



WHAT IS A HEALTHY RELATIONSHIP?

In healthy relationships, men and women are equal partners, make thoughtful decisions together, and communicate with each other, without fear.

When they disagree, they talk out their differences and listen to the other's viewpoints and feelings. When they have a conflict, they find a way to compromise, so they both get what they need.

When one of them gets angry or loses their temper, they take a time out. They wait until they are both ready to talk calmly. If one feels hurt by the other, they can talk about it. They can apologize without feeling humiliated, put down or afraid.

If one feels like having time alone, or wants to do things separately, their partner accepts it. There is no room for fear in a non-violent relationship. They know jealousy is not a sign of love and partners give support.

**FOR INFORMATION ON THE FOLLOWING,
YOU'RE WELCOME
TO STOP BY THE OFFICE**

Sex Trafficking
Stalking
Strangulation
Traumatic Brain Injury & Battering
Rape
Date Rape Drugs
Emotional Abuse
Teen Dating Violence Awareness and Prevention
Domestic Violence
Sexual Assault
Family Violence



CRST FAMILY VIOLENCE PREVENTION

Be aware, and be safe.

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DOMESTIC VIOLENCE & SEXUAL ASSAULT

CRST Family Violence Prevention Outreach brings awareness of Domestic Violence and Sexual Assault to Eagle Butte and the outlying communities on the Cheyenne River Sioux Tribe Reservation.



DOMESTIC VIOLENCE

Physical violence against the victims can range from hitting and punching, to rape and murder.

Indirect physical violence can also occur, including the destruction of objects, throwing objects near the victim or harming animals. Verbal violence can include threats, insults, put downs and threats of physical attacks.

SEXUAL ASSAULT

Is any unwanted verbal, nonverbal or physical sexual contact and is characterized by use of force, physical threat or abuse of authority, or when the victim does not or cannot consent.

Sexual assault includes inappropriate touching, rape, nonconsensual sodomy (oral or anal sex) or attempts to commit these acts.



EFFECTS ON FAMILY

Children who are exposed to domestic violence are more likely to be aggressive themselves, suffer from anxiety and fear and may display physical symptoms of stress. Both the victim of the domestic abuse and their family members are more likely to suffer from severe mental depression.



SERVICES PROVIDED

- Women Shelter
- Food
- Gas
- Transit Tickets
- Pampers
- Baby wipes
- Hygiene Bag (If available)
- Accompany/Transports to Federal Court Hearings/ Sexual Assault exams
- Transports to and from shelters
- Crime Victim Assistance Applications
- Safety Plan
- Support Circle
- Educational Information
- Referrals (Indian Child Welfare, Support Services, Sacred Heart, Bear Necessities, etc.)

Please fill out an Intake to see if you qualify for our services.



SAFETY PLAN

Victims of continued domestic violence cases should create a safety plan, have a packet ready of social security cards, birth certificates, etc in case you have to flee.

PREVENTION

Seek to become a better communicator with your spouse and family members, do not abuse alcohol or drugs, look for positive solutions to your problems and seek help at early signs of abuse.