



You don't have to
be an expert to
make a
difference.

Co-Workers

Do: Recognize signs in your coworkers and let them know you are concerned about them.

Don't: Make accusations, tell them what they should do, or gossip about them.

Supervisors

Do: Support survivors without judgement and connect them with resources. Ensure their workplace safety needs are being met, and allow for flexibility to the extent possible.

Don't: Make excuses for perpetrators.

Source: Workplaces Respond to Domestic and Sexual Violence - National Resource Center

Creating a Safer Workplace

If your workplace is anything like ours, you are a family.

1. Know your workplace's policies related to domestic and sexual violence. If they don't exist, advocate for them to be created.
2. Keep referral information available.
3. Have consistent messaging that survivors are not to blame for abuse. No one deserves to be hurt.
4. Express empathy and eliminate "jokes" about violence and rape from the workplace.
5. Ask how you can help.

About SafeCenter

FREE AND CONFIDENTIAL

All SafeCenter services are free and confidential. Services can be provided virtually, so you never even have to go to our office.

OUR SERVICES

- 24-Hour Crisis Hotline
- Emergency Shelter
- Individual Counseling
- Individual Advocacy
- Legal Advocacy
- Information and Referral
- Prevention and Education Programs

COMMUNITY EDUCATION

SafeCenter can present to your staff or group about domestic and sexual violence and how to help survivors.

Domestic and sexual violence can happen to anyone. Do you know the signs?

Absenteeism: On average, survivors lost 7-8 days of work per year.

Difficulty Concentrating: Trauma impacts brain function.

Increased personal calls:

Domestic violence is about power and control, and many abusive partners check in frequently.

Appearing agitated, angry, sad, or hypervigilant: Trauma and PTSD can result in intense emotions (or seemingly no emotion).

Lack of participation: Withdrawal from things they used to enjoy.

Signs of injury or chronic illness:

Physical injuries may be more obvious, but health may also change (headaches, gut health, gynecological).

Source: *Workplaces Respond to Domestic and Sexual Violence* - National Resource Center

Resources

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Visit
www.workplacesrespond.org
for more information on
addressing domestic and sexual
violence in the workplace.
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**National Domestic
Violence Hotline
1-800-799-7233**
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**Michigan Sexual
Assault Hotline
1-855-864-2374**
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**Get in touch with
SafeCenter**

24-Hour Hotline - 877-952-7273
safecenter@thesafecenter.org
www.thesafecenter.org
Facebook @thesafecenter

SafeCenter
Domestic and Sexual Violence Services

SAFE AT WORK

It's up to all of us.



1 in 4 women
and **1 in 7** men
will experience
domestic
violence

1 in 5 women
and **1 in 33** men
will experience
sexual
violence