



# October 2018

## Signs of Abuse

- Telling you can never do anything right
- Showing jealousy of your friends or time spent away
- Keeping you or discouraging you from seeing friends or family members
- Insulting, Demeaning or shaming you with put downs
- Controlling every penny spent
- Taking your money or refusing to give you money for expenses
- Looking at you or acting in ways that scare you
- Controlling who you see, where you go, or what you do

- Preventing you from making your own decisions
- Preventing you from working or going to school
- Destroying your property or threatening to kill or harm your pets
- Intimidating you with guns, knives, or other weapons
- Pressuring you into sex when you don't want to or do things you sexually you're not comfortable with
- Pressuring you into drugs or alcohol

## What to do or what to do to help

- Create a Safety Plan
  - A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Safety planning involves how to cope with emotions, tell friends and family about the abuse, take legal action and more.
- Acknowledge that they are in a very difficult and scary situation, be supportive and listen.
  - Let them know that the abuse is not their fault. Reassure them that they are not alone and that there is help and support out there. It may be difficult for them to talk about the abuse. Let them know that you are available to help whenever they may need it. What they need most is someone who will believe and listen.
- Be non-judgemental
  - Respect your friend or family member's decisions. There are many reasons why victims stay in abusive relationships. They may leave and return to the relationship many times. Do not criticize their decisions or try to guilt them. They will need your support even more during those times.
- If they end the relationship, continue to be supportive of them.
  - Even though the relationship was abusive, your friend or family member may still feel sad and lonely once it is over. They will need time to mourn the loss of the relationship and will especially need your support at that time.
- Encourage them to participate in activities outside of the relationship with friends and family.

- Support is critical and the more they feel supported by people who care for them, the easier it will be for them to take the steps necessary to get and stay safe away from their abusive partner. Remember that you can call the hotline to find local support groups and information on staying safe.
- Help them develop a safety plan.
  - Check out our information on creating a safety plan for wherever they are in their relationship – whether they're choosing to stay, preparing to leave, or have already left.
- Encourage them to talk to people who can provide help and guidance.
  - Find a local domestic violence agency that provides counseling or support groups. Call 1-800-799-SAFE (7233) to get a referral to one of these programs near you. Offer to go with them. If they have to go to the police, court or lawyer's office, offer to go along for moral support.
- Remember that you cannot "Rescue" them.
  - Although it is difficult to see someone you care about get hurt, ultimately they are the one who has to make the decisions about what they want to do. It's important for you to support them no matter what they decide, and help them find a way to safety and peace.

Information from: [The National Domestic Violence Hotline](#)

## Ideas for FCCLA Chapter Domestic Violence Projects

- Invite a speaker to a chapter meeting, class, or school assembly
- Share information on Domestic Violence in FACS classes or at a chapter meeting
- Create flyers on Domestic Violence that can be shared in your school or community
- Post informational signs around school listing signs of abusive relationships
- Write an article for your school newsletter, newspaper, chapter website, school website or community newspaper on the topic.
- Put up a bulletin board in your school or FACS classroom that highlights the topic.
- Visit a domestic violence shelter or facility
- Have a purple out at a game and ask for donations for a local domestic violence center
- Ask for \$1 donations for a local domestic center and give purple ribbons to those who donate
- Collect items to donate to a domestic violence shelter--- makeup, perfume, gift cards
- Wear purple to let others know you support domestic violence victims

-Tie purple ribbons to car antennas

-Turn on a purple porch light or put a purple light in a window throughout the month to show your support for victims

-Have a walk or march through the community to support ending domestic violence. Ask for donations from those who participate and have survivors speak out

-Put up domestic violence displays in local businesses. Provide a donation box and take donations to a local shelter

-Conduct a "Hat Day" or "Jeans Day" for staff to raise funds for victims

-Organize a bake sale, garage sale or other fundraiser to raise funds for domestic abuse facilities

-Provide Halloween treat bags with local hotline information to connect Halloween and domestic violence awareness

Wear purple on October 22 and post and photo of you and your friends on social media with #PurpleThursday or #nefccla (to recognize chapters) or #Against Domestic Violence

-Share information on developing positive relationships in FACS class or in your FCCLA chapter, or in your community

-Use resources from the FCCLA Stop the Violence program

## Ideas for Bullying Prevention Projects

- Plan activities for elementary students
- Post posters with signs of bullying and how to stand up to someone who is bullying
- Conduct a Random Acts of Kindness Week
- Wear orange to promote bullying awareness
- Link orange paper strips with bullying prevention ideas on them
- Create a Bully Box to report bullies in the school
- Have an elementary bulletin board decorating competition that deals with bullying prevention and have FCCLA members choose their favorite and reward the class.
- Collaborate with the guidance counselor to conduct anti-bullying activities
- Wear orange on October 24 and post with #AgainstBullying or #orangetogether or #nefccla (for recognition)

Once you have completed a project during the month of October, complete the SPOT Outreach Project form, at [www.nebraskafcccla.org](http://www.nebraskafcccla.org). The form can be found by going to the Programs tab and clicking on Peer Education. The form can be filled out electronically and submitted to Suzanne Martin by February

15, 2019. Each chapter completing a project will be recognized at the Peer Education Conference on February 25, 2019.

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