

# 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.**

Preventing violence and supporting survivors is a team sport.  
Learn more at [janedoe.org](http://janedoe.org).

