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.