common for abusers to monitor and track. Please consider the following when using this notebook:

1. Read and use it when you know you will not be in direct contact with an abuser.
2. Find a safe and secure place to store it, a place the abuser cannot access it.
3. Visit the website links on a device only you have access to.
If that is not possible, make sure to clear your browser history.

This notebook was designed to provide space for reflection, improve understanding about domestic violence, and increase awareness of domestic violence restraining orders. It is divided into 3 categories:

Educational information **Resources** **Self care practices**

There are also blank pages for whatever you want: to take notes, reflect, draw, etc.

The self care practices include grounding exercises, affirmations, journal prompts and coloring pages.

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Glossary

Domestic violence is a pattern of behavior used by one person to exert power and control over another in an intimate or close family relationship. This notebook uses the term Domestic Violence, which is a form of Intimate Partner Violence (IPV).

A Domestic Violence Restraining Order, or DVRO, is a protective tool that can be used by victims or survivors of domestic violence, intimate partner violence, family violence, and dating relationship violence.

Interpersonal violence is a more expansive umbrella term for any relationship violence or abuse that occurs when one intimate partner exerts power and control over their partner. Can include domestic violence, sexual assault and abuse, stalking, and teen dating violence.

Affirmations are short statements that you repeat to yourself (either aloud or in your head) to shift away from negative thinking or self talk.

Grounding exercises are short activities that can help us manage disturbing or upsetting thoughts when we are reminded of our traumatic experience.

What is Domestic Violence?

Domestic Violence (DV) is a pattern of behavior used by one person to exert power and control over another in an intimate or close family relationship.

DV can include, but is not limited to, physical, sexual, psychological, verbal, digital, economic, and/or litigation abuse, and coercive control. Anyone can be a victim of DV but historically marginalized populations, such as BIPOC women, immigrants/refugees, people with disabilities, nonbinary, and trans folks are particularly vulnerable.

What are the signs that I might be in an abusive relationship?

You are frightened by your partner's temper

You feel intimidated by your partner

You often give in because you are afraid of your partner's reaction

You apologize to yourself and others for your partner's behavior when you are treated badly

Your partner frequently monitors your location, shows up at your work, or goes through your phone

Your partner is extremely jealous and tries to control what you wear and who you talk to

You find yourself being criticized for daily things, such as your cooking, clothes, and/or appearance

You are humiliated or degraded by name-calling, put-downs, or accusations

Your partner makes frequent threats to withhold money, resources, take away the children or have an affair

You have been forced or pressured into having sex

You have been kicked, hit, shoved, strangled, restrained or had things thrown at you by your partner

You have been stopped from seeing family and/or friends

You feel isolated and alone

You experience a pattern of violence in your relationship

What is a DVRO?

A Domestic Violence Restraining Order (DVRO) is a court order designed to protect a victim and their children from harm or harassment by ordering that the restrained person not contact the protected parties and stay away from the victim's home, workplace, or school, among other orders.

Who can get a DVRO?

- Married or Former Spouse
- Past or Present Dating Relationship
- Family Members to "the second degree" (by blood, marriage or adoption): grandparents, parents, children, grandchildren and siblings
- Registered Domestic Partner or Former Registered Domestic Partner
- Cohabitant or Former Cohabitant (Not Merely a Roommate)
- Parties With Children in Common

What can it do?

A DVRO can include protections such as:

- No contact
- Not harass, stalk, threaten or harm people protected by the order
- Stay away by a certain distance
- Grant exclusive custody of child or pet
- Move out from a home that is shared with the protected person
- Not have guns, firearms, ammunition, or body armor
- Pay spousal support, if you are married
- Pay child support, if you have children together
- Attend batterer's treatment program
- Cover attorney fees

What is the DVRO process?

- ❑ Step 1: Determine the correct courthouse for you
- ❑ Step 2: Gather evidence, including photos of injury or damage, police reports, dated screenshots of text messages or DMs, voicemails, etc. *Learn more about collecting evidence on page 58.*
- ❑ Step 3: Get the “Request for Domestic Violence Restraining Order” application, complete the forms, and attach any evidence you currently have to the DV-100 form
- ❑ Step 4: Submit the completed forms
- ❑ Step 5: Judge reviews your documents
- ❑ Step 6: Pick up completed forms, mark your calendar with the hearing date
- ❑ Step 7: Finish gathering evidence and arrange for any witnesses to meet you at the courthouse on the day of your hearing (witnesses are not required, but can testify). Make sure you have 3 copies of any evidence you want the judge to consider.
- ❑ Step 8: Attend court hearing
- ❑ Step 9: File the DVRO
- ❑ Step 10: Distribute copies of DVRO (to your local law enforcement agency, your workplace, anyone who is protected by the order, your child’s school or care center)

Note: Length between each step varies depending on each individual case.

<https://www.womenslaw.org/laws/ca/restraining-orders/domestic-violence-restraining-orders/steps-getting-dvrot>





A series of horizontal dotted lines for writing, spanning the width of the page.

Grounding

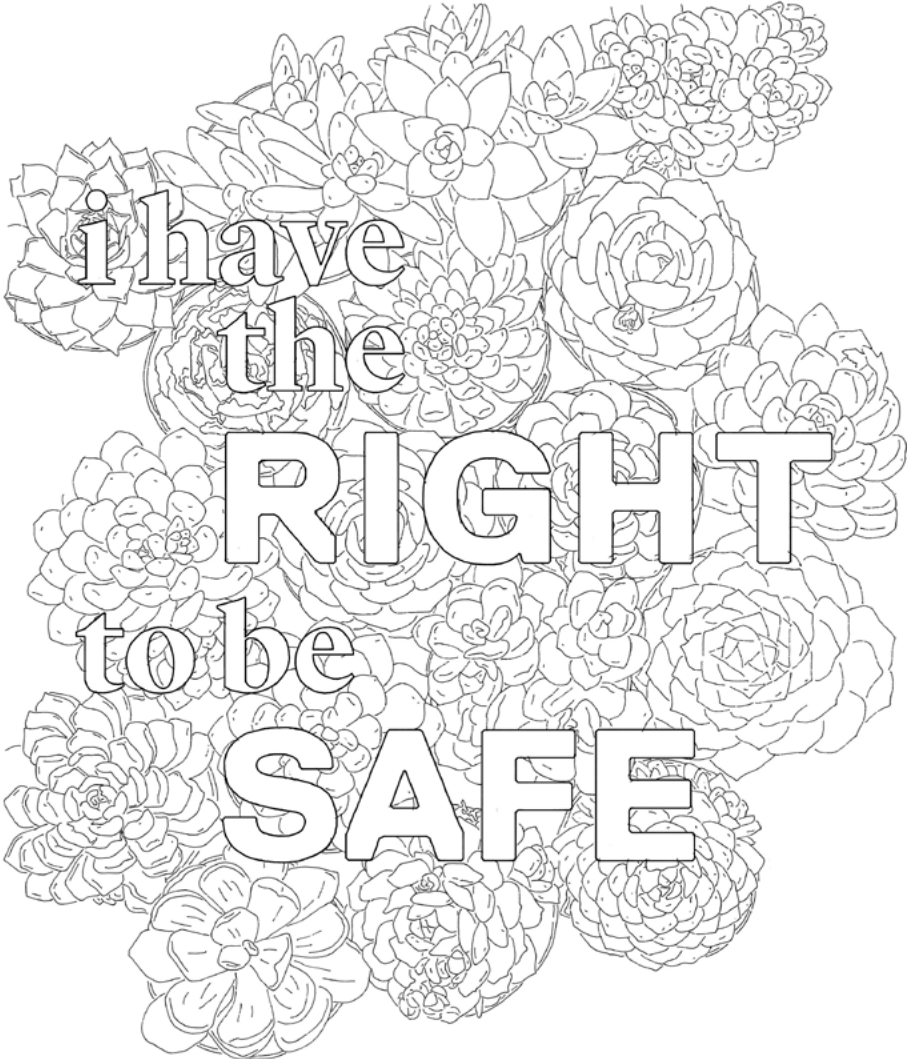
Name 5 things you can see

Name 4 things you can hear

Name 3 things you can feel

Name 2 things you can smell

Name 1 thing you can taste



Breathe

Spread your palm out like a star.

Trace the outline of your hand with the index finger on your other hand.
Trace up as you inhale, down as you exhale.

Repeat until you've taken five deep breaths and repeat on the other hand.

*Breathing practices are key to regulating our nervous system.
The added hand movement adds a tactile and cross-body element
that helps encourage deeper body connection.*

Visualize

Close your eyes and let your imagination take you to a forest.

You sit on the grass under a tree and look up and focus on the sunlight coming through the leaves.

The more you focus on the different greens of the leaves, the smell of the grass under you and the sound of the birds and light wind through the trees, the calmer you feel.

Visualizing helps us turn inward and use our imagination to activate our rest response.



Safety Planning

You are never to blame for the abusive actions of others.

If you are thinking about leaving your partner and are worried for your safety or the safety of your children and loved ones, it is a good idea to make a safety plan.

A safety plan is a personalized and practical plan that helps you identify ways to improve safety while experiencing abuse, while preparing to leave an abusive relationship, or after you leave.

Safety plans can include:

- Charged cell phone on silent on you at all times so you can call for help when it's safe
- Running away from the situation if possible
- Developing a code word
- Memorizing the phone number of someone you can call in an emergency
- What to pack in a go-bag
- Where you will go
- Who will look after your children
- Storing copies of important documents with a trusted family member or friend
- Creating a small cash reserve if possible

You can make your own safety plan or use a template:



Create Your Personal Safety Plan

thehotline.org/plan-for-safety/create-your-personal-safety-plan

In this safety planning tool you will be asked a series of questions to help you identify your safety options. You can use this tool on your own, or you can use it with a friend or an adult you trust.



MyPlan

<https://myplanapp.org>

MyPlan is a free app you can use to create a secure safety plan.

A Note on Guns and Domestic Violence

If the abuser has access to a gun, the victim is 11 times more likely to be killed.

When safety planning or attempting to leave, it is important to be aware of all the risks.

If you think your abuser has access to firearms, here are some suggestions:

- Familiarize yourself with all the firearms and ammunition in your home or that your partner has access to.
- Seek a DVRO and share all details about the firearms the abuser has access to.
- Keep all firearms locked and unloaded. Separate the firearms from the ammunition when storing them.
- Learn how to evade gunfire or take an active shooter class.
- Learn first aid for how to attend to a gunshot wound.



For more help on DV and guns, including what to do if your abuser ever uses a gun, please visit The National DV Hotline: thehotline.org/resources/safety-planning-around-guns-and-firearms

Your safety is the first priority. Keep this in a safe place.

Code Word

What word or phrase can you use as a code in a phone call, text, or instant message to ask your family, friends, or neighbors to call for help without your partner knowing?

My code word:

When I'm with my partner:

For my children:

Supporters

When I need support, I can turn to these people...

At home:

Between classes:

If I need to leave school:

If I need to leave work:

If I'm stranded and need a ride:

If I decide to end my relationship:

If I need childcare:

Safe Place

When I don't want to be at home, where can I go to stay safe?

.....

If my children need to leave, they know to go to:

.....

Go-bag

If I have to leave my home quickly, I will take:

.....

- Identification (e.g., driver's license, school ID, military ID, immigration documents)
- Cell Phone
- Cell phone charger
- Medication (e.g., asthma inhaler, insulin, Epi-Pen)
- Cash
- ATM card
- House key
- Car key
- Other
- A change of clothes
- Comfort items (e.g., favorite stuffed animal, photograph)
- Baby supplies (e.g., formula, diapers, wipes, change of clothes)
- Copy of Protection/Restraining Order
- Child's birth certificate
- Health insurance card

Safe Locations

If I end my relationship, I'll do it at (this should be a populated public space where can talk with your partner):

.....

If my children are in danger, they will go to (this can be a room in your home, a neighbor's home, or the local police station. It should be somewhere that your children can safely go by themselves):

.....

My nearest police station is:

When I go out, I'll let know where I'm going.

If I need to avoid seeing my partner on the way to and from work or school, what alternative route can I take?

.....

How to Collect Evidence

If it feels safe to do so, you can gather evidence of abuse.

Ways to document abuse include:

- Keeping a record of each incident, including date, time, location, description and how it made you feel
- Documenting any injuries or property damage (with photos if possible)
- Seeking medical care, even if there are no visible injuries
- Storing all evidence in a secure location

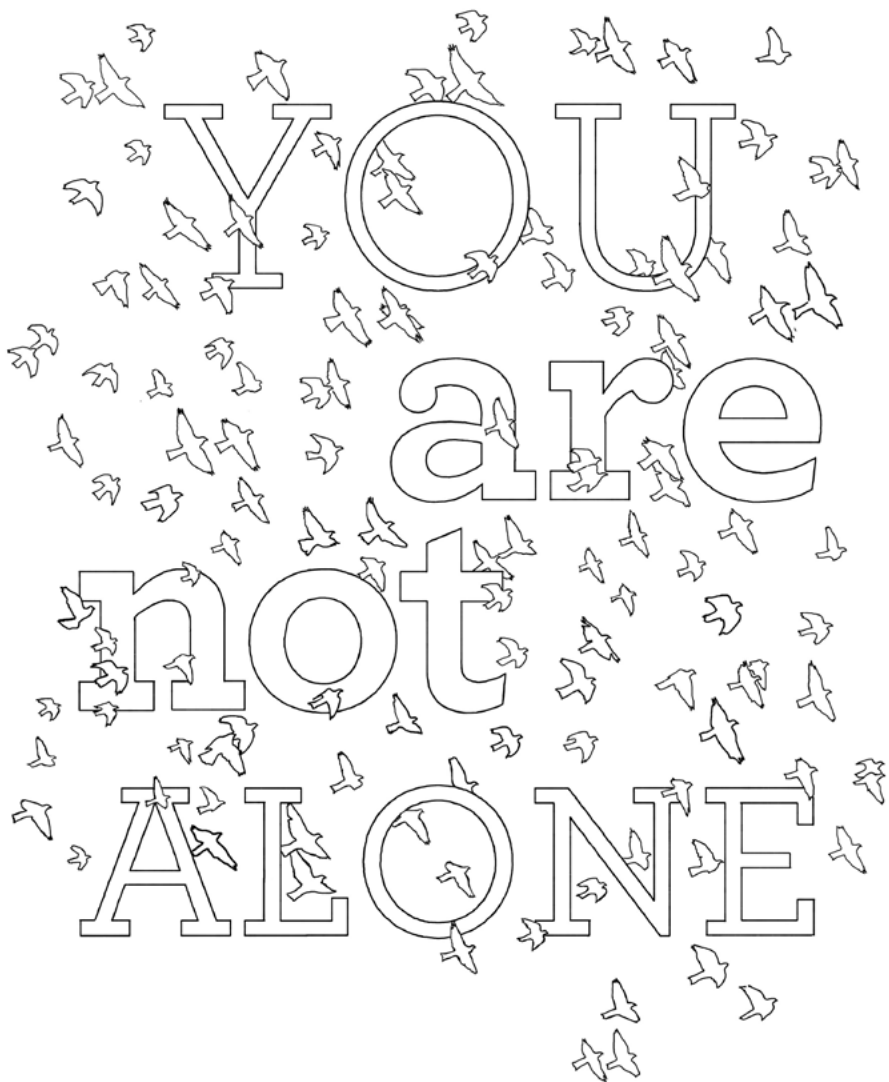


For more information on how to collect evidence, visit [womenslaw.org/laws/preparing-court-yourself/starting-court-case/gathering-evidence](https://www.womenslaw.org/laws/preparing-court-yourself/starting-court-case/gathering-evidence)

Emergency Contact Card

Cut this out, fill in the phone numbers of trusted contacts and keep it with you at all times (for example, in your wallet). It is important to be able to get in touch with your circle of support, even if you don't have access to your contact list.

<i>Name</i>	<i>Phone Number</i>
DV Hotline	1-800-799-SAFE (7233) or Text "START" to 88788



Hotlines

National Domestic Violence Hotline
1.800.799.SAFE (7233)
Text “START” to 88788

LA County Domestic Violence Hotline
24/7 and confidential
(800) 978-3600

Websites

thehotline.org
publichealth.lacounty.gov/dvcouncil/resources/resources.htm
publichealth.lacounty.gov/ovp

If you feel that you are in imidiate danger, please call 9-1-1.

Acknowledgments

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It was informed by a group of amazing survivors, domestic violence providers, community leaders, City and County departments, court representatives, and other service providers.

Coloring pages created by Ryerson University Office of Sexual Violence Support and Education | ryerson.ca/sexual-violence

Domestic violence is so common, it has impacted many of us either directly or indirectly. As such, it should be something we are able to talk about without shame, recognize early, and support each other through. This journal was designed to be a private space for reflection, guidance, support, and self-care.

I hope this journal has been helpful in small or big ways, wherever you are in your healing journey.

Everyone has a right to love that is free from violence.
And everyone deserves help making that possible.

You are not alone.

