

# CENTER FOR DOMESTIC PEACE

*Creating Safety, Justice, & Equality in Relationships*

## **5 Ways You Can Assert Your Rights to Safety in Relationships**

### **1. Be Assertive**

- Yell for help. Even if you yell, “Help,” “Fire” or just scream you can call for attention.
- Speak up. Say “No” to unwanted touches, or requests.

### **2. Use Simple Self Defense**

- Be ready to run.
- Do whatever you can do to get away. You can kick, stomp, punch, or use your elbows.
- If you feel threatened, it is ok to use self-defense to keep yourself safe.

### **3. Get Help – Tell Someone**

- Talk to friends, hotlines, counselors, trusted adults, or the police.
- Make a safety plan.

### **4. Seek Accurate Information**

- Watch for the warning signs: superiority, possessiveness, rigid and unequal gender role expectations
- Call Center for Domestic Peace:
  - English hotline at 415.924.6616
  - Spanish hotline at 415.924.3456
  - Men’s hotline at 415.924.1070
  - Youth Textline at 415.526.2557

### **5. Seek Legal and Protective Help**

- Call the police or 911.
- Call a legal aid organization.