

RESOURCES

Hopi Domestic Violence Program
928-738-1115
928-738-1116

Hopi Resource Enforcement Services
928-734-7340

BIA Hopi Police Department
928-738-2233
928-738-2234

Hopi Silent Witness
928-738-8477

Hopi Health Care Center
928-737-6000

Hopi Health Care Center ER
Sexual Assault Nurse Examiner SANE
928-737-6240

Hopi Prosecutors Office
928-738-2245

Hopi Social Services
928-737-6187
928-737-6188

Hopi Behavioral Health Services
928-737-6300

National Domestic Violence Hotline
1-800-799-SAFE (7233) Available 24 hours

StrongHearts Native Help Line
1-844-762-8483 7am - 10pm CST / 7 days a week
1-844-7NATIVE

[Hopi Tewa Women's Coalition to End Abuse:](#)

928-225-7029
928-225-6494
info@htwcea.org
kyapsti@htwcea.org

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Hopi Tewa Women's Coalition to
End Abuse

Barriers to Leaving an Abusive Relationship



*"Weaving a web of support for victims
and survivors of domestic violence and
sexual assault."*

Safety planning if she decides to stay, OR cannot escape her abuser:

- Domestic violence simply does not stop. It's likely it will happen again. Protect yourself and your family by taking precautionary measures.
- If you think you will be hit, leave. Do not wait to see if it will happen.
- Duplicate your car keys and house keys. Trust them with a friend or family member, or keep them hidden outside the home.
- Pack an emergency bag with items you and your children may need if you need to leave quickly: clothes, diapers, soap, money, etc. Keep bag in a hidden area.
- Financial abuse is most commonly a part of domestic violence, but still try to put money away for an emergency situation.
- Make copies: legal documents, social security cards, birth certificates, school files/records, divorce papers, protection orders, etc. and keep them in your emergency bag.
- Work out a coded message or signal for help with friend or neighbor. It can be a text message, phone call, honking a horn a certain amount of times, etc.
- Call law enforcement, at any time you feel unsafe.
- If you are in danger, try and get away and run for help. If not, go to a room that can be barricaded or locked.

Understanding The Complexity of a Survivor's Abuser and their Barriers to Leaving

Domestic violence is about power and control. Abusers will go to the extremes to prevent the victim from leaving the relationship. In fact, leaving an abuser is the most dangerous time for a victim of domestic violence. Once an abuser feels they are losing power and control over the victim, they are very dangerous, and desperate.

A victim's reasons for staying with their abusers are very complex, but in most cases, victims fear their abuser will carry out threats they have used to keep them trapped. Threats like hurting the victims, their children, family, etc.

A victim of domestic violence may not be able to safely leave or protect their loved ones. A recent study has shown that 20% of intimate partner homicides were not the victims themselves but family members, friends, neighbors, persons who intervened, law enforcement, or bystanders.

LEAVING IS A PROCESS.

"Before I left my abuser, it took me months to prepare. I had to find a place to stay, save money to make it on my own, coordinate my kids schedule so we could leave safely and have time to escape before he knew we were gone..." - Survivor of DV

Barriers to Leaving an Abusive Relationship

- **Unsupportive friends and family**
- **Fear that abuser will become more violent if they were to know that victim was leaving**
- **Difficulties of single parenting**
- **Uncertainty of financial circumstances**
- **No shelter or lack of housing**
- **The fear of homelessness**
- **Belief that two parent households are better for their children**
- **No job or not having any means of support for themselves or their children**
- **Cultural belief that Hopi marriage is forever, even though Hopi values and teachings do not support violence against women**
- **They are manipulated by their abuser into thinking they will change**
- **They have reported the incident before and nothing was done**
- **Fear isolation from friends or family**



How we can support victims of domestic violence:

- Listen to their story *and* believe them.
- Support them, listen, and recognize their hardship.
- They trusted you to confide their feelings and experiences. Do not share the information because it can compromise their safety.
- Encourage them to think about safety. Help them develop a safety plan if they ever want to leave their abuser.
- Understand that they know their abuser best, but you are there to provide support and can connect them to resources.
- Tell them that this is not their fault. No one deserves to be hurt.
- Be patient. Listen.
- Approach only at times and places that are safe and confidential.

"Most of the time, the question is asked, 'Why does she stay, or why doesn't she leave?'. But what we should be asking is 'Why is he abusing her?' This puts the focus back on the abuser and takes a proactive look at supporting the victim rather than blaming or shaming her. This also creates a culture of belief and support. **Healing starts with belief.**"