

THE LOST PURSE DISCUSSION GUIDE



THE
CENTER
FOR
WOMEN
AND
FAMILIES

Thank you for getting a group together for this important discussion! By encouraging people to join the conversation, you are doing your part to create a world without violence. We've put together some tips to help you guide a powerful discussion.

Before you start:

- If possible, it's great to have CWF info cards on hand to share with your discussion group! Visit our website, or contact us at media@cwfpower.org or 502-581-7261 to get The Center's info cards and a Carry the Card flyer.
- Your role is simply to facilitate the conversation. Don't feel pressured to know all the answers!
- Make sure you have our 24-hour crisis and information line number handy (1-844-BE-SAFE-1). Share it with your discussion group and don't hesitate to call if your group has questions about The Center's services or if anyone needs support.
- Be prepared to respond if a member of your discussion group discloses a personal experience with domestic violence. Thank them for sharing – it takes a great deal of courage to add our personal stories to the conversation.
- If you have personally experienced domestic violence and are leading or participating this group discussion, don't forget to take good care of yourself before, during and after. Please don't hesitate to call our advocates to process if needed.

After watching the video, guide your group through the following questions. We've included some prompts to help you keep the conversation moving.

Question #1: In this video, the text messages made it fairly obvious what was going on. Without seeing a person's phone and texts, what other signs might you notice that indicate an unhealthy relationship?

- Constantly showing up at a partner's workplace uninvited
- Controlling the finances or limiting access to money/spending
- Checking in or demanding to know a partner's whereabouts
- Monitoring text messages and social media accounts
- Isolating a partner from family or friends (which can be disguised as a compliment; "I just want to spend all my time with you!")
- Controlling, jealous or possessive behavior
- Sexual coercion
- Threats or intimidation
- Physical signs of abuse, such as bruises or attempts to cover up injuries
- Verbal or emotional abuse, including name calling and put-downs

If you need help, read more about signs of abuse on our website at www.thecenteronline.org.

Encourage participants to think about signs they may notice from the abusing partner, not just the victim/survivor.

Question #2: If you knew someone needed help, would you know what to do? It can be challenging to initiate conversations about intimate partner violence. From what you know about yourself, what would make you hesitant to say something to the person who left their purse or to someone who is in an unhealthy relationship?

Encourage the participants in your discussion to be honest with their responses! If you start things off with an honest answer, others will likely follow suit. It's perfectly okay to simply say "gosh, I don't know what I'd do."

Most people want to do something when they see someone being harmed, but they may have obstacles to intervening, such as

- "I'm too shy to start a conversation"
- "I wouldn't want to offend the person"
- "I am worried I'll embarrass myself."

All of these things are normal – it's okay to feel hesitant!

THE LOST PURSE DISCUSSION GUIDE



THE
CENTER
FOR
WOMEN
AND
FAMILIES

Question #3: What are a few things you could say to start the conversation?

Remember, you don't have to have all the answers! Tell your discussion group members that you're looking forward to hearing their ideas and working together to come up with creative ways to start challenging conversations.

Make sure you give your group some time to think and suggest their own answers. If you need extra help getting the brainstorm started, here are a few of our favorites:

- "I wanted to check in to make sure you're doing okay."
- "I don't mean to be nosy, but I happened to see a few of your text messages. I wanted to let you know you don't deserve to be talked to that way."
- "Some of those text messages seemed pretty scary – is it okay if I share some resources with you? I know someone who called this phone number and found it really helpful."

Your group will likely brainstorm some great ideas. We'd love to hear what you come up with! Please share it with us on Facebook or Twitter, you can find us @thecenteronline. If you would like to email us so we can share your answers on our media please do! You can send them to media@cwfempower.org.

Question #4: How do you offer support without compromising someone's safety?

One of the most important things to remember is that a person experiencing domestic violence knows their situation better than anyone else – they are experts in their own safety! We should never assume we know what might be best for someone else. It may be helpful to pose questions to ensure you are providing the support someone really needs. A few questions you might ask:

- What can I do to help you?
- Is it safe for you to talk about this right now?
- Is it okay if I give you this card? (Keep in mind whether it's safe for someone to carry CWF information on them.)
- Would you like this phone number? You could keep it saved in your phone, if that would be safe for you to do.

Question #5: We encourage you to visit the "Get Help" section of The Center's website to learn more about all of the services listed on The Center's "shoe cards." How would you describe the support that is available to someone impacted by intimate partner violence?

All the information your group should need is available on our website – ask everyone to check it out on their phone or use a laptop to walk through the services together, if you can.

Remind everyone that The Center's services are free, safe, and confidential. Our crisis line is open 24 hours a day, 7 days a week. 1-844-BE-SAFE-1. It may be helpful to ask a participant to summarize The Center's services for the group – by hearing it out loud and practicing talking about it, we'll all be better prepared to share the information when the time come!

Have questions? Want to share feedback? Contact us at media@cwfempower.org or find us on social media.



FIND US ON

Facebook and Twitter @thecenteronline