FAIRNESS Be kind to others ECONOMIC PARTNERSHID and treat them well. Make decisions for the good of all. Keep in mind the effect they would have on former and future generations. Don't be greedy. Don't be stingy. Touch nothing that belongs to someone else, especially sacred objects. Share what you have with your brothers and sisters and other living things.

Don't fight and don't trouble anyone. Listen and respect others' beliefs, visions and dreams. Show respect for elders, parents, people and their customs, religions. Respect Mother Earth and all living things.

PESPEC!

SUPPORT

I RUST

ABUSE

INTIMIDATION

NON-THREATENING

# CREATOR

without the input from the women. Although men were the spokespersons of the family, women were treated with the deepest respect as the givers of life and the backbone of the family. Women and men respected each other's roles. Children were the responsibility of the whole extended family. Knowing that they were a gift from the creator, they were not to RESPONSIBLE be used or abused in any way. PARENTING

Decisions were not finalized

SH

Be truthful to self and others at all times. Respect each person for their own gifts and knowledge. Think before you act. Have close ties to your homeland and family. Never intrude on a person's personal space. Don't lie, make false promises, or gossip about others for it is your spirit you are degrading. HONESTY AND ACCOUNTABILITY





MENDING THE SACRED HOOP

202 East Superior Street Duluth, Minnesota 55802 218-722-2781



DOMESTIC ABUSE INTERVENTION PROJECT 202 East Superior Street Duluth, Minnesota 55802



# DOMESTIC ABUSE INTERVENTION PROJECT 202 East Superior Street Duluth, Minnesota 55802

# NONVIOLENCE

EQUALITY

#### NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict • accepting change • being willing to compromise.

## ECONOMIC Partnership

Making money decisions together • making sure both partners benefit from financial arrangements.

### NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

# RESPECT

Listening to her nonjudgmentally • being emotionally affirming and understanding • valuing opinions.

# SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • making family decisions together.

#### RESPONSIBLE PARENTING

Sharing parental responsibilities • being a positive non-violent role model for the children.

# **TRUST AND SUPPORT**

Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions.

## HONESTY AND ACCOUNTABILITY

Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully.

# NONVIOLENCE

DOMESTIC ABUSE INTERVENTION PROJECT 202 East Superior Street

# **ACTION PLAN**

Name \_\_\_\_\_

CHANGES I AM MAKING	SPECIFIC STEPS

# PHYSICAL VIOLENCE SETUAL

**POWER** 

AND

CONTROL

#### USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her • threatening to leave her, to commit suicide, to report her to welfare • making her drop charges • making her do illegal things.

#### USING ECONOMIC ABUSE

Preventing her from getting or keeping a job • making her ask for money • giving her an allowance • taking her money • not letting her know about or have access to family income.

### USING INTIMIDATION

Making her afraid by using looks, actions, gestures • smashing things • destroying her property • abusing pets • displaying weapons.

### USING Emotional Abuse

Putting her down • making her feel bad about herself • calling her names • making her think she's crazy • playing mind games • humiliating her • making her feel guilty.

# **USING MALE PRIVILEGE**

Treating her like a servant • making all the big

decisions • acting like the "master of the castle" • being the one to define men's and women's roles

## USING Children

Making her feel guilty about the children • using the children to relay messages • using visitation to harass her • threatening to take the children away.

PHYSICAL

# **USING ISOLATION**

Controlling what she does, who she sees and talks to, what she reads, where she goes • limiting her outside involvement • using jealousy to justify actions.

#### MINIMIZING, DENYING AND BLAMING

VIOLENCE SEXUAL

Making light of the abuse and not taking her concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saying she caused it.

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# **CONTROL LOG**

Men's Education Groups

Name
Date
1. ACTIONS: Briefly describe the situation and the actions you used to control your partner (statements, gestures tone of voice, physical contact, facial expressions).
2. INTENTS AND BELIEFS: What did you want to happen in this situation?
What beliefs do you have that support your actions and intents?
3. FEELINGS: What feelings were you having?
4. MINIMIZATION, DENIAL AND BLAME: In what ways did you minimize or deny your actions or blame her?
5. EFFECTS: What was the impact of your action? On you
On her
On others
6. PAST VIOLENCE: How did your past use of violence affect this situation?
7. NON-CONTROLLING BEHAVIORS: What could you have done differently?