



DOMESTIC VIOLENCE AWARENESS & RESOURCE GUIDE

Recognize the signs. Support without judgment.
Plan for safety. Connect with help.

YOU DESERVE SAFETY, RESPECT, AND SUPPORT.

Abuse can happen to anyone. Seeking information does not require you to make a decision today.
This guide offers practical information and ways to connect with support.

INSIDE THIS GUIDE

- 01 Recognizing abuse & supporting others
- 02 Personal safety & digital privacy
- 03 Trusted resources & personal notes

For individuals, caregivers, families, and community organizations.

Prepared by Vitality Educational Services LLC | October 2026

01 / RECOGNIZE THE SIGNS

Domestic or intimate partner violence may involve physical, sexual, emotional, financial, or technology-facilitated abuse, threats, stalking, coercion, or controlling behavior. It may develop gradually and does not look the same in every relationship.

CONTROL & ISOLATION

Monitoring phones or accounts; controlling transportation, finances, work, clothing, or contact with family and friends.

THREATS & INTIMIDATION

Threats involving children, loved ones, pets, property, employment, immigration status, or reputation; weapons or frightening behavior.

EMOTIONAL ABUSE

Humiliation, constant criticism, extreme jealousy, blame, manipulation, or undermining someone's confidence in their perceptions.

PHYSICAL OR SEXUAL HARM

Hitting, pushing, restraining, strangulation, unwanted sexual contact, reproductive coercion, or other physical harm.

DIGITAL ABUSE

Location tracking, demanding passwords, impersonation, repeated unwanted messages, or technology used to monitor or threaten.

TRUST WHAT YOU NOTICE

Patterns of fear, control, coercion, intimidation, or harm deserve attention. You do not have to wait for physical violence to seek support.

SUPPORTING SOMEONE ELSE

- Listen without blame or pressure. Respect their choices.
- Ask what would feel safe and helpful; offer practical support.
- Avoid confronting the abusive person, which may increase danger.

02 / PERSONAL SAFETY PLANNING

A safety plan is personal. Use only what feels appropriate and safe for your situation. A trained advocate can help you create an individualized plan.

PEOPLE & PLACES

- Identify trusted people and places you could go in an emergency.
- Consider a code word or signal for asking a trusted person for help.
- Teach children how to get help without asking them to intervene.

IMPORTANT INFORMATION

- Memorize or safely store essential phone numbers.
- If safe, keep access to identification, medical, financial, school, and custody records.
- Consider necessary medications, keys, and emergency funds if safely possible.

TECHNOLOGY & PRIVACY

- A phone, vehicle, shared account, or device may reveal location or activity.
- Consider using a safer device or a trusted person's phone to seek information.
- Only change passwords or location settings if doing so will not increase danger.
- If safe, store evidence of threatening messages somewhere inaccessible to the abusive person.

IF YOU NEED TO LEAVE QUICKLY

- Prioritize immediate safety over belongings.
- Know where medications, keys, essential documents, and emergency contacts are.
- Consider asking an advocate for personalized planning; risk can change during separation.

PRIVACY MATTERS

If someone may monitor your internet or device use, consider accessing help from a safer device or location. Clearing browser history alone may not prevent monitoring.

03 / HELP & TRUSTED RESOURCES

You can seek information even if you are not ready to leave. Advocates can discuss safety planning, local services, shelter, legal resources, and other options.

NATIONAL DOMESTIC VIOLENCE HOTLINE

Call 1-800-799-SAFE (7233) | Text START to 88788

thehotline.org | [Safety-planning guidance](#)

OFFICE ON WOMEN'S HEALTH

womenshealth.gov/relationships-and-safety/domestic-violence

NORTH CAROLINA COALITION AGAINST DOMESTIC VIOLENCE

nccadv.org

IMMEDIATE DANGER?

If you are in immediate danger or a life-threatening situation, call 911.

MY SUPPORT PLAN / OPTIONAL NOTES

Trusted person: _____

Safe place: _____

Code word or signal: _____

Important number: _____

Other notes: _____

Privacy reminder: Written safety plans may be discovered. Keep or complete this section only if it is safe to do so.

Educational information only; not a substitute for individualized legal, medical, or safety advice. Resource information adapted from the original Vitality guide (August 2026); verify current contact information before distribution.