

Humraahi

TOGETHER WITH YOU



SAFETY PLAN

SECURE YOURSELF. STAY SAFE.

If you or someone you know is facing domestic violence and abuse, reach out for support



+91 90151 22122

OUR HELPLINE NUMBER:



PROJECT OF

invisible scars[®]
we help you heal



DOCUMENTS AND VALUABLES

Keep your documents safely. Ensure you have scanned copies of your documents online. If you sense any danger, leave the documents at a safe location – such as your family or a friend's place.

These documents include:

- Educational certificates
- Bank documents/certificates
- Work/business related documents
- Property related documents
- Identity cards – Passport, Aadhar, PAN, Driving License

Keep your jewellery safely either in a locker (keys of which you have with you) or with close family members.

If you have a joint account with the abuser, ensure that you open an account for yourself as early as you can. Keep saving small amounts of money on the side – especially those amounts given on festivals, birthdays etc. The cash will come in handy.

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FAMILY AND FRIENDS

- If your marriage is abusive, DO NOT KEEP QUIET. The first preference is to report it to the police. If not, then atleast tell your family and friends about it. Prepare your family by talking to them, to help you in case of an emergency, especially if your parents/siblings try to push you back into the marriage and adjust.
- When you take shelter at a family member or friend's house, DO NOT inform your abuser about where you are staying, or you will antagonize those helping you.
- If you are financially independent, you can consider moving to a PG or hostel, a flat, a relative/friend's or your parents' home.
- Most relatives or friends who are not willing to take you in, will help with money. Do not hesitate to ask, if required.
- Sensitising children about abuse is very important. DO NOT hide the abuse from them. Children are very preceptive and understand abuse. Prepare them for their own safety as well.

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REPORTING AND EVIDENCE

- In a situation of danger (especially physical violence) approaching the police or dialling 100 is the best way to report.
- If experiencing prolonged abuse, seek support from an NGO/helpline/support group for counselling and legal guidance.
- Keep screenshots of threatening messages (WhatsApp, emails) as evidence. Also, record audio or video of violent or abusive threats.
- Overlap multiple screenshots or pictures to ensure the entire message or post is captured and connected without any deletions.
- Include dates and times of messages, emails, and postings for accuracy and clarity.
- Use Google Drive, Dropbox, or similar platforms for online storage of pictures, videos, and messages, or copy them to a pen drive. Share this information via WhatsApp with friends, relatives, or family for safekeeping.

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CHILDREN AND THEIR SAFETY

- Children are always aware of abuse, especially if there is violence, which can severely impact their physical and mental health.
- If you're concerned for your child's safety, inform their school in advance to prevent them from meeting the violent parent. Contact 1098 or your local Child Welfare Committee for assistance. Most schools are helpful in such situations.
- Talk to your children about the problem and educate them on how to react in a violent situation. They can be your biggest allies and helpers. Knowing you're safe will comfort them.
- Abuse is not your shame, nor is it theirs. Teach them it's a crime and the abuser's shame. Well-informed children will act appropriately when needed.

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MENTAL HEALTH

- Abuse can feel like a roller coaster, alternating between happiness and hell, leaving you constantly on edge and in self-doubt. Educate yourself about abuse through online articles, quizzes, and videos to understand it better.
- If you still feel anxious, depressed, or unhappy, seeking help from a counselor or psychiatrist can make a significant difference. Mental health professionals can help you identify the root of the problem.
- Love and value yourself. Reject the notion that survivors are weak. Constantly venting to friends and family might push them away. Avoid adopting a victim mentality.
- With smart planning and support from family, friends, and resources, you can move forward to create better prospects for yourself and your children in the future.

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GADGETS AND TECHNOLOGY (PART 1)

- Keep a spare phone and SIM accessible. If unable to do so, seek help from someone trustworthy. Do not share this number with your abuser or their sympathizers, even within your family.
- Create a new email with a unique password known only to you. Before leaving, email vital contacts and transfer essential messages to this new address.
- Regularly clear browsing history, especially on shared computers. Utilize a friend or family member's device for searching helplines and safety information.
- Create alternate social media profiles. Use these profiles to join online support groups if necessary.
- Avoid using location services on social media and be cautious about sharing your location, particularly in real-time.

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GADGETS AND TECHNOLOGY (PART 2)

- Adjust your social media privacy settings to limit what others can see and share about you. Revoke permissions for unnecessary or invasive apps.
- Never share your phone/social media/banking passwords with your abuser. If you have, change them immediately when preparing to leave.
- Create new accounts, if possible, or unlink shared accounts.
- Set up and use multi-factor authentication.
- Install anti-virus protection software on all your devices, to help identify and block spyware and malware or any tracking apps.
- Always sign off and log out when you have finished using online accounts, if you live with your abuser.
- Turn off geo-tagging or metadata when posting or sharing photos and videos.

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20 QUESTIONS

TO ASK A PROSPECTIVE PARTNER BEFORE MARRIAGE

- What are your long-term goals and aspirations?
- How do you handle conflicts and disagreements?
- What are your views on finances and financial responsibility?
- How do you envision sharing household responsibilities?
- Do you want children, and if so, how do you imagine raising them?
- What are your expectations regarding career and work-life balance?
- How important is religion or spirituality in your life, and how would you like it to be incorporated into our relationship?
- What are your views on personal growth and self-improvement?
- How do you handle stress and manage your emotions?
- What are your thoughts on extended family involvement in our lives?
- What do you feel about maintaining friendships and social connections outside of our relationship?
- What are your communication preferences and how do you express love and affection?
- How do you handle change and adapt to new situations?
- What are your views on gender roles and equality within a partnership?
- How do you prioritize self-care and maintaining a healthy lifestyle?
- What are your expectations regarding trust and fidelity?
- How do you envision spending leisure time and pursuing shared interests?
- What is your approach to personal boundaries and respecting each other's privacy?
- How do you envision supporting each other's personal and professional goals?
- How do you define a successful and fulfilling marriage, and what steps would you take to achieve it?

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EMOTIONAL ABUSE CHECKLIST (1/2)

CHECK WHICH ONES APPLY TO YOU

- They view you as an extension of themselves rather than as an individual.
- They make subtle threats or negative remarks with the intent to frighten or control you.
- They humiliate you, put you down, or make fun of you in front of other people.
- They regularly demean or disregard your opinions, ideas, suggestions, or needs.
- They correct or chastise you for your behavior.
- You feel like you need permission to make decisions or go out somewhere.
- They try to control the finances and how you spend money.
- They belittle and trivialize you, your accomplishments, or your hopes and dreams.
- They try to make you feel as though they are always right, and you are wrong.
- They give you disapproving or contemptuous looks or body language.
- They regularly point out your flaws, mistakes, or shortcomings.
- They accuse you of being “too sensitive” in order to deflect their abusive remarks.
- They use sarcasm or “teasing” to put you down or make you feel bad about yourself.
- They accuse or blame you of things you know aren't true.
- They invalidate or deny their emotionally abusive behavior when confronted.

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EMOTIONAL ABUSE CHECKLIST (2/2)

CHECK WHICH ONES APPLY TO YOU

- They share personal information about you with others.
- They disengage or use neglect or abandonment to punish or frighten you.
- They try to control you and treat you like a child.
- They withhold sex as a way to manipulate and control you.
- They have an inability to laugh at themselves and can't tolerate others laughing at them.
- They are intolerant of any seeming lack of respect.
- They make excuses for their behaviour, try to blame others, and have difficulty apologizing.
- They repeatedly cross your boundaries and ignore your requests.
- They blame you for their problems, life difficulties, or unhappiness.
- They call you names, give you unpleasant labels, or make cutting remarks under their breath.
- They are emotionally distant or emotionally unavailable most of the time.
- They resort to pouting or withdrawal to get attention or attain what they want.
- They don't show you empathy or compassion.
- They play the victim and try to deflect blame to you rather than taking personal responsibility.
- They don't seem to notice or care about your feelings.

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Struggling to Document Your Case of Domestic Violence Abuse?

Forgetful When Reporting to Authorities?

Overlooking Minor Abuse Details?

INVISIBLE SCARS FOUNDATION HAS YOUR BACK!

Our easy-to-use format to document your DVA case is on an Excel sheet with 4 columns to help your case effectively.

- 1. Time of the Incident:** Approximations are acceptable, aiding in creating a clear timeline, especially for those assisting you.
- 2. Incident Details:** Emphasise outcomes over conflicting narratives. Briefly describe the incident, ensuring the focus is on its impact. Don't forget to express how the abusive outcome affected you.
- 3. Witness Names:** Witnesses may hesitate in front of the abuser but can support you discreetly, even if they are from the abuser's side. Remember, their affiliation doesn't necessarily imply agreement with the abuser's actions.
- 4. Documenting Proofs:** Save evidence in a separate folder, such as screenshots, emails, voice recordings, or videos. If a personal device isn't available, email proofs to a secure account or store them on Google Drive, ensuring restricted access from the abuser.

Don't let the details fade! Continuous documentation empowers you to speak confidently in court or to the police. Your story matters, and we're here to support you.

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Document Example

Date/Month/Year (Approximates also work)	Incident Details (Should be based on abuse checklist and should be outcome based)	Witness Names (Does not matter who it is)	Any Proof (Texts, WhatsApp messages, E-mails, Videos, Audio Files, Photos)
Mid January 2022	While cooking today, the roti got slightly burnt. An argument followed and he hit me. I got injured and have bruises on my arms.	Children and In-laws	Audio recording and photos
September 7th 2021	Our child got bad marks in a subject. He called me very dirty names, abused my family and told me I am useless.	Children and In-laws	Videos of him screaming
Somewhere around June/July	She asked for money to go shopping. It was the end of the month and I couldn't give, so she said horrible things to me and told me I'm a worthless man.	Children	WhatsApp messages

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