

DV/SA Victim Advocacy Centers

**Belcourt - Turtle Mountain Band of Chippewa
Hearts of Hope**
Crisis Line: 701.477.0002
Office: 701.477.0002
E-mail: gourneau@utma.com

**Beulah
Women's Action & Resource Center**
Crisis Line: 701.873.2274
Office: 701.873.2274
mercerwar.com

**Bismarck
Abused Adult Resource Center**
Crisis Line: 866.341.7009
Office: 701.222.8370
abusedadultresourcecenter.com

**Bottineau
Family Crisis Center**
Crisis Line: 800.398.1098
Office: 701.228.2028
famcrisiscenter.org

**Dickinson
Domestic Violence & Rape Crisis Center**
Crisis Line: 888.225.4506
Office: 701.225.4506
dvrcnd.com

**Ellendale
Kedish House**
Crisis Line: 877.349.5118
Office: 701.349.4729
kedish-house.com

**Fargo
Rape and Abuse Crisis Center**
Crisis Line: 800.344.7273
Office: 701.293.7273
racfm.com

**Fort Totten - Spirit Lake Nation
Spirit Lake Victim Assistance**
Crisis Line: 701.766.1816
Office: 701.766.1816
spiritlakenation.com/programs/spirit-lake-victim-assistance/

**Grafton
Domestic Violence & Abuse Center Inc.**
Crisis Line: 866.435.7490
Office: 701.331.0466
dvacnd.org

**Grand Forks
Community Violence Intervention Center**
Crisis Line: 866.746.8900
Office: 701.746.0405
cviconline.org

**Jamestown
Safe Shelter**
Crisis Line: 888.353.7233
Office: 701.251.2300
safeshelterjamestown.org

**Lisbon
Abuse Resource Network**
Crisis Line: 701.683.5061
Office: 701.683.5061
abuseresourcenetwork.org

**Minot
Domestic Violence Crisis Center**
Crisis Line: 701.852.2258
Office: 701.852.2258
courage4change.org

**Stanley
Domestic Violence Program NW ND**
Crisis Line: 800.273.8232
Office: 701.628.3233
dvprnwd.weebly.com

**Valley City
Abused Persons Outreach Center**
Crisis Line: 701.845.0072
Office: 701.845.0072
apocnd.org

**Wahpeton
Three Rivers Crisis Center**
Crisis Line: 701.642.2115
Office: 701.642.2115
threeiverscrisiscenter.com

**Washburn
McLean Family Resource Center**
Crisis Line: 701.462.8643
Office: 701.462.8643
mcleanfrc.weebly.com

**Williston
Family Crisis Shelter**
Crisis Line: 701.770.5180
Office: 701.572.0757
familycrisisshelter.com

What Can You Do to Be Safer?

- **Practice ways to get out of your home safely.** Identify which doors, windows, or stairs would be the safest exit. Visualize your escape route, and plan where you will go if you have to leave. If you have children, practice with them too if it is safe to do so.
- **Keep a phone and the number for nearest DV/SA advocacy center with you at all times.**
- **Consider using a safer device if you think someone is monitoring your phone or computer.** Try using a different device that the person hasn't had physical or remote access to in the past and doesn't have access to now, like a computer at a library or a friend's phone.
- **Document abusive incidents.** Keep a notebook with you—or if it's safe to do so, use a phone or other device—and write down the time and place of the incident, what happened, the names of anyone involved, any witnesses, if the police were called, and anything else you feel is important. This documentation can help you if you're considering applying for a domestic violence protection order.
- **Consider applying for a domestic violence protection order (DVPO).** A DVPO is a civil order from a North Dakota state district court. A DVPO requires the person committing domestic violence to stop and to leave the victim(s) listed on the order alone. Contact a DV/SA advocacy center near you for help in applying for a DVPO.
- **For help with creating a personalized safety plan, contact a DV/SA advocacy center near you.** Visit nddsvc.org/resources to view NDD SVC's Guide to Safety Planning brochure.



Contact Us:

521 E Main Avenue, Suite 320
Bismarck, ND 58501

Phone: 701.255.6240
Toll Free: 888.255.6240

nddsvc.org
contact@nddsvc.org



NDD SVC does not provide direct services to victims and survivors. Contact a DV/SA advocacy center near you if you are looking for support. If you are in immediate danger, call 911.

This project was supported by Grant No. 15JOVW-24-GG-00961-MUMU, awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

**North Dakota
Domestic & Sexual
Violence Coalition**

Understanding Domestic Violence

What is Domestic Violence?

Domestic violence is an ongoing pattern of behaviors and abusive tactics used by an intimate partner or ex-partner to gain complete power and control over a person's life. Domestic violence can happen if you're married, living together, dating, or share children together. You can also experience domestic violence from an ex-partner if you're separated or divorced.

Domestic violence is not a single, isolated event, but rather a pattern of repeated behaviors and actions. It includes any and all of your partner's behaviors and actions that manipulate, humiliate, intimidate, isolate, frighten, hurt, or injure you.

Physical and sexual abuse—like hitting, punching, or forced sex—may not be happening often, but other types of abuse, like emotional or financial abuse, are often happening every day. When combined, these abusive tactics are a very deliberate way for your partner to make you afraid of them so they can have power and control over you.

Early Warning Signs

This list was put together by survivors of domestic violence who reflected on the early phases of the abusive relationship and identified some warning signs of abusers. Survivors frequently report that their instincts told them there was something wrong early on, but they dismissed the warning signs or didn't know these were signs of an abusive relationship. Trust your instincts, and contact a domestic violence/sexual assault (DV/SA) advocacy center near you if you're experiencing any warning signs.

Someone who...

- Wants to move too quickly, like move in together or get married in a short period of time
- Does not respect your boundaries
- Is controlling, excessively jealous, or accuses you of cheating
- Demands to know where you are at all times, and constantly calls, emails, or texts you throughout the day
- Has sudden mood swings or switches from sweet to violent in minutes
- Overly criticizes you or puts you down
- Blames others for problems or mistakes, or always makes it someone else's fault when something goes wrong
- Pressures you to only spend time with them
- Tells you no one will ever love you the way they can
- Has used domestic violence tactics against previous partner(s)

Forms of Domestic Violence

Physical abuse

- Pushing, shaking, grabbing, hitting, slapping, punching, kicking, or biting you
- Using a weapon like a gun, knife, or blunt object
- Destroying property
- Endangering you by driving recklessly

Sexual abuse

- Forcing, manipulating, pressuring, or coercing you to participate in unwanted or nonconsensual sexual activity
- Constantly accusing you of cheating or engaging in sexual activity with others
- Insulting you in sexual ways, such as calling you a "whore" or a "slut"
- Making you feel guilty or fearful for saying no to sexual activities
- Creating or sharing intimate images or videos of you without your consent

Emotional abuse

- Intimidating you, or scaring you by using looks, actions, gestures, or a loud voice
- Threatening to hurt you, people you care about, or your pets
- Isolating you by controlling what you do, who you see or talk to, or where you go
- Minimizing, denying, or blaming you for the abusive behaviors
- Gaslighting you, or making you question your own memory, sanity, or perception of events

Financial/economic abuse

- Preventing you from getting a job or limiting the hours you can work
- Refusing to work
- Getting you fired or trying to get you fired
- Making you ask or beg for money, giving you an "allowance," or closely monitoring how you spend money
- Giving you presents or paying for things with the expectation of something in return
- Controlling your bank accounts or checkbook

Digital/technology abuse

- Looking through your phone, or checking up on your pictures, texts, or phone records
- Constantly texting or messaging you, or making you feel like you can't be separated from your phone or computer
- Pressuring you to send intimate photos, videos, texts, or otherwise compromising messages
- Using technology, like spyware or GPS in a car or phone, to monitor you
- Stealing or pressuring you to share your account passwords

Stalking

- Following you, watching you, or repeatedly showing up at your home, school, or workplace unannounced or uninvited
- Sending you unwanted texts, messages, letters, emails, or voicemails
- Invading your property, such as letting themselves into your home or vehicle
- Showing up at places you frequent, like your gym, child's daycare, your grocery store, or bars or restaurants you go to

Impact on Victims and Survivors

Everyone is different, so everyone's emotions, reactions, and needs after experiencing abuse are different. There is no one pattern or order of responses, but many victims of domestic violence experience:

- Fear for their safety and the safety of their children or pets
- Confusion over the changes in their abusive partner's behavior
- Feeling like they're crazy because the abuser minimizes or denies the abuse
- Feeling trapped or powerless
- Difficulty trusting others
- Confusion because they care about the abuser, but dislike their abusive behavior
- Guilt, self-blame, or feeling like they somehow caused the abuse
- Feeling isolated or alone
- Anxiety or panic attacks
- Depression, sadness, or hopelessness
- Feeling overwhelmed or indecisive