



**CHOOSE TO CHANGE:
YOUR BEHAVIOR,
YOUR CHOICE**



THE 'CHOOSE TO CHANGE' NETWORK: A GUIDE FOR MEN

A process to help men who choose violence to develop a support network to interrupt their violence and increase safety for other family member



Your Behavior, Your Choice

Why do I need a 'Choose to Change' Network?

This booklet is for men who are worried about their behavior toward their loved ones. By offering you the tools to change, we can encourage your efforts to be a better partner and father. We want to encourage more and more men to seek help for their behavior, their substance use and their mental health.

The heart of this effort is a four-step process to help you develop strong, safe support networks to help interrupt your violence and increase safety for other family members.

What is a 'Choose to Change' Network and why do I need one?

There are times when the world feels uncertain, scary and beyond anyone's control. Feeling afraid, worried and depressed are common responses to difficult situations. Worries about health, security and our children's future are normal.

It's okay to feel like this sometimes.

Being worried and feeling uncertain can be harder when you've been told that, as man, you need to be strong, not be afraid, to be in control of the situation, and to be responsible for the family.

What is not okay is lashing out or controlling your loved ones, abusing substances or hurting yourself. Being a man, being strong, caring for the safety and well-being of your loved ones does not justify violence. You can choose how to behave in response to difficult feelings.

Families stay healthier without violence and abuse.

There are times when everyone needs help and support. It's okay to ask for help.

If you are worried about your behavior toward the people you care about, you can decide to stop. You can get help by calling a local helpline.

You might choose to call people you trust to be supportive. Follow the steps in this guide to create a network of people who can help you when you are worried about your behavior toward the people you care about.

They are your '**Choose to Change**' Network.

Four steps to creating your 'Choose to Change' Network

Creating your '*Choose to Change*' Network is based on you identifying a number of people in your life who could assist you to make changes. Being able to contact people in a support network is about owning your own behaviors and seeking help that will support you keep your family as safe and healthy as possible.

1

Step One: Identify people who want you to succeed or do well

Write down your answers to these two questions in the table below.



1. Who in your life (not including your partner) has wanted you to succeed or do well, now or in the past? Think widely about what success means - who wants you to succeed in a relationship? As a father? In your sobriety and recovery? In your career? Try and identify as many people as you can. They may be friends, family, mates, work buddies, teachers, a professional you trust, community or religious leaders.
2. What have they said or done that made you believe they wanted you to do well? Be specific. What about them personally, or what did they say or do that made you believe they wanted the best for you?

Who wants you to do well?	What did they say or do that made you believe that?

Consider each person on your list. Circle up to five people who would drop what they are doing to be there for you, by phone or in person when you:

- Are worried about your state of mind
- Are worried you will be abusive or might hurt someone else
- Might hurt yourself
- Might drink or use substances in a destructive or dangerous way

Even having one person you can call when you are in need is a big step and may help you.

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Step Two: Create your 'Choose to Change' Network

We will all find ourselves in difficult situations. Some may challenge us more than others. We can have various states of mind or changeable feelings. Our behavior can change too. You may need different kinds of support from the people in your '**Choose to Change**' Network at different times. You might need:



A check-in contact - you are in a good space and want to stay in touch and check in with your network. A check-in contact might be a quick chat on the telephone or a text.



A worry contact - you are worried about your mood and thinking, are concerned it may escalate into negative behavior. When you or someone else is worried you may be abusive. A worry contact could include a long phone call or to arrange to meet face-to-face.



A crisis contact - you are being abusive or controlling and other people are scared of you. A crisis contact could mean you need the person to speak to you or see you straight away.

It helps if you can identify what help you might need in what circumstances and who might be able to help. Use the chart below to identify how you behave in what situation and which of the five people you have identified in Step One can support you.



When you are **Doing Well** how do you behave? This is when you are taking responsibility for how you are feeling and acting and others feel safe and comfortable around you.

What are the cues? What does this feel like? How do you act? What does it look like when you are acting in a way that demonstrates your commitment not to be abusive and controlling?

You might need a '**check-in contact**' - this is when you are in a good space and want to stay in touch and check in with your network. A check-in contact might be a quick chat on the telephone or a text.


☒ Who could be your 'Check-in Contacts':



When you are **On Alert** how do you behave? This is when your mood, attitudes and behavior starts signaling to others to be "on alert." You have not become directly controlling or abusive but are making others worried that you might.

What are the cues? In what situations do you start to dwell on negative thoughts? How do you behave when you, or other people, worry that you are going to be abusive or controlling?


You might need a '**Worry Contact**' - this is when you are worried about your mood and thinking, are concerned it may escalate into negative behavior or when you or someone else is worried you may be abusive. A worry contact could be a longer phone call or arranging to meet face-to-face.

 Who could be your "Worry Contacts":



When you are carrying out **Active Abuse**, how do you behave? This is when you have started making statements or choosing actions that hurt or control others physically or emotionally. What are the cues? What are the most common ways you act to abuse or control others?

You might need a '**Crisis Contact**' - this is when you are being abusive or controlling and other people are scared of you. A crisis contact could mean you need the person to speak to you or see you straight away.

 Who could be your 'Crisis Contacts':



Step Three: Contact your 'Choose to Change' Network

Think about what you will do to reach out to each person. How will you arrange a time to speak to them? If it is someone from the past, how will you re-establish contact with them? What are you willing to tell them?



Write a script in the box below to reintroduce contact or initiate a conversation with each person on your list. For example:

"I know we haven't spoken for a while, but I have always valued our relationship and felt like you wanted the best for me. I'm phoning to ask if you would be willing to help me. I'm having trouble with how I behave toward my partner and the kids and it's causing us a lot of pain. I think speaking to you would really help me stop hurting the people I care about."



Your script to reintroduce contact or initiate a conversation with each person on your list:

In the box below, write what you are going to ask each person on your list to do to help you. Explain the different types of contact you might need. Be specific. For example:

"I'd like you to remind me that:

- I have control over my behavior*
- Lashing out will hurt me, my relationship, my partner and my kids*
- This is not the kind of parent/partner I want to be*
- Hurting my partner also hurts my kids*
- I don't have the right to control my partner*
- Drinking or taking drugs hurts my family."*

"You can offer to help by:

- Talking to me on the phone*
- Answering my texts when I text you*
- Meeting me for coffee*
- Checking in with me every day or once a week to see how I'm doing."*

"When I'm in crisis, can you:

- Let me stay with you for a period of time until I cool down*
- Come and pick up my partner and kids*
- Come and meet me*
- Call the police if I won't choose to get my behavior under control?"*

Your requests from each person on your list:

List the names and contact details of your '**Choose to Change**' Network supporters who agree to be involved, in your phone contacts. Keep your written '**Choose to Change**' Network sheet with you.

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Step Four: Reach out to your 'Choose to Change' Network

Contact the person you have identified as a check-in contact, a support contact and a crisis contact when you recognize the situation, your state of mind, or behavior is escalating.

Important: If the first contact is not immediately available, work through all the people in your network until you reach someone who is able to help. As a last resort, if you can't reach anyone, what else can you do to get help? Here are some ideas:

- Contact a local helpline
- Contact one of your partner's friends or family and ask them to help her
- Contact a social worker or other professional
- Phone the police



Important Note:

Contacting people in your support network is about owning your behavior and feelings, and seeking help that will support you and your family to be as safe and healthy as possible.

Pick people who will join you in wanting the best for you, your partner and your children. While people known to both you and your partner may be considered, remember the focus is your behavior, not your partner's.

Keep your conversations focused on yourself and what you have control over. Do not use your contact to blame, criticize, shame or frighten your partner or loved ones. Ideally, contact should be made outside the presence of your partner or your children. This gives you privacy to talk about difficult subjects and protects them from getting worried when the main aim is to make them feel safer. If you leave home, you still have the responsibility for ensuring your children are safe and well.

You may want to show your partner this worksheet and the Partner Information Sheet so they are aware of what you are trying to do. But always remember - it is not your partner's responsibility to help you make better choices or change your behavior. Contact with your network is not designed to change others. It is designed to help you choose not to be abusive. You are always responsible for any choices you make.

These four steps do not aim to keep the family together or obligate your partner to do or feel anything. They are not required to forgive you, feel safer, less trapped, traumatized or controlled just because you are undertaking this plan.

Remember: *Regardless of whether you can reach anyone in your network, you can still choose not to be abusive and are still responsible for any choices you make.*

My 'Choose to Change' Network

(keep this page with you)

Contact Name	Contact Details

As a last resort, if you can't reach anyone, what are you willing to do to get help?



Important Note:

- Contacting people in your support network is about owning your behavior and feelings, and seeking help that will help you and your family be as safe and healthy as possible.
- Keep your conversations focused on yourself and what you have control over.
- Do not use your contact to blame, criticize, shame or frighten your partner or loved ones. Ideally, contact should be made outside the presence of your partner or your children.
- If you leave home you still have responsibility for ensuring your children are safe and well.



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**CHOOSE TO CHANGE:
YOUR BEHAVIOR,
YOUR CHOICE**



THE 'CHOOSE TO CHANGE' NETWORK: A GUIDE FOR PROFESSIONALS

A process to support men who choose violence to develop a support network to interrupt their violence and increase safety for other family members



The 'Choose to Change': Your Behavior, Your Choice Campaign Toolkit

A Rationale for a New Approach to Community-Based Engagement and Accountability for Men who Choose Violence

LETTER FROM DAVID MANDEL, FOUNDER AND EXECUTIVE DIRECTOR, SAFE & TOGETHER INSTITUTE

Traditionally, domestic abuse accountability and intervention efforts with men who choose violence have been focused on arrest, courts and men's behavior change programs. While these endeavors are critical to community efforts around accountability and safety for survivors, we know that many men may never touch these systems. Moreover, anti-racist activism has highlighted the need to broaden our responses to not only include, but extend beyond, criminal justice responses. We can no longer ignore how poor, marginalized and ethnic minority men and their families are disproportionately represented within law enforcement, criminal justice and child protection systems across the world. These responses have failed to help many women, particularly women of color, who are worried that a call to law enforcement will lead to an overreaction in police response or unnecessary incarceration of their partner.

To move beyond the overreliance on a criminal justice response to persons who choose violence and respond to the needs of diverse communities and families, we need a wider set of resources and interventions. These interventions need to prioritize adult and child safety while providing new pathways forward for men who want to change their behaviors.

The Safe & Together Model stresses, at its core, the importance of intervening with men who choose violence, particularly as parents. By offering men the tools to change, we can encourage their efforts to be a better partner and father. We want to encourage more and more men to seek help around their behavior, their substance use and their mental health.

The messaging in these resources acknowledges that men are not often encouraged to seek help or support. Boys and men are told to be strong, not afraid and to be in control of the situation. We want men to know it is ok to feel afraid, worried or depressed and to reach out for help from formal and informal networks. What is not ok is controlling or abusing loved ones.

In the current situation of the pandemic, we want to use the opportunity offered by global conversations about anxiety and worry, and health and safety. We believe now is the time to reach out to men who are choosing violence (and those at risk for choosing violence) with a very clear message:

It is okay to feel worried or afraid for your own safety and the safety of your loved ones. It's never okay to use those fears and worries as an excuse for lashing out or controlling others. You can choose to control your behavior. Help is available.

The rationale behind the messaging is that many men who choose violence use their abusive behaviors to manage their own feelings of fear and worry. These behaviors are supported by cultural ideas that can conflate masculinity, fatherhood and dominance over others, especially women and children. Our message recognizes the reality of anxiety while setting clear boundaries for behaviors. Just like normal times, the current situation does not justify violence and abuse.

By implementing new engagement strategies for men who are choosing violence, we hope to improve outcomes for adult and child survivors. The heart of this effort is a four-step process to help men develop strong, safe support networks to help them interrupt their violence and increase safety for other family members. These are accessible, no-cost resources aimed at men who choose violence, professionals who work with them, and their family and friends. We hope these resources, when added to existing intervention strategies, will help make real differences in the safety and quality of life for women and children, and offer men new, practical options for choosing to change their behavior.

Choose to Change: Your Behavior, Your Choice

Four steps to Create Your 'Choose to Change Network

Guidance for professionals engaging with the person choosing to change

Creating a '**Choose to Change** Network' is a four-step plan for men who are worried about their behavior toward their loved ones to create a safe and strong network of support. It is based on the person identifying a number of people in their life who could assist them to make changes. Being able to contact people in a support network is about owning their own behaviors, and seeking help to support them in keeping their family as safe and healthy as possible.

They can reach out to this network when they are worried:

- about their state of mind
- they will be abusive or might hurt someone else
- they might hurt themselves
- they might drink or use substances in a destructive or dangerous way

The purpose of the steps are to interrupt and prevent abuse and violence, and create greater self-awareness as well as a support network that might lead to longer-term, wider, positive change. The steps do not aim to keep the family together or obligate the survivors to do or feel anything. Survivors are not required to forgive their partner or feel safer, less trapped, traumatized or controlled just because their partner is undertaking this plan. The survivor is encouraged to have a safety plan for themselves and their children as this plan does not guarantee safety or behavior change by their partner.

This guidance is aimed at any professional who is working with the man and wants to support them to undertake the exercise. It is not a substitute for a men's behavior change program, or substance abuse or mental health treatment, but it may complement these.

Objectives

After undertaking this plan, the man you are supporting should be better able to:

- Identify appropriate and safe people he can reach out to when he is worried that he may be abusive or controlling
- Identify the situations, states of mind or behaviors that may lead him to reach out to his network
- Plan how to contact people in his network with clear requests about how they can help him
- Understand his responsibilities toward his partner and children when using his network

Materials Needed:

- '**Choose to Change**: Your Behaviour, Your Choice' Card
- The '**Choose to Change**' Network: A Guide for Men booklet
- Information for Partners
- Information for Network Contacts

Process:

Go through each step of the worksheet with the man you are working with.

1 In **Step One** the man is asked who in his life wants him to succeed or do well, now or in the past, and what they said or did to make him believe that. It is important that he is supported to think widely about what success means. Who wanted him to succeed in a relationship, as a father, in his sobriety and recovery, in his career? He may need help to identify as many people as he can - friends, family, mates, work buddies, teachers, a professional they trust, or community or religious leaders.

The man may need help to:

- Identify at least one person. Some men may initially say that there is no one who wanted them to do well.
- Identify appropriate people. Watch out for contacts who may collude with the man's behavior, be critical of his partner or support substance use or other inappropriate behaviors.
- Consider how his partner may feel about the people he has identified. He should pick people who will join him in wanting the best for himself, his partner and his children. While people known to both parties may be considered, he should remember the focus is on his behavior, not his partner's.
- Select the most appropriate five people from the list he has created. They should be people who act as 'critical' friends rather than those who will support him unconditionally.

Questions that could help:

"Is this person aware of your behavior toward your partner and what have they said about it?"

"How would (partner's name) feel about this person being part of your network?"

"Is this person someone you have ever used substances with?"

"Why have you selected this person from your list over the others?"

2 In **Step Two** the man is asked to create his '**Choose to Change** Network'. Part of this involves developing insight into how he behaves, feels and thinks in various situations and what would help him in these difficult circumstances.

The man may need your support to:

- Identify situations or circumstances that pose a greater risk for his choosing abuse
- Identify when he needs support around self-harm, including substance misuse
- Recognize when his behavior may be frightening to his partner and children
- Recognize when his non-verbal communication, including body language, is worrying to others
- Distinguish between the different types of contacts he may need for different states of minds, behaviors or situations

Questions which could help:

"Can you tell me where you feel it in your body when you are experiencing that emotion?"

"How would (partner/child's name) describe your (face/voice/body/behavior) when you are (experiencing that emotion/behaving that way)?"

"What do you do when you are winding yourself up?"

"How would (partner/child's name) know you are getting (angry/anxious/wound up)?"

"When you feel like that, what kind of contact might you need from someone else?"

3 In **Step Three** the man is asked to write a script to reintroduce himself to a contact or initiate a conversation with each person on their list and ask them to be in his 'Choose to Change' Network. He needs to be clear about how he is asking for help. The man may need help to:

- Write a script for contacting their network. It needs to be accountable, honest and clear.
- Clarify what they are asking each person to say or do. This should align with whether they are a check-in contact, a worry contact or a crisis contact.



A check-in contact - when the man is doing well and is in a good space he can stay in touch and check-in with his network. A check-in contact might be a quick chat on the telephone or a text.



Worry Contact - when he is on alert and worried about his mood and thinking, is concerned it may escalate into negative behavior or when the he or someone else is worried he may be abusive. A worry contact could be a long phone call or arranging to meet face-to-face.



Crisis Contact - when the man is being abusive or controlling, or other people are scared of him. A crisis contact could mean he needs the person to speak to him or see him straight away.

Questions which could help:

"What kind of man/partner/father do you want to be?"

"When you are feeling/thinking/behaving in this way, what could this person say that would help you?"

"When you are feeling/thinking/behaving in this way, what could this person do that would help you?"

"When you are being abusive or controlling what should this person do to help keep your partner and children safe?"



In **Step Four**, the man puts the plan into action. As a professional who is working with him, you have a key role to play in supporting him to reflect on whether he behaved as he had hoped, how he could continue to develop this process and what may need to be changed to make it more effective.

He may need help to:

- Reflect on how well he carried out this step – what worked, what were the challenges and what he could do differently in the future.
- Consider what he would be willing to do if he could not reach anyone in his '**Choose to Change Network**'. You may want to provide helpline numbers or consider being one of the professionals he can contact in these circumstances.
- Remembering that irrespective of this network, he can still choose not to be abusive and is still responsible for his choices.

Questions that could help:

"When you think about how you behaved when you contacted your network, what are the things you are proud of or that went well?"

"If you had to do that again, what would you want to change?"

"What did the person you called say or do that was particularly helpful or unhelpful?"

Evaluating Change

Consider how this process can be evaluated. Whether the man chooses to do what he planned to or not can give you critical information about his motivation to make concrete behavior change. Be sure to document conversations about this process, successes, challenges or negative ways the man manipulated it.

Feedback from partners about the impact it has had on their well-being and safety is critical to measuring success. If partners report any negative impact, the man should not be encouraged to continue with the process.

Consider how these steps can be part of a case plan which holds men who abuse accountable and gives them clear expectations around change. Think about whether it should be shared with other professionals so that they have similar expectations.

Contact with Partners and Network Contacts

Depending on your involvement and role, you could consider engaging with the man's partner or network contacts around this process. You could also engage with any professionals who work with them.

There are two associated sheets:

- Information for Partners
- Information for Network Contacts



Important Note:

If you believe that anyone may be at risk, please call the police. This includes risk to yourself, the man, their contacts, their partner, children or anyone else. Reiterate with the man:

- The process is about owning his own behavior and feelings and seeking support that will help him and his family be as safe and healthy as possible.
- Conversations with his network should focus on himself and what he has control over – not to blame, criticize, shame or frighten his partner or loved ones.
- Contact should ideally be made outside the presence of the partner or children.
- If he leaves the home, he still has responsibility for ensuring his children are safe and well.
- Whilst the man may make the partner aware of this process, be clear the partner cannot change his behavior. He is always responsible for any choices he makes.

The information sheet for partners states that they can contact any professional who is working with their partner if they are uncomfortable with any aspect of this process. Treat any information a partner gives you with care for their safety.



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The 'Choose to Change' Network

Information for Network Contacts

You have agreed to support someone who trusts you to be part of their **Choose to Change** Network. It aims to help the person you know choose to avoid being violent, abusive or controlling. They have selected you because you are someone they feel wanted them to succeed or do well. You will be a Contact they can reach out to when they are:

- Worried about their state of mind
- Worried they will be abusive or might hurt someone else
- Might hurt themselves
- Might drink or use substances in a destructive or dangerous way

There are various contacts that the person who trusts you may request:



A check-in contact - he is in a good space and want to stay in touch and check-in with his network. A check-in contact might be a quick chat on the telephone or a text.



A worry contact - he is worried about his mood and thinking, is concerned it may escalate into negative behavior when he or someone else is worried he may be abusive. A worry contact could be a long phone call or arranging to meet face-to-face.



A crisis contact - he is being abusive or controlling, other people are scared of him. A crisis contact could mean he needs the person to speak to him or see him straight away.



Important Note: You have one main job to do when you are contacted - to help the person who reached out not hurt others or themselves. Your job is not to fix or solve their problems. Your focus is on helping them make better choices. Keep your focus on the person who called and their behavior, not the behavior of others.

The person who trusts you will give you clear instructions about what they want you to do or say. For example:

"I'd like you to remind me that:

- I have control over my behavior*
- That lashing out will hurt me, my relationship, my partner and my kids*
- It's not the kind of parent/partner I want to be*
- Hurting my partner also hurts my kids*
- I don't have the right to control my partner*
- Drinking or taking drugs hurts my family."*

"You can offer to help by:

- Talking to me on the phone*
- Answering my texts when I text you*
- Meeting me for coffee*
- Checking in with me every day or once a week to see how I'm doing."*

"When I'm in crisis, can you:

- Let me stay with you for a period of time until I cool down*
- Come and pick up my partner and kids*
- Come and meet me?"*



Important Note: If you believe that anyone may be at risk, please call the police. This includes risk to the person who has asked you to be a contact, their partner, children or anyone else.

You are not obligated to be a contact and you can ask to be removed from the **Choose to Change** Network anytime.

The aim of being contacted is that the person owns their own behavior and feelings and seeks help that will help them and their family be as safe and healthy as possible.

The instructions given to the person who is choosing to change is that they:

- Should use caution around including anyone in the Network who knows their partner like their family, friends or associates
- Should keep any conversations focused on themselves and what they have control over
- Must not use the contact to blame, criticize, shame or frighten their partner or children
- Ideally should make contact outside the presence of their partner or children
- Still have responsibility for ensuring their children are safe and well if they leave the home

You can help them achieve this by:

- Listening to what they have asked from you and doing it whenever possible
- Being honest if it is not possible for you to carry out the request and supporting them to do something else instead
- Being direct with them about their responsibility toward their partner, children and themselves
- Redirecting conversations if they become too focussed on blaming other people
- Refuse to use substances with them

A professional who works with the person who is choosing to change and may be helping him to develop this network. Please contact them if you have any questions or are uncomfortable with any aspect of this process.



Always remember: It is not your responsibility to help the person make better choices or change their behavior. Their contact with you is not designed to change their partner or anyone else. It is designed to help them choose not to be abusive. The person is always responsible for any choices they make.



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The 'Choose to Change' Network

Information for Partners

Your partner is undertaking a plan which aims to help him choose to avoid being violent, abusive or controlling. It supports him to identify a network of people he can contact when he is behaving abusively or is worried that he might. There are clear things that he is asking each person to do or say which he has identified might help him to choose to stop his behavior. He can use this network when he is:

- Worried about his state of mind
- Worried that he may be abusive or might hurt someone else
- Might hurt himself
- Might drink or use substances in a destructive or dangerous way

The purpose of the plan is to interrupt and prevent abuse and violence, create greater self-awareness and have a support network that might lead to longer-term, wider positive change.

There are various contacts that your partner may have with his network:



A check-in contact - he is in a good space and want to stay in touch and check-in with his network. A check-in contact might be a quick chat on the telephone or a text.



A worry contact - he is worried about his mood and thinking, is concerned it may escalate into negative behavior when he or someone else is worried he may be abusive. A worry contact could be a long phone call or arranging to meet face-to-face.



A crisis contact - he is being abusive or controlling, other people are scared of him. A crisis contact could mean he needs the person to speak to him or see him straight away.

Your partner contacting people in his network is about owning his own behavior and feelings and seeking help that will help you and your family be as safe and healthy as possible. The instructions clearly state that he:

- Should pick people who want the best for him, his partner and children. While people known to both you and your partner may be considered, he should remember the focus is on his behavior, not on yours.
- Should keep any conversations focused on himself and what he has control over
- Must not use his contact to blame, criticize, shame or frighten you or your children
- Ideally, he should make contact outside the presence of you or your children
- Still has responsibility for ensuring his children are safe and well if he leaves the home



Always remember: It is not your responsibility to help your partner make better choices or change his behavior. The contact is not designed to change you or your behavior. It is designed to help your partner choose not to be abusive. He is always responsible for any choices he makes.

The steps do not aim to keep the family together or obligate you to do or feel anything. You are not required to forgive your partner or feel safer, less trapped, traumatized or controlled just because he is undertaking these steps. We encourage you to continue to safety plan for yourself and your children as this plan does not guarantee safety or behavior change from your partner.

A professional who works with your partner may be helping him to develop this network. Please contact them if you have any questions or are uncomfortable with any aspect of this process.

Safety and support services

In an emergency, please contact the police. You are also entitled to support. Here are some national-level support contacts. Most of the phone numbers are a mixture of 24-hour-a-day hotlines and business-hour helpline services. Many provide online chat services as well. The services provided by these agencies are generally free. All phone numbers are local to that country.

(Australia) National sexual assault, domestic and family violence counselling service:

<https://1800Respect.org.au> Ph: 1800 737 732

(Australia) Lifeline: <https://www.lifeline.org.au/> Ph: 13 11 14

(Australia) Men's Line: <https://mensline.org.au/> Ph: 1300 78 99 78

(Australia) Kids Helpline: <https://kidshelpline.com.au/> Ph: 1800 55 1800

(Canada) Shelter Safe: <https://www.sheltersafe.ca/>

(provides a list of domestic abuse shelters in each province and territory with phone numbers)

(Hong Kong) Hong Kong Federation of Women's Centres: <https://womencentre.org.hk/> Ph: 2386 6255

(New Zealand) Women's Refuge: <https://womensrefuge.org.nz/> Ph: 0800 REFUGE or 0800 733 843

(New Zealand) It's Not Ok Campaign: <http://www.areyouok.org.nz/> Ph: 0800 456 450

(New Zealand) Lifeline: <https://www.lifeline.org.nz/> Ph: 0800 543 354

(Northern Ireland) Northern Ireland Women's Aid: <https://www.womensaidni.org/> Ph: 0808 802 1414

(Scotland) Scottish Women's Aid: <https://womensaid.scot/> Ph: 0800 027 1234

(Singapore) Association of Women for Action and Research: <https://www.aware.org.sg/> Ph: 1800 777 5555

(UK) National Domestic Abuse Helpline: <https://www.nationaldahelpline.org.uk/> Ph: 0808 2000 247

(UK) National LGBT+ Domestic Abuse Helpline: <http://www.galop.org.uk/domesticabuse/>

Ph: 0800 999 5428

(UK) Respect Men's Advice Line: <https://mensadviceline.org.uk/> Ph: 0808 8010327

(US) National Domestic Violence Hotline: <https://thehotline.org> Ph: 1-800-799-7233/1-800-787-3224 (TTY)

(US) StrongHearts Native Helpline: <https://www.strongheartshelpline.org/> Ph: 1-844-762-8483

(US) The National Deaf Domestic Violence Hotline: <https://thedeafhotline.org/>

Videophone: 1-855-812-1001

(Wales) Welsh Women's Aid: <https://www.welshwomensaid.org.uk/> Ph: 0808 80 10 800



CONTACT US

Safe & Together Institute
1-860-319-0966 (USA)

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