

**SHTRA'MA IYAANI'SHRUU  
HEEYA INA'DE'SHRUU  
ISRK'E EN-DAA BAK'STRUUS**

*"Stay home, protect yourself. We are one."*

**KERES**



COALITION to STOP  
VIOLENCE AGAINST  
NATIVE WOMEN

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## What is Domestic Violence or Dating Violence?

Domestic violence and dating violence happens when an intimate partner uses **a repetitive pattern of abuse to maintain power and control over their partner**. The abuse can physically harm, arouse fear, prevent a person from acting freely, or force them to behave in ways they do not want.

Abuse can happen to anyone. It is not limited to a specific age, class, religion, gender or sexual orientation. Abuse can happen in relationships where couples are married, living together, dating or have children together.



Violent behavior can appear at any time in a relationship, though possessive, controlling and other **alarming behavior** often reveals itself as the relationship becomes more serious.

We know it can be difficult to **talk about domestic violence** in Tribal communities when people ignore that it's happening or feel uncomfortable when the subject comes up. However, the reality is that American Indians and Alaska Natives experience domestic violence at higher rates than other groups.

**Domestic violence and dating violence are not Native American traditions**, and neither is ever okay.

### Types of Abuse

There are several types of abuse. People in abusive relationships often experience more than one type of abuse. Abusive behaviors can include, but are not limited to:

**Physical Abuse:**

- Pushes, hits, slaps, punches, or strangles you
- Bites, beats, stabs, drowns or burns you
- Pulls your hair
- Hurts you with weapons
- Hurts your children
- Hurts your pets
- Forces you to use drugs or alcohol
- Traps you in your home or blocks you from leaving
- Drives dangerously to scare you when you are in the car with them
- Uses weapons to threaten to hurt you, your children, family members or pets

**Emotional Abuse:**

- Calls you names, insults or criticizes you
- Constantly yells or screams at you to put you down
- Isolates you from your family, friends or community
- Accuses you of cheating and acts extremely jealous or possessive
- Threatens to hurt you, your children, family members or pets
- Cheats on you or flirts with others to intentionally hurt you
- Forces you to commit a crime
- Blames you for their abusive behavior or denies their actions are hurtful (ex. gaslighting)
- Read our blog about [signs of emotional abuse](#)
- Learn more about [what gaslighting looks like in a relationship](#)

**Cultural Abuse:**

- Criticizes you for “not being Native enough” or that you’re “too Indian”
- Challenges your tribal status/blood quantum
- Forces you to participate in cultural practices (not your own)
- Uses hurtful stereotypes to criticize you (ex. “Indians are drunks, lazy,” etc.)
- Uses tribal membership against you (ex. “My tribe won’t let you...”)
- Tells you that you’re not allowed to drum, dance, sing, fast or otherwise participate in traditions because of your gender
- Read our blog about [what cultural abuse looks like](#)

**Spiritual Abuse:**

- Prays against you or your family
- Tells you that your prayers or beliefs have no purpose or value
- Restricts you from honoring spiritual or tribal beliefs
- Falsifies or misrepresents spiritual or tribal beliefs or values to get you to do something you don’t want to do

- Tells you that you cannot attend ceremony or visit sacred places
- Practices bad medicine against you

### **Sexual Abuse:**

- Calls you hurtful sexual names
- Hurts the sexual parts of your body (ex. fondles, grabs, pinches)
- Continually pressures to have sex and/or tries to normalize demands for sex by saying things like, "I need it, I'm a man"
- Becomes angry or violent when refused sex
- Gives you drugs or alcohol to "loosen up" your inhibitions and to where you are unable to consent to sexual activity
- Forces you to have sex or engage in unwanted sexual activity (ex. rape, anal rape, forced masturbation or forced oral sex)
- Forces you to dress in a sexual way
- Ignores your feelings about sex
- Holds you down during sex
- Uses weapons or other objects to hurt the sexual parts of your body
- Records or photographs you in a sexual way without your consent
- Forces or manipulates you to watch pornography
- Intentionally tries to pass on a sexually transmitted disease to you
- Hides or sabotages birth control
- Threatens to leave if you do not get pregnant
- Read our blog on [how abusive partners use sexual assault to control](#)

### **Financial Abuse:**

- Gives you an allowance and tracks how much you spend
- Refuses to give you money for necessities like food, clothes, transportation and/or medicine
- Keeps your paycheck or per capita payments in their bank account and doesn't give you access to it
- Maxes out your credit cards or takes out loans in your name without telling you
- Prevents you from working or tells you how much you can work
- Pressures you to ask friends or relatives for money
- Steals money from you or from shared accounts
- Keeps money, accounts or financial information hidden from you

### **Digital Abuse:**

- Constantly calls or texts to "check-in"
- Repeatedly looks through your texts, phone messages or outgoing calls
- Demands access and passwords to online accounts
- Monitors your Internet and computer use

- Tells you who you can and can't be friends with on social media sites
- Pressures you to send sexually explicit videos or photos of yourself
- Humiliates you by tagging you in hurtful social media updates
- Reveals secrets or private photos of you online
- Sends threatening, degrading or harassing emails, messages or texts to you
- Uses GPS or social media location updates to track or follow you

**If any of these behaviors raise a red flag for you, you may be in an unhealthy or abusive relationship.** To get help, call the StrongHearts Native Helpline at **1-844-7NATIVE (762-8483)**, available daily from 7 a.m. to 10 p.m. CST. Here's more information about [what to expect when you call](#). Remember: it's always safe, anonymous and confidential when you call.

**The Battering Triangle**



# Tips for Safe Grocery Shopping During COVID-19



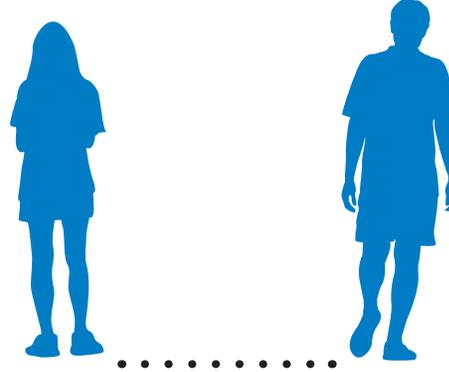
## Before Leaving the Home

- Write down a shopping list on paper to avoid touching your phone in the store.
- **Stay home if feeling sick with fever, cough, difficulty breathing, headache, muscle pain, chills, or sore throat.**
- Bring your own hand sanitizer, wipes, or cloth with cleaning solution if you have them.
- **Go alone** to the store to reduce risk to others in the home.
- Go when store is less crowded.
- **Contact store about new hours, and if there are special times for seniors or other groups.**



## Before Entering the Store

- **Wear a mask or bandana**, and make sure that it **covers both the mouth and nose.**
- **Wipe down shopping cart or basket handles** with disinfectant wipe or cloth with cleaning solution.
- Leave your reusable bags behind. Use plastic or paper bags from the store instead.



## When Inside the Store

- **Do not touch your eyes, nose, or mouth.**
- **Keep a distance of 6 feet from others at all times**, especially in the aisles and at checkout. Stores may also have additional distancing rules.
- **Cough or sneeze into a tissue or the inside of your elbow.**
- Use a debit card instead of cash when at the register.
- Clean your hands with hand sanitizer after paying at the register.



## When Entering Home

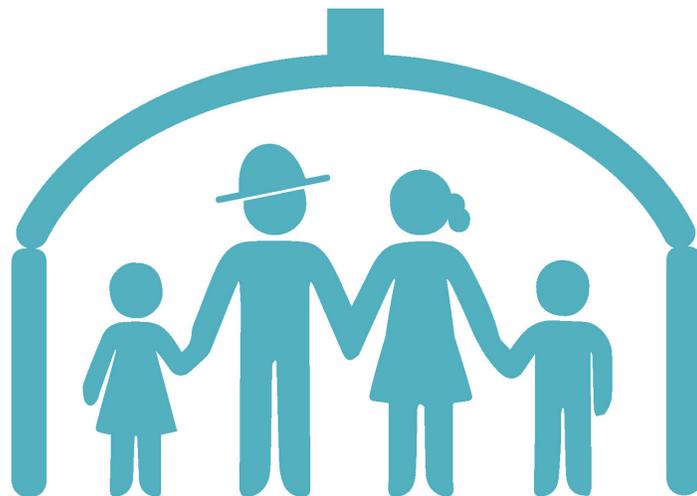
- Remove shoes and leave outside.
- **Wash your hands immediately upon returning home.**
- **Wipe down phone, wallet, debit card, and other objects touched** while in store with disinfectant wipes or cleaning solution.
- **Wipe down countertops** with disinfectant wipes or cleaning solution after unpacking food.
- Put empty grocery bags in the trash.
- **Wash hands again after unpacking food.**
- Do not use disinfectant wipes or cleaning solution to clean food. Instead, rinse fruits and vegetables with water before eating.

**Tips in bold**  
are the most important steps for  
staying safe from COVID-19 in public.

For more information, visit  
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).

# STAY HOME

## TO PROTECT FAMILIES AGAINST COVID-19



**Everyone should stay at home,  
except to do the following:**



**TO GET MEDICAL CARE** - Call ahead, then send only **one** person.



**TO GET PRESCRIPTIONS** - Go alone or send only **one** person.



**TO SHOP FOR FOOD** - Have a plan and only send **one** person.



**TO CHECK ON FAMILY** - Call, or send **one** person if needed.

## STAYING HOME SLOWS THE SPREAD OF CORONAVIRUS (COVID-19)

[#coronavirus](#)  
[#StayHomeHeroes](#)  
[caih.jhu.edu](http://caih.jhu.edu)



JOHNS HOPKINS   
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# TALKING TO YOUR KIDS ABOUT COVID-19

Here are some things you can say to start a conversation with your children about COVID-19.



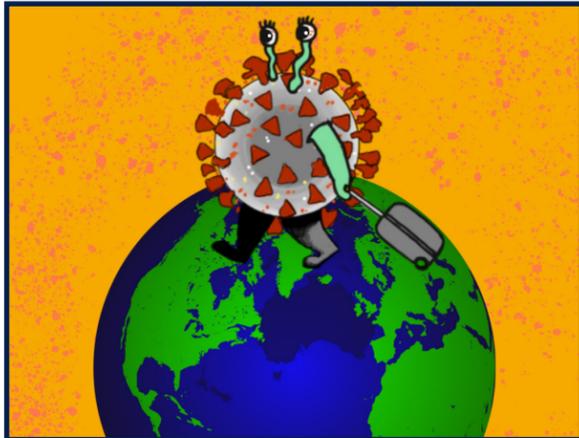
What have you heard about a new sickness that is going around?



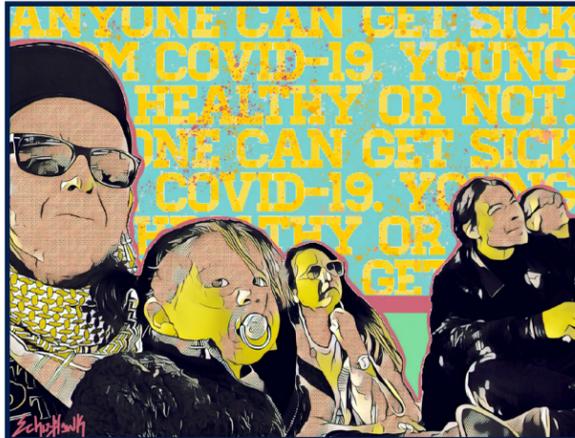
It's ok if you were feeling scared or upset about what you heard.



I will answer any question you have.



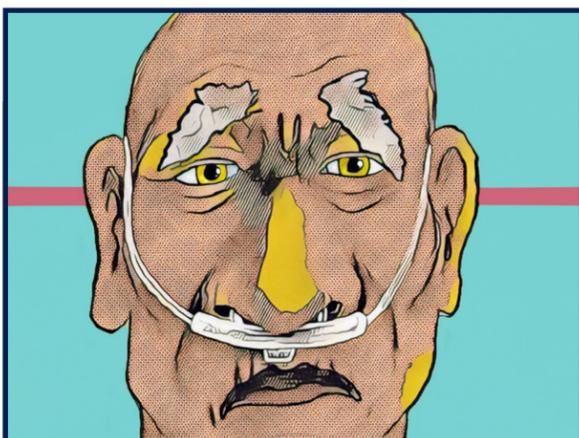
Coronavirus is a new virus that causes a disease called COVID-19.



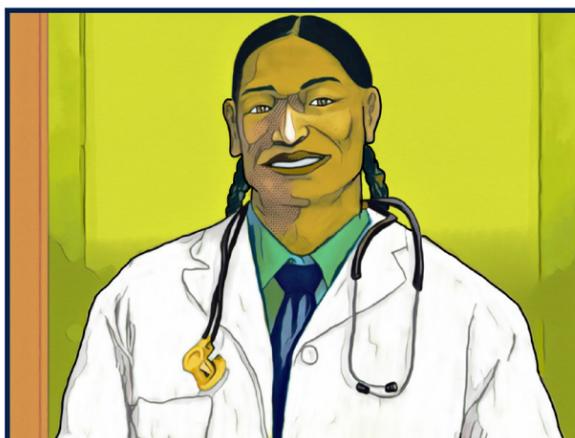
Anyone can get sick from this no matter where they are from.



Most people who have gotten COVID-19 have not gotten very sick.



Elders and people who already have health issues are more likely to get sicker.



Adults, like doctors and teachers, are working very hard to keep everyone safe and healthy.



You can tell me how you are feeling anytime.



Like our ancestors did, we will take care of each other.



I love you.

## We've created even more!

For more information on how to start a conversation about COVID-19 with your young ones, visit [uihi.org/covid](http://uihi.org/covid) to download our factsheet *Talking with Children About Coronavirus* and more!

Talking points by Abigail Echo-Hawk  
Illustrations by Bunky Echo-Hawk