

# Safety is our goal!



## Get help



Boston Area Rape  
Crisis Center  
Sexual Assault Hotline

**(800) 841-8371**



SafeLink  
Massachusetts Statewide  
Domestic Violence Hotline

**(877) 785-2020**



Trained advocates are ready to talk. Find more  
Massachusetts and Rhode Island based services  
for survivors of **sexual assault, domestic violence,  
and trafficking at [janedoe.org](http://janedoe.org).**



## Red flags

- Is someone trying to control what you do or who you see? This could include controlling your access to money or your cellphone, or restricting where you go or who you talk to.
- Is someone trying to make you do something by using threats, lies, guilt, or intimidation? Abuse may be physical (including unwanted sexual acts and other physical violence), and/or it can be emotional, including manipulation or coercion.
- Is someone using their power or authority to make you do something you don't want to do?
- Has someone used technology (calls, texts, email, social media) to harass you or track your movements?



What happened is not your fault. You don't have to face this alone.





## Give help

Are you unsure of how to help a friend, coworker, or customer who tells you they have been hurt or are experiencing violence? That's normal.

### **Some tips and tools to guide you:**

- Be non-judgmental. Follow the survivor's lead.
- People of all genders can experience violence or cause harm.
- Asking, "Why didn't you leave?" or "What were you wearing?" are never helpful.
- Instead of saying, "You should...", focus on letting the survivor share what they want to about what happened.
- Ask if they want you to listen and/or help with resources.
- Abuse or trafficking don't always look the way they do on TV. Survivors are often abused/trafficked by people they know.
- Don't try to physically intervene or be a hero. Being an active bystander – and upstander – does not mean putting yourself in danger. That behavior may also escalate a situation.
- A survivor may want support contacting law enforcement or that might not feel safe to them. Trained hotline staff can share more about all the options and what those steps look like.

**You don't have to handle this alone.**

**The hotlines and other resources on page one are there for you, too.**

## What's the connection to the World Cup?

This summer, the Greater Boston and Foxborough areas will see a huge influx of visitors. Add to that the big emotions that mega sporting events bring and the drug and alcohol consumption that can fuel (not cause) violence, and incidence rates of sexual assault, domestic violence, and trafficking can rise. **We all have a role to play to keep our families, businesses, and communities safer.**

Preventing violence and supporting survivors is a team sport.

Learn more at [janedoe.org](http://janedoe.org).