



**FAMILY  
JUSTICE  
CENTER**  
RIVERSIDE COUNTY

ENSURING SAFETY • PROTECTING FAMILIES • SEEKING JUSTICE

**Know  
Needs  
Options  
Warnings  
Learn  
Explore  
Danger  
Grieve  
Empower**

## **Contents:**

- 1. Know– forms of abuse/ impact of DV on children**
- 2. Needs– recognize why we stay**
- 3. Options– reaching out/ what can I do?**
- 4. Warnings– recognizing the cycle of violence/ character traits of an abuser/ signs of an abusive relationship**
- 5. Learn- false assumptions about domestic violence**
- 6. Explore– Relationship bill of rights/ creating a safety plan for my life**
- 7. Danger- power and control in my relationship/ abuse of children**
- 8. Grieve– things I cant do to stop violence/ stages of grief/ children coping with family violence**
- 9. Empower- understanding equality/ supporting your children**