**Reviving Ophelia by Asociación Civil Trama on Youtube: A Viewing Guide**

**This film is based on a real story**

https://www.youtube.com/watch?v=mMssydVxJpM&t=5s

**Scene #1: The Birthday Party** It’s Liz’s birthday. Her family is throwing her a party just for family. Liz’s boyfriend Mark texts her. “He’s here!” Liz says and answers the door. Liz begs her parents to let her leave her own party to see Mark and the begrudgingly agree. After she leaves, her mom mentions how she isn’t really close with her cousin anymore.

*(Note: Isolation red flag. Mark does not like Liz spending time with anyone but him. He wants her to prioritize him over everything else, despite what she may want.)*

**Scene #2: Together Forever Part 1** In Mark’s car, Liz tells Mark she wants him to be her first. Mark says he wants to be her only.

*(Note: This is a red flag because it’s setting the expectation and thus pressure that they’ll be together forever when people should feel free to spend as little or as much time in any given relationship as they please.)*

**Scene #3: First Fight** Early next morning at school, Mark is at Liz’s locker chatting with her. She mentions that she is having a movie night with her cousin and some friends after school. Mark gets upset. “You made plans without telling me?!” He takes this as a betrayal. “I thought you loved me as much as I love you. I didn’t know you were so self-centered.” Liz says how she hasn’t seen her friends much recently. He replies, “So? Neither have I! Relationships come first” He walks away despite Liz’s frantic apologies.

*(Note: Isolation/Control red flag. In a healthy relationship, people do not need to run all their plans by their partner. They have a right to make plans concerning other people in their lives themselves. There is no shame in this. Liz has nothing to apologize for. Mark should not be making her feel guilty for doing this. His playing the victim and using name calling is manipulating her into not making plans without his approval again. Additionally, people have the right to prioritize whatever they want in their lives. Relationships do not have to come before everything else).*

**Scene #4: Making Up** Later that day, Liz opens her locker to find flowers. Mark appears. Liz thanks him for the flowers and apologies again. Mark says, “I’m giving you these because I know you’re not gonna make plans anymore without talking to me.” Liz says “ok.”

*(Note: False Reconciliation/Manipulation red flag. One: Why does Mark know Liz’s locker combo? That’s a violation of her privacy. Two: Instead of saying he was wrong to try and control her plans, apologize, say why it’s wrong, and commit to not doing it again, he sets an expectation that she’ll obey his request. The flowers are a way to say “you owe me this now because I gave you something nice.” Liz doesn’t owe him anything.)*

**Scene #5: Dress Code** As they leave school, Mark tells her to change what to wear because it’s too tight and guys will drool over her and make her uncomfortable. He claims it’s for her own good. When Liz’s cousin Kelly expresses discomfort over Mark telling Liz what to wear, Liz replies “at least he cares.”

*(Note: Red Flag: Control. Liz has the right to wear whatever she wants. In a healthy relationship, people aren’t threatened by their partner’s clothes because they trust them to not cheat if someone were to flirt with them. This command isn’t for Liz’s own good, it’s for Mark’s own ego. He would feel uncomfortable if other guys liked what Liz was wearing and tried to flirt with her. His fear of Liz leaving him is behind this control. He should respect Liz should she choose to leave him and navigate his feelings without taking them out on anyone else. If he doesn’t think he can trust Liz, he should break up with her, not try to control her. This command does not show care, as Liz says, but control. People who actually care about each other gift each other with freedom and trust.)*

**Scene #6: Together Forever Part 2** Before going to her scary movie night, Mark takes Liz to his house and up to his room. Liz notices and picture of him with his mom and comments on it. Mark shares with her that his mom packed up her bags one day and left. He also shared that his dad gave him a hard time for holding onto the photo saying something like “oh, yeah, remind yourself that you’re so much of a loser that your mom abandoned you.” Mark then turns to Liz and says “promise you’ll never leave me.” Mark goes on to give Liz a necklace with a gold heart. Meanwhile Liz’s cousin Kelly complains on how Liz only hangs out with Mark now.

*(Note: Alludes to Mark’s dad having been abusive to his mom. Mark should not be using his own issues to manipulate Liz into feeling like she can never leave him and has to fill the void his mother left. He should be getting therapy instead of taking it out on Liz. The gift is to keep Liz on his side. Kelly’s comment shows another isolation red flag. There are rarely ever apart.)*

**Scene #7: Movie Night** It’s movie night and Mark keeps interrupting it by calling Liz. One of Liz’s friends says, “I can’t even get a text back! Y’all must be soulmates!” Liz shares that Mark told her he’s outside so she runs out to say hi. Kelly expresses concern about this and goes by the window to make sure Liz is ok. Her friends think this concern is actually jealousy. When Liz gets to Mark he reaches for her phone to try to look through her call history (“Most of these calls are probably from me but let’s see how popular you are”). They kiss and he jokes about wanting to kidnap her. After she says she’s going to go back inside, he grabs her arm and starts to pull her back into his arms. She gets uncomfortable and asks what he’s doing. He replies “I’m gonna kidnap you, remember?” They start to struggle. Kelly sees the struggle from the window and comes out to ask Liz if she’s okay. Mark insists he was only kidding and Liz goes back inside.

*(Note: The outside prospective matters greatly. Teens are most likely to go to their friends for help and if their friends think the abusive behaviors are romantic, they will reinforce the belief of the person being harmed that everything is ok when it’s not. Mark violates Liz’s privacy by wanting to go through her phone messages and by showing up uninvited. Healthy relationships have privacy and trust. Healthy relationships also give you space to enjoy time with your friends. Mark is also claiming that the kidnapping thing was a joke and therefore excuse’s the fear it produced. Mark is using this humor excuse to avoid accountability for his actions and save his reputation when others see what he’s doing.)*

**Scene 8: Stalking** The next day, Liz is with her cousin Kelly when Mark calls to check in. Kellythinks this is weird since they just saw each other. Mark later randomly shows up and confesses that he tracked Liz’s location on an app. Kelly thinks that isn’t ok but Liz thinks it’s romantic. Liz leaves Kelly to talk with Mark.

*(Note: In healthy relationships, people don’t monitor their partner’s location and constantly swoop in and take them away from other people they’re spending time with. Stalking is not romantic, it’s dangerous. 76% of intimate partner femicides included stalking in the year prior. One stalking expert considers the crime to be homicide in slow motion.)*

**Scene 9: Crazy Ex Part 1** After dinner that day, Kelly shares with Liz that apparently Mark’s ex has a reputation of being “a psycho” and encourages Liz to look her up. Liz tells her to leave her alone. Kelly says that she’s just trying to help but Liz insists that she’s just jealous she doesn’t have a boyfriend who loves her.

*(Note: If someone says all their exs were crazy that’s a red flag that they may have abused their exs and their exs just caught on to what was happening. Concern is once again being mistaken for jealousy here. Women are conditioned to believe that having a boyfriend is extremely valuable and are taught to do all they can to keep and please their man. It makes sense that Liz wants to protect the relationship and see’s Kelly as jealous. She probably also doesn’t want to admit that anything could be wrong.)*

**Scene 10: Crazy Ex Part 2** Liz’s parents say she has to stay in tonight. Instead of waiting to see Liz another time, he climbs up the side of her house and sneaks in through Liz’s bedroom window. They kiss for a while laying down on Liz’s bed and then Liz asks why he never told her about his ex. She starts to say “Kelly said…” but he cuts her off. “Kelly said, Kelly said,” he mocks, “and you listen to her? My dad was right, you girls get together and you talk trash about guys and you just try to tear them down.” “No, that’s not what-” Liz insists. Mark interrupts her again. “Ashley Johnson was a terrible person,” Mark says. “She’s always accusing me of stuff, trying to make me feel bad…I thought you were different.” He gets up from the bed. “Mark, please don’t go,” Liz pleads. “No, if you don’t trust me what’s the point?” Mark shoots back. “I do trust you! I didn’t mean anything by it” Liz promises but Mark is already sneaking back out the window. Kelly sees this happening since she was taking a walk outside at the time. She then runs off, frustrated with her cousin.

*(Note: Mark really can’t take no for an answer when it comes to not being able to see Liz. He does not ask permission to sneak over. Here he is projecting about an ex he likely abused who called him out on his behavior but he’s telling it as if he was the victim and then making Liz feel bad for asking about his ex. There is nothing wrong with asking about exs, especially since it can reveal this red flag. Liz was just curious and was not doing anything to violate Mark’s trust. The line “I thought you were different” manipulates Liz into wanting to prove that she is different.)*

**Scene 11: “Car Accident”** Liz’s parents are talking downstairs when her mom gets a call from the hospital saying her daughter was in a car accident. Liz mom starts to argue that it’s impossible since Liz is in her room but after running upstairs, she discovers Liz is missing. When Liz’s parents arrive at the hospital, Liz appears knocked out and Mark is by her side. He claims she convinced him to drive her around to look for Kelly and that when he served to avoid a squirrel, she hit her head on the dashboard. Her forehead seems fine but there appears to be a punch-shaped bruise on the right side of her jaw. When Liz comes to and asks why she’s in the hospital Mark repeats his story to Liz. “That’s what happened, right?” he prompts her. “Yes” she says back. Her parents walk away to give them some space. “Did you see his face? He was heartbroken” says Liz’s mom to Liz’s dad. Marks starts to apologize to Liz. “I’m sorry. I’m sorry. I can’t help it. I’m scum. I don’t even deserve to breathe” he says. “I didn’t know it was coming. I swear to god I didn’t. When you started saying that crap about me, wondering if I was telling the truth. I never thought I could hurt you. I still can’t even believe I hit you. At least I know now, all that messed up stuff that’s inside me because of my dad, I can watch out for that. (pause) Baby…you could have told your parents…but you didn’t.” Liz responds, “I don’t understand how…. (gulps) everything could have been so perfect…” Mark leans forward, “I had one bad minute! Not even one bad minute! I had two bad seconds. (pause) It’s not like it was for no reason. You were acting all suspicious of me, you were talking about me behind my back. It hurt me so bad that you didn’t trust me.” Liz starts to respond but stops herself. “The way that I love you,” Mark says, “I’m wide open. I mean, you had the power to kill me. It’s worth it, for me, even if I get hurt sometimes. I mean, don’t you feel the same way?” Liz looks at him for a moment. “I’m sorry,” she whispers, “I’m sorry. I should have thought about what I was saying about Ashley. I didn’t mean to make you think that I didn’t trust you. I’m sorry.” Mark kisses her hand. “It’s okay,” he says, “I’m not mad at you. I could never stay mad at you.

*(Note: People who abuse their partners are often very convincing and charming to others so it’s not usual for other people to be fooled by their lies. Mark starts off with a form of fake apology in which we switches sympathies. He uses self-deprecation to redirect sympathies from the person harmed (Liz) to the person who caused the harm (Him). The goal of this tactic is to defuse the anger of person harmed, lower their expectations, and get reassurance that they are not a bad person. It works.**Mark also**talks as if the violence was out of his control, just happened by some unknown force out of nowhere and not a deliberate choice he made to exert power and control. He claims the punch was the only time he was “bad” as if all the other forms of control and manipulation aren’t bad. He then goes on to flip the script and blame Liz for the punch he chose to do. No one ever deserves violence. No matter what they do. There are always alternatives. It was ok for Liz to be suspicious of him based on his behavior. Talking behind people’s backs does not warrant a punch in the face. We should not be conditioned to believe that love is worth being physically or emotionally hurt for. In healthy relationships we do not feel scared, we feel safe. The goal of this conversation is to make Liz believe the punch was her fault. Mark meets his goal.)*

**Scene 12: Attempted Disclosure** Liz’s cousin Kelly attempts to tell her mom that she suspects something is wrong with how Mark treats Liz. “I think there’s something weird going on with Elizabeth and Mark,” she says. “What do you mean?” asks her mom. “He…creeps me out” Kelly confesses. Her mom sighs. “Elizabeth has two parents to worry about her. I have my hands full with you.” The conversation then shifts to a different topic.

*(Note: This was the first time Kelly tries to alert a trusted adult about what’s happening and it’s dismissed. Being dismissed the first time can deter young people from trying to talk to adults later if things continue or escalate. Instead of inquiring about what Mark was doing that creeped Kelly out, her Mom opted out of the conversation by saying it wasn’t her responsibility. While Liz does have two parents she can go to, it is much more likely she talks to Kelly about her relationship and Kelly probably feels more comfortable bringing the situation up to her Mom than her Aunt.)*

**Scene 13: Reactions Part 1** Kelly overhears Liz inadvertently reveal what really happened that night she wound up in the hospital. Liz realizes what she’s done and rushes to thank Kelly for not snitching to her mother. “It’s not my business if you want to be Mark’s punching bag,” says Kelly. “It’s not gonna happen again. It was a freak thing- wasn’t even his fault.” Liz insists. She pauses and then shares that Mark’s dad used to hit his mom.

*(Note: The idea that alerting an adult/authorities when something is wrong as ‘snitching’ is perpetuated by wrongdoers who do not want to be held accountable for their actions. It serves them, not those harmed. Young people should be questioned on why ‘snitching’ is considered a negative thing when it can help someone be safe. They should also be taught that it’s ‘telling’ not snitching’ if the matter concerns someone’s safety. Here we see Liz believing that Mark is not responsible for his own actions and that the punch was some kind of bizarre isolated accident. Very rarely will someone only physically harm their partner once—especially if they are engaging in so many other red-flag behaviors. Growing up with an abusive parent is a risk factor for either being a perpetrator or victim of domestic violence yourself. While having an abusive dad may have taught Mark that violence is an acceptable way to get what he wants, it does not mean he is not responsible for his own actions. Mark is conditioning Liz to believe the lie that whatever harm he causes isn’t is fault.)*

**Scene 14: Jealousy Part 1** During a passing period, Mark and Liz are holding hands while walking to their classes. Some dude asks if she’s ready for the final for their class. She says no and he laughs and responds, “me neither.” Mark stops walking and asks how she know him. She says that he sits behind her in chemistry and tries to cheat off of her. She notices his serious expression and asks in a mocking tone, “oh, is somebody jealous?” Not relaxing at all, he asks back “do I have a reason to be?” Liz’s joking smile starts to fade. “No.” she says and tries to let go of Mark’s hand. Mark fights this. “Why are you letting go?” he asks. “Because this is my class! Why are you suddenly acting all weird?” she says. “I’m just being a guy” Mark says letting out a bit of a chuckle.

*(Note: In a healthy relationship, people are allowed to know and talk to people their partner think may be attracted to them. Mark’s attitude about this encounter is very possessive and therefore a big red-flag. His excuse that this behavior is just part of the inherent nature of men is an attempt to normalize the behavior and have Liz believe every guy would act this way to their partner. This is not true. Men are capable of not feeling jealous about encounters like this as well as feeling jealous and also working through that jealousy instead of taking it out on their partner through control, intimidation, punishment, or possessiveness.)*

**Scene 15: Jealousy Part 2** After class ends, Liz’s teacher has her stay behind for a minute and expresses concern to her about the sudden dip in her grades. Liz didn’t do well on the final. Liz promises she’ll improve and, once dismissed, rushes out to meet Mark. In her hurry, she trips and drops some folders. Some guy passing by kneels down to assist her in picking up all the papers that scattered on the ground. He cracks a joke and Liz lets out a laugh and small smile. She looks up to see Mark glaring at her. He runs off and she runs after him, leaving her fallen papers behind. “You left me sitting in the quad looking like an idiot while you’re in there messing around with some guy!” he yells at her, walking to the parking lot. “My teacher made me stay late after class” she tries to explain. “I saw you!” he yells. “I know you were into him! I know that smile you get!” He angrily gets into his car. “I wasn’t flirting, I swear!” Liz protests. “Mark, please! Where are you going?” says Liz as she scrambles to get into the passenger seat. She sits down. “Listen, please—” Mark interrupts her with a punch to the face and then rushes out of the car. Liz’s nose and lip are bleeding. Slowly, she gets out of Mark’s car and begins walking back towards the school. Kelly is walking towards the parking lot at this time and sees that Liz is bleeding. “Oh my god, Lizzie are you ok? Your face is covered in blood!” Kelly gasps as she runs to her cousin. Lizzy touches her face and looks at the blood it leaves on her hands but continues walking silently. The scene cuts to Liz’s mom walking into the school accompanied by the school nurse. “Mark hit her?! I don’t believe that!” she says. “I wanted to call the police but Elizabeth is denying she was hit. She’s insisting she tripped,” replies the school nurse. Liz and Kelly come out of the Nurse’s office. Her face is red and puffy and she has cuts on her lip. “I fell” Liz says. Liz’s mom looks to Kelly who shakes her head no. The scene cuts to Liz and her mom arriving back home. “Kelly’s lying, ok? She hates Mark. I fell! I tripped over the curb!” Liz’s mom doesn’t believe her and schedules her an appointment to speak to a therapist.

*(Note: Grades suddenly slipping is a warning sign of Teen Dating Violence. Accusations of cheating/flirting is a red-flag. The punch is an attempt to discourage Liz from talking to any boys ever. In a healthy relationship, people can talk to whoever they want. Liz’s mom at first not believing what happened goes to show how charming and innocent abusive people seem to others. If someone being harmed by domestic violence tells someone and that first person they tell doesn’t believe them, it may deter them from trying to tell other people or get help from others. In other words, disbelief is very dangerous for those harmed by abuse. We also see that Liz wants to protect Mark’s reputation and is fine calling her old friend Kelly a liar to accomplish this. She likely still believes Mark’s behavior is not his fault. She may think it was her own fault for talking to that other guy. The truth is partners who abuse will find any excuse to exert power and control over their partner. The abuse is never really about the actions of the person harmed. Instead, it is about the entitlement of the person who caused the abuse. They believe they are entitled to violence.*

**Scene 16: Therapist Part 1** The therapist asks Liz how she’s feeling. Liz mutters that she’s tired since she’s had a hard time sleeping. “Post-traumatic stress is common after being in an abusive relationship,” her therapist says. “I’m not in an abusive relationship. We had a couple bad fights that were my fault. Mark loves me!” Liz counters. “How do you know that? Because he says it?” asks the therapist. “No, because he feels it,” says Liz. “How do you know that Mark has that feeling?” asks the therapist. “He kisses me, tells me I’m beautiful, waits for me after school, gets me presents,” Liz brags. “So you know he loves you by the way he acts towards you?” “Yes.” “What does it say when he hits you?” Liz seems stumped and embarrassed by the question. Later back at home, Elizabeth shares something she was happy to hear from the therapist. “The therapist says you shouldn’t force me to stop seeing Mark. She says it has to be my decision” she says to her mom. “The decision has already been made. Why do you still want to be with this boy?” her mom retorts. Liz groans and walks away. Her mom reflects on recent events and realizes that all the time Liz stopped spending with her friends and how anxious Liz would get if she told Liz that she would have to wait until after dinner to text Mark back were red flags.

*(Note: Liz is still in denial that Mark is abusive because she would rather focus on all the nice things he says and does. This goes to who that people who abuse are not mean 24/7 but often do super nice things when they are not hurting their partner in order to manipulate them into staying in the relationship. The therapist wants Liz to make her own decision about the relationship because the therapist recognizes that Mark has taken so much power from Liz and has been controlling most of her life. By saying it’s up to Liz to break up with Mark, she is trying to give some of that power back to Liz so that she has some control over her own life again. Her mom is too concerned about her daughter’s safety to realize she’s turning into just another controlling presence in Liz’s life. Unlike her mom, however, Mark isn’t all about control. He also does all the nice things Liz highlighted.)*

**Scene 17: Reactions Part 2** Liz and Kelly sit in Liz’s bedroom.Liz: “You think I deserve it, don’t you? For staying with him.” Cousin Kelly: “I know why you stayed with him. Because you love him. At least you had that.” Liz: “My parents think I should break up with him. They don’t think he can change.” Kelly: “Do you?” Liz: “He loves me. I know you don’t get it but when you love someone it doesn’t matter what they do. You know why they did it and you can forgive them for it.” Kelly: “Okay, so forgive him. Just don’t be with him. Don’t keep getting beat up.” Liz: “He wouldn’t do that anymore.” Kelly: “Have you seen your face?” Liz: “No.” Kelly: “Look at your face in the mirror. Right now.” Liz: “Fine.”

*(Note: Liz’s first line is likely projection. She may feel she deserved the second punch for not leaving after the first. She probably also believes he can change. It is common for survivors to believe “fixing” the person harming them is their responsibility, even though it’s not. If someone truly wants to change they will attend partner abuse intervention programing. Love should never be unconditional. It should always have dealbreakers. People don’t punch their partners in healthy relationships. Just because you think you understand why someone is behaving a certain way doesn’t mean you have to forgive them. Like Kelly said, just because you forgive someone doesn’t mean you have to stay with them. Kelly could also have pointed out that Liz didn’t think Mark would hit her again after the first incident. Every survivor’s last straw is different. Liz not even wanting to see her own injuries shows how much she doesn’t want to see what Mark did to her. There’s nothing wrong with wanting to see the best in people and believing they can get better. At the same time, we need to ask ourselves if our faith in people is worth risking our own wellbeing. Right now, Liz is sacrificing her own safety for Mark’s ego. She’s valuing his ego over her safety. Is anyone’s ego worth someone else’s safety?)*

**Scene 18: The Fake Breakup** Liz comes down the stairs and tells her mom she’s ready to break up with Mark. The scene then cuts to her dad asking Liz (and her mom who was listening in) how it went. Mom: “He didn’t make it easy for her.” Liz: “He kept crying and crying.” Dad: “He’s just trying to work you. He’s a manipulator, you know that right? He’s not worth your tears.” When Liz goes back upstairs, Mark is waiting for her in her bedroom. “Did they fall for it?” Mark asks. Liz nods.

*(Note: When parents do not provide their children with a lot of autonomy, it is not uncommon for young people to just get sneaky or secretive about what they’re doing. An alternative to this would be parents letting young people make their own decisions and safety planning with them. Safety planning tips are available at the back of this packet. This way, at least the parents are more aware of what is happening, the young people are aware of options for protecting themselves, and the young people feel more comfortable confiding with their parents if something goes wrong. Even though this breakup is fake, people who abuse their partners will likely try to resist it from happening through manipulation such as tears to evoke pity.)*

**Scene 19: Himpathy** The next morning, Liz’s dad tells Liz that if she tells the principle about Mark she can get him kicked out of school. He also wants her to press charges. Liz says, “I’ve already hurt him bad enough. I’m not sending him to jail. I’m not ruining his life.” Liz later tells Kelly that if she had been a better girlfriend maybe Mark wouldn’t have “lost it.”

*(Note: Liz’s belief her that people should be sympathizing with Mark instead of her is an example of something called himpathy. Feminist philosopher Kate Manne coined this term and defines it as “the flow of sympathy away from female victims towards their male victimizers.” The goal of this is “to uphold men’s innocence, to defend their honor.” The consequence of this is that guys who caused harm are constructed as 100% good guy who can “do no wrong” and compared to “bad guys” who are “monsters.” People who feel himpathy believe the guy’s actions could have always been worse. Survivors are painted as people ready to throw any man under the bus and destroy their reputation for their own evil ambition. In reality, we know that men who cause harm rarely face any consequences for their actions. For some, they are punished for a brief time but then, without doing any work to hold themselves accountable or aid in the healing of those they harmed, they are suddenly forgiven and given a second chance. Liz is not ruining Mark’s life by being harmed by him. Mark is ruining his own life by harming people. Liz does not have to send him to jail. At the same time, Mark should be encouraged to hold himself accountable for his actions. People can be the perfect partner but it won’t stop a partner who’s abusive from abusing them. They will always find an excuse. Abuse is not about uncontrollable rage but strategic and intentional power and control. If Mark really had rage that could not be controlled, he would also be “losing it” in front of teachers and friends.)*

**Scene 20: Library** Liz is studying in the library with some friends. Mark sits by himself a few tables in front of her. Liz’s friends do not know that Liz and Mark are still secretly dating. Friend: “Mark’s looking at you with those puppy dog eyes. You really can’t forgive him?”Other friend: “Look at her face!”Friend: “You’re sure you didn’t do something to make him so mad? Dudes gotta fight, right.”Other friend: “What is your problem?!”Friend: “People on FB are all forgive and forget”Other friend: “If you ever think about forgiving him, I’ll never speak to you again.” Mark gives her a look motioning her to leave and takes off. Liz waits a moment and then follows him.

*(Note: Friend #1 has himpathy for Mark. In this case the result is her pressuring Liz to forgive him and victim-blaming Liz. Other victim-blaming statements include “Why are you still with them?” “I would never let someone do that to me” and “Really?! But they’ve always been so nice to me!” Guys are not destined to be violent. They can choose not to hit people. Forgiving and forgetting ultimately serves Mark and other people who abuse people. Though some survivors can find it healing for themselves not to dwell on what happened to them, others do not feel like they can forgive until there is accountability. Others never want to forgive and that’s okay too. Kelly should ask herself why she’s keeping her relationship a secret from her friends if nothing is actually wrong with it. The fact she is keeping the secret shows that part of her does know that how she’s being treated in the relationship isn’t okay. She likely blames herself and the shame she feels around that false-guilt may also factor into the decision to keep the relationship a secret.)*

**Scene 21: No one else Matters** Liz: “If people knew we were still together, they wouldn’t get it” Mark: “I don’t care what anyone else thinks. As long as I still have you, that’s all that matters. I love you. I love you…so much it hurts”

*(Note: Mark knows that other people may be pressuring or expecting Liz to stay away from him. What he’s saying here is to try and manipulate her into believing that she shouldn’t listen to them and that their concerns don’t matter. He thinks his love is the only thing that should matter and right now Liz agrees with him.)*

**Scene 22: Reactions Part 3** Liz’s Mom and Liz’s Aunt are discussing Liz’s situation. Mom: “This therapist threw me for a loop. She says if I don’t accept Elizabeth’s love for Mark, that I’m practically pushing the two of them back together again.” Aunt: “You can accept how she feels without letting her stay with him.” Mom: “I’m supposed to accept my only daughter’s love for a boy who beats her? Every bone in my body is telling me to stamp this thing out!” Aunt: “Just like everyone told you my daughter’s father was gonna ruin my life?” Mom: “Well, yeah, if you had listened to me…” Aunt: “I did listen to you, that was the problem. You made me feel so stupid for loving him that I started thinking he was the only one on my side.” Mom: “You’re saying that it’s my fault that you married that loser?” Aunt: “No, but I just wish you’d said, you know, just once, ‘I get that you love him, you’re not stupid for loving him but do you really want to be treated that way?” Mom: “….well I never realized that” Aunt: “I don’t think you do realize how you come off. You’re so strong and so sure of yourself, which is great most of the time, but sometimes it’s like you expect everybody to feel exactly the way you feel and to do the things you want them to do. I think that therapist was right. If you don’t listen to Elizabeth and try to understand how she feels, you’re gonna put a wall up between you and she’s gonna be all alone on the other side…with Mark”

*(Note: The therapist and Aunt are right and the Mom’s feelings are valid. Demands and frustrations from friends/family can just expand a survivor’s shame and make them feel like no one understands. Friends and family need to be patient with survivors, as difficult as that may be. Friends and family shouldn’t shame the survivor for staying or make them feel dumb but rather express that they care about their wellbeing, ask them how it feels when the partner does abusive things, and educate them on abusive versus unhealthy relationships. The survivor may think that everyone being against their relationship makes it more romantic instead of taking it as a sign that maybe the majority is on to something.)*

**Scene 23: Doubts and Threats** Liz is on a computer in the library. On a social-media site, she sees a picture of her with a caption making fun of her for staying with Mark. She quickly leaves the library feeling unsettled when she runs into Mark in the hallway.Mark: “Hey! I’ve been texting you. Why didn’t you answer?”Liz: “We’re not supposed to have our phones on in class.” Mark: “Well leave it on silent.”Liz: “I don’t want Kelly to see us talking. She suspects we’re still together and I don’t want her to know she’s right.”Mark: “I’m gonna talk to her.”Liz: “No, don’t. Just leave her alone.”Mark: “You tell her to leave us alone or else I’m gonna have to teach her a lesson.”Liz: “Don’t do that, ok? Don’t threaten my cousin. I’m serious, leave her alone.”Mark: “SHHH. That’s just a figure of speech! I was just kidding, ok! You seem tense.” Liz: “There’s this thing on the internet and people are just—"Mark: “Yeah I know. People are just saying all kinds of stupid stuff. We don’t care about that, right?”Liz: “I gotta go. My mom’s waiting for me.”Mark: “HEY! I love you.”Liz: “I love you too.”Mark grabs her arm before she can full walk away. “So prove it. Leave your phone on,” he says. “Ok,” says Liz. He lets her go.

*(Note: Another case of Mark uses humor to excuse something harmful he did and trying to get Liz to not care about other peoples’ opinion on their relationship. Liz should also not have to prove her love for Mark by agreeing to his ridiculous requests that can get her in trouble. He’s trying to manipulate her into believing that love is obedience to his harmful demands. In a healthy relationship, people are comfortable with giving their partner space and don’t feel like they have to spend every second together or texting.)*

**Scene 24: Mom’s Ready to Listen** Liz comes home from school. Her mom tells her that she has a therapist appointment this afternoon but that she doesn’t have to go if she doesn’t want to. “I don’t want to force you to do anything or feel like you can only tell me what I want to hear…I’m ready to listen. If you want to talk.” Later at her therapist appointment, Liz does not feel like sharing her feelings. The therapist tells her that a lot of girls say they can’t stop crying after leaving an abusive relationship, that they think they’d feel relieved but they feel sad. Since Liz isn’t in the mood to talk, her therapist offers her the option of doing an assignment instead and says that if she does the assignment she can leave. Liz agrees. The therapist has her look up “signs you’re being abused” on her computer and read what comes up. Liz reads the following: “Does your boyfriend act in ways that scare you? Does he act jealous or possessive? Does he try to control where you go or where you are at all times? Does he check your email, your phone messages, or texts? Does he tell you what to wear or to change your clothes? Does he call you or text you incessantly or insist that you answer his calls within a specific time frame? Does he shove or kick you? Does he blame you for the hurtful things he says or does?” The scene then cuts to Liz’s parents talking at home. The dad argues that they have to protect Liz but the mom argues that they can’t save her because she needs to figure out how to do that for herself.

*(Note: This is a good example of supporting a survivor and a parent giving autonomy to their child. The assignment the therapist gave Liz is a common approach advocates try to have the survivor understand that their relationship is abusive. Similar tactics include having a survivor look at the “Power and Control Wheel” that highlights common tactics of abuse or look at the “Cycle of abuse” which breaks down what it’s like to be in an abusive relationship into three stages that repeat themselves (the tension phase, the explosion phase, and the reconciliation phase). The reconciliation phase manipulates survivors with a false sense of hope that the person causing the harm is going to change. As the relationship progresses that phase gets shorter and shorter while the violent phase involves increasingly more dangerous incidents. While the parents should be helping their daughter safety plan, what Liz decides to do about the relationship is ultimately her decision to make.)*

**Scene 25: The Real Break Up** Liz is at the dining room table studying. Her phone has been ringing. On the third ring, she picks it up. Mark: “I’ve been calling you, I’ve been texting you, why haven’t you answered?” Liz: “My parents have been around me all night.” Mark: “ok can you sneak out and meet me?” Liz: “I don’t think so.” Mark: “If you want to be with me, you’ll find a way.” Liz: “I have a lot of homework that I need to do.” Mark: “And that’s more important than me?” Liz: “No….I gotta go, my dad’s coming.” Liz hangs up on Mark. Liz’s dad wants to talk to Liz but Liz says she’s too tired. Liz’s mom intervenes, defending Liz and lets her go upstairs to her room. When Liz opens the door she she’s Mark is there waiting for her. Mark: “I’m calling you right now. Where’s your phone? I’m asking you a question.” Liz: “Mark, I’m breaking up with you.” Mark: “Are your parents listening?” Liz: “No. I’m serious. I’m breaking up with you. It’s over.” Mark: “But you love me.” Liz: “I know but I’m still breaking up with you.” Mark: “WHY?! Liz: “Because I don’t want to be scared anymore.” Mark: “Why are you scared? I hadn’t hit you again.” Liz: “It’s not just that! You call me constantly; you try to control where I go…” Mark: “where is this coming from?” Liz: “It doesn’t matter. I’m still breaking up with you.” Mark: “yeah, well if you do I’m gonna kill myself. I swear to god I will.” Liz: “Don’t say that.” Mark: “I can’t live without you…“ He hugs her. “…so I’m gonna hold onto you until you take me back.” Liz: “Let go.” Mark: “NO. I can’t live without you, I’m gonna gold onto you until you take me back.” Liz: “LET GO OF ME!” Mark: “Be quiet. Your parents will hear you” Liz: “MOM! DAD! HE’S HERE!” Mark lets her go, sneaks out the window, and runs away.

*(Note: Again, Mark is trying to get Liz to prove her love by doing something risky. Healthy relationships do not involve people pressuring their partner to do things that aren’t allowed and/or that make them uncomfortable just so they can be reassured of their feelings. This line of “If you want to be with me, you’ll find a way” is nothing but manipulation. Healthy relationships also let you prioritize other things over your partner (such as homework). When Liz recites some of the abusive things Mark has been doing besides hitting her instead of owning up to his actions and admitting they are bad and then getting help he redirects the conversation to find out how she found out his behavior was bad. If she would have told him he would have likely told her that her therapist doesn’t know what she’s talking about, that her opinion doesn’t matter, and to stop seeing her. He then goes on to threaten to kill himself if Liz leaves him. Threatening to harm oneself, kill oneself, or kill or harm a friend, family member, or pet are all common tactics that abusers will use to manipulate their partners into staying in the relationship. Him saying “I can’t live without you” is a huge red flag that he is considering actually killing himself, Liz, or both of them. According to the National Coalition Against Domestic Violence, 72% of murder-suicides involve an intimate partner. Statements like this should never be taken lightly.)*

**Scene 26: The Text** Next Morning, Liz’s mom and dad are arguing about what to do. Dad: “Enough is enough, we have to get a restraining order.” Mom: “She doesn’t want to press charges. It won’t make any difference unless it’s her choice. The therapist says we have to support our daughter.” Liz comes down and shows parents a text on her phone. It says “You are a liar. You just want to be with some other guy. You don’t deserve to live.”

*(Note: Getting an Order of Protection (OOP) is a civil legal option that is different from making a police report and pressing charges for battery. OOPs is basically a comprehensive restraining order for those harmed by domestic violence. It can result in the person causing the harm being ordered to stay away from and not contact the person they harmed. The person can also request the judge order the person harmed to get counseling and to pay financial compensation to the person they harmed. You can learn more at womenslaw.org.)*

**Scene 27: Court** The judge grants Liz and OOP against Mark. As a result, Mark has to keep at least 50ft from Elizabeth at all times. If he violates the order, Liz can call the police and Mark would be arrested. As they’re about to leave the courthouse, Mark’s Dad and Liz’s Dad get into an argument. Mark’s dad is mad that Liz’s parents got the court and school involved instead of letting Mark and Liz work out their “little problem” on their own. Mark and his dad eventually leave in a huff. We hear Liz’s dad reminding Liz to “stick to her safety plan and make sure she’s never alone.” Liz’s mom then tells Liz that even though things will be hard that they are both proud of her.

*(Note: Mark’s Dad minimizes Mark’s abuse as a “little problem.” Minimization is a common tactic of abusers. Liz likely made a safety plan with a domestic violence advocate while she was in court.)*

**Scene 28: The Gun** Liz and Kelly are at a coffee shop enjoying a local band play when Mark shows up suddenly, grabs Liz, and starts to pull her away from the crowd. Liz shakes him off. Mark: “You really think I can’t find you when I want to find you?!” Liz: “You’re not supposed to be near me.” Liz sees that Mark is holding a gun. He starts to raise it at Liz. Liz: “Why do you have a gun?” Mark: “Because I’m gonna kill you and then I’m gonna kill myself.” Liz starts to turn away from him. Mark: “Stop! I’ve told you that I can’t live without you and I’m not gonna--” Kelly: “Don’t be stupid.” Mark: “I should shoot you first since you’re the one that brainwashed her!” Liz: “Mark. Please. Don’t. Don’t.” Mark: “I’m gonna take you somewhere where no one’s gonna stop us from being together. Don’t you see? This is the only way that I have left to show you how much I love you.” Liz: “This isn’t love. What you’re doing isn’t love.” Mark: “Don’t tell me that I don’t love you. Don’t you ever tell me that I don’t love you.” Liz: “You don’t control people you love. You don’t hit people you love. You don’t kill people you love.” Mark lifts the gun higher. “I can’t let you go,” he says. Liz: “Yes, you can. Yes, you can. Remember when you said you wanted to change? You can change right now. Let’s not hurt each other anymore, ok? Just-- just put the gun down.” Mark hears sirens approaching and slowly puts the gun on the ground. Mark: “I’m so sorry. I wasn’t gonna do it. I swear to god I was not gonna do it.” Mark is arrested.

*(Note: If someone is holding a gun the most important thing to do is de-escalate the situation. Kelly saying “don’t be stupid” almost gets them both killed.)*

The End

**Safety Planning Tips**

**When a Gun is Involved**

**SOURCE:** <https://www.thehotline.org/2016/03/03/safety-planning-around-guns-and-firearms/>

### During a Calm Time:

* Try to familiarize yourself with your partner’s firearms; showing an interest in them, taking a gun safety course, practicing shooting at a gun range and learning what caliber the ammunition is and how many bullets they hold at a time could be lifesaving information later on
* Go to the shooting range and watch and listen to various guns being fired until you’re comfortable with your ability to see and hear gunfire without panicking
* Trigger locks keep guns from being fired immediately and can buy you precious seconds
* Getting an OOP in many states can require that an abusive partner turn over their guns
* If your partner is a convicted felon, anonymously let your partner’s parole/probation officer know they have a gun (one way to do this if they keep a gun on them at all times is to call 911 and report their car/license plate for suspected drunk driving when they are alone driving somewhere). Do not use your own phone or cell phone to make this call, as your abusive partner might gain access to your phone records or call history
* Consider investing in a wearable personal alarm you can use to call for help
* Mentally prepare yourself for [what to do if you are actively being shot at](http://www.nononsenseselfdefense.com/activeshooter.html)
* Read up on [how to evade gunfire](https://www.wikihow.com/Evade-Gunfire) in case you need to escape
* Familiarize yourself with First Aid techniques online or take a class through the [Red Cross](http://www.redcross.org/ux/take-a-class)
* Consider [building your own](http://www.outdoorlife.com/blogs/survivalist/2013/05/survival-skills-build-your-own-gunshot-medical-kit) or investing in a [Gunshot Wound First Aid Kit](http://www.practicaltrauma.com/gsw.shtml) and/or [QuikClot](http://www.adventuremedicalkits.com/stop-bleeding-fast/quikclot.html) you can hide near an exit or somewhere outside your home

### When You’re Being Abused:

* If you can’t get away when your partner is pointing their gun at you, hiding under the bed might elicit some sympathy
* Be aware of your surroundings and make a mental note of what you could use to shield yourself when your partner becomes abusive (bulletproof clipboards are available online for $25-40)

### If You Are Being Shot At:

* Say to yourself, “I will live through this”
* Try to distract, confuse or slow down your abuser: turning off the lights, throwing heavy, hot or sharp things and using a fire extinguisher are all options; use what’s closest to you. Try to escape
* [Wikihow](https://www.wikihow.com/Avoid-Being-Shot) says “determine a route to safety that includes as much cover (things that bullets can’t go through) and concealment (things you can hide behind) on the way. Use it by **sprinting** in brief rushes that last **2 to 3 seconds** at a time **from one hiding place to the next**. The average marksman can only sight on a target within 3 to 4 seconds. So, ideally, using this technique, you’ll be behind the next cover or concealment before [they] pull the trigger. Try to **stay low and dodge and weave** [run in a zigzag pattern- it’s harder to hit a moving target] if you miscalculate the distance. It isn’t perfect, but it is a proven infantry technique.”
* Call 911 and have the police and an ambulance come to you. Turn off your phone once you’re safe so your location cannot be tracked

### If You Have Been Shot AND Are Being Shot At:

* Say to yourself “I will live through this”
* Try to distract, confuse or slow down your abuser: turning off the lights, throwing heavy, hot or sharp things and using a fire extinguisher are all options; use what’s closest to you
* Keep trying to escape!
* Call 911 and ask for an ambulance and police and be sure to give them your location
* [Put pressure on the wound](http://www.health.harvard.edu/family_health_guide/emergencies-and-first-aid-direct-pressure-to-stop-bleeding)
* Elevate the wound above your heart if possible
* Use a belt, shirt, necklace, scarf, shoelace or whatever you can find to make a tourniquet only if you are bleeding very severely from a wound in the arm or leg
* Get to a hospital
* Turn off your phone once you’re safe so your location cannot be tracked

**Documentation:**

Keep records of all incidents of abuse in a journal, phone notes, online blog, or word document (wherever it is least likely for your partner to find it). Include the date, time, names and contact information of witnesses, any photo evidence of injuries or property damage (broken tables, torn clothes, smashed electronics, etc.), tapes/videos, and the names and badge number of police if they were involved. Screenshot and save any abusive/threatening text messages, keep abusive voicemails and letters. Keep any medical documentation of the abuse and/or of any animal abuse. Keep any written rules the person hurting you has given you. These records can be useful as evidence if you ever decide to get an Order of Protection (like a restraining order).

**5 Ways to Reduce Harm While Abuse is Occurring**

* Try and control your breath. Breath in through your nose and out through your mouth slowly so that you can think clearly.
* Say or do whatever you believe will de-escalate the situation (i.e. “don’t do this to yourself,” what they could lose as a result of the violence, etc.)
* Try to hide or flee.
* Be aware of what could be used as a shield. Use it.
* Try to make yourself a small target by curling up with your knees in front of your face with your head down and your hands clasped behind your head and your elbows forward. Doing this in a corner of a room with your back to a wall leaves less of you vulnerable and protects vital organs.

**Safety Planning for First Dates**

* Involve your support group
  + If you have a pic of your date, send it to trusted friends/fam so they know what they look like. Tell them where you’re going, the name of your date, and when you plan to be done. Update them if this changes.
  + Option: Ask them to call you 15 minutes in to make sure you’re okay. You can also use this call as an out if you don’t like how the date is going.
  + Consider double-dating or having your friends be at the same place hanging out together but able to keep an eye on u or help you if you need it.
* Do your research prior to meeting
  + Google them before meeting them. Scan their social media for red flags.
* Have excuses to leave early
  + You’re late for another date/ double booked yourself
  + You’re BFF just got dumped and you need to console them
  + You just remembered you have a test Monday and need to study
* OTHER tips:
  + Be aware of decreased ability to react under the influence
  + Go to a public place, perhaps not far from a police station if you’re extra nervous
  + Don’t rely on your date for transportation. Ask for a ride from someone you trust.
  + Use the bathroom beforehand to minimize having to leave food or drink unattended
  + Reserve sharing more personal information for future dates to minimize stalking risks
  + Consider bringing something you could use to defend yourself like mace or a safety alarm device

**Safety Planning when Breaking Up**

* If you can, avoid breaking up with your partner in an isolated place. If you’re doing it in person, try to do it in public, with people around who are a part of your safety plan and who know what’s been going on. Can also do it by phone. Protecting yourself by doing this is NOT rude. You can weigh the pros and cons of each of your location options.
* Be clear that you’re ending the relationship and that the decision is not negotiable.
* Be prepared for your partner’s reaction. It could be violent, or your partner could be very sweet and try to win you back. You can make a list of ways they might react and how I can handle these reactions.

**Situation: Your Partner Wants You to Spend All Your Time with Them**

* Try to stay in touch with your friends and involved in activities you enjoy both on your own and with others. You can also try to make new friends to increase your support network.

**Situation: My Partner or Ex is Harassing Me at School**

* Ask friends to walk with you during passing period. Have someone to also be with you as you arrive to school and leave school so that you’re never alone.
* Alert teachers, counselors, coaches, or security guards about what’s happening.
* Talk to school staff about rearranging your class schedule if you have any classes with them. You can also request a locker or lock change.
* If you would usually go home to an empty house after school, consider joining an extracurricular or asking to go to a friend’s house.

**Cyber Safety Planning**

* Make it Difficult for a stalker to find you
  + Change your usernames and passwords
  + Consider blocking and making your profile private
  + Turn off location-sharing, ask to be untagged/not be tagged in pictures friends post of you
* Protect yourself from a cyber-attack
  + Delete apps you don’t remember downloading
  + Install malware protection like MalwareBytes
  + Get a new phone if your current one was a gift from your abuser
* Check out these online resources
  + [www.cybercivilrights.org/contact-us/](https://www.cybercivilrights.org/contact-us/)
  + [www.hackblossom.org/cybersecurity](http://www.hackblossom.org/cybersecurity)
  + [www.withoutmyconsent.org](http://www.withoutmyconsent.org)
  + [www.iheartmob.org](http://www.iheartmob.org)
  + [www.crashoverridenetwork.com](http://www.crashoverridenetwork.com)
* Other tips
  + Report harassment to moderators.
  + Get an app that lets you screen calls or block their number
  + Note: If a partner is pressuring you to send nude photographs and you’re under 18, you could be charged with three felonies (creation, possession, and distribution of child pornography).
  + Alternative for sending nudes: Instead, you could send a cropped picture of an adult you found online or send a picture of your knees inside your camisole instead of sending a picture of your chest.
    - If you’re over 18 (or once your over 18) and you want to send a nude photograph consider only sharing pictures that omit your face and identifying characteristics (i.e. tattoos, birthmarks, scars, anything in the background that can be tied to you).
* Some Cyber Safety Reminders:
  + You should be able to turn off your phone without your partner getting mad.
  + You don't have to text any pictures or statements you are uncomfortable sending.
  + You lose control of any electronic message once your partner receives it. They can forward it or easily share it so consider this risk before sending anything you're not comfortable with others seeing.
  + Know your privacy settings. Many apps have features that allow the user to control who can see your information. Many apps also share the user’s location. Not allowing your apps permission to do this can help prevent potential stalking.
  + Be wary of "checking in" on apps or tagging your location on posts as it increases the risk of stalking.

**Exploring Options:**

* What are affirmations you can tell yourself if you start to feel depressed? What are things you can do to cheer yourself up? What are good memories you can recall of times with friends or family?
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* How can you vary your routine to avoid the person harming you?
  + Ex: Different places to shop, hang out, different ways to get to and from school, etc.
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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* What can you do to secure your home?
  + Ex: Installing a security system, having a sticker that says you have a security system, installing a camera, having a sticker that says you have a camera, getting bars for your windows, an emergency ladder for your window, new or additional locks, remove items that could be used against you, make sure fire extinguishers work, etc. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Where are safe places you can go if needed?
  + Note: Low-risk rooms are rooms with multiple exits, softer flooring, fewer things that can be used as weapons, and where you could possibly be seen or heard from outside. For these reasons, kitchens, bathrooms, and garages are more dangerous than living rooms, dining rooms, or bedrooms.
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What does your support system look like? Do you have their contact information? Do you have it memorized? Can you change your number so only they can reach you?
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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* What are your biggest concerns?
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What have you tried before?
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What are the pros and cons for each option?
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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* You can access a safety plan to fill out here: <https://www.loveisrespect.org/pdf/SafetyPlan_College_Students.pdf>