



Health Resource Guide: Key Tools

All of our resources are available in English - other languages are available where specified.

Futures Without Violence's National **Health Resource Center** (HRC) on Domestic Violence has supported health care practitioners, administrators and systems, domestic violence experts, survivors, and policy makers at all levels as they improve health care's response to domestic violence. The HRC is funded by a grant from the Family Violence Prevention & Services Program, Family & Youth Services Bureau, Administration for Children and Families, U.S. Department of Health and Human Services.

The HRC offers a number of multilingual, low-literacy patient education safety cards that provide information on healthy and unhealthy relationships, their impact on health and list national referrals for support. The evidence-based safety card tool was developed to help clinicians and domestic violence/sexual assault (DV/SA) advocates open conversations about DV/SA and healthy relationships with their clients. They are typically a 4-5 panel double-sided tool that folds into a 2.5 x 3 inch card (business-card sized).

Additionally, [Futures Without Violence](#) launched two new websites that are designed to be digital hubs for establishing partnerships between domestic violence agencies and health care settings across the U.S. The first, www.ipvhealth.org, provides background information on the health impact of violence and features tools and resources (some featured below) for establishing a sustainable partnership between domestic violence agencies and health settings. The second, www.ipvhealthpartners.org was developed by and for community health centers partnering with domestic violence programs, and serves as a step-by-step guide on how to collaborate and better meet the health needs of DV/SA survivors.

How to access materials: Materials may be ordered as PDF downloads or hard copies (available for some) through our website: www.futureswithoutviolence.org/health → scroll down to "resources" and click "order materials". All material downloads are free, while hard copies require shipping fees from \$10-\$20.

Questions? Contact Graciela Olguin, Health Program Assistant:
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GENERAL HEALTH



Is Your Relationship Affecting Your Health?

Available In Spanish (PDF and Hard Copy) and Chinese and Tagalog (PDF)

The General Health Safety Card was designed for women receiving health care services. The card features safety planning tips and serves as a universal education tool for providers can use to help promote healthy relationships and connect the impact of abuse on health.



Hawaii-specific cards (PDF only)

Available In Chuukese, Marshallese, Hawaiian, Tagalog and Chinese

Our Hawaiian Community General Health Safety Card was adapted by Queens Medical Center and The Domestic Violence Action Center, both located in Hawaii, to better reach their multilingual and multicultural clients.



American Indian/Alaska Native: Women Are Sacred (PDF and Hard Copy)

This card aims to help women recognize healthy and unhealthy relationship dynamics. Developed in partnership with the National Indigenous Women's Resource Center (NIWRC).

REPRODUCTIVE HEALTH

Did You Know Your Relationship Affects Your Health?



Also available in Spanish (PDF and Hard Copy)

This card is designed for family planning and reproductive health settings. This safety card and poster ask patients whether they have experienced reproductive coercion—forced sex, birth control sabotage, coerced pregnancy, or violence—by an intimate partner.



Reproductive Health Poster

Also available in Spanish (PDF and Hard Copy)

This poster is specific to family planning and reproductive health settings. This poster may be posted in waiting rooms, exam rooms, or restrooms.

These materials are also distributed by Planned Parenthood.

REPRODUCTIVE: AMERICAN INDIAN/ALASKA NATIVE



We Are Sacred (PDF and Hard Copy)

Designed for health settings serving Native communities including IHS clinics, Tribal health centers, and Urban Indian Health Centers; this tool explores the connection between intimate relationships and reproductive health.

Reproductive Health Guidelines



(PDF and Hard Copy)

The guidelines focus on the transformative role of the reproductive health care provider in identifying and addressing intimate partner violence and reproductive coercion.

Pregnancy Wheel (PDF only)



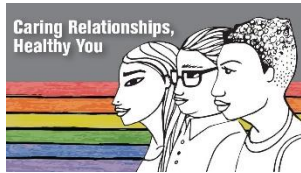
This tool is intended for OB/GYN providers. It prompts a discussion around reproductive coercion, birth control options and potential barriers, such as birth control interference.



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LGBQ: LESBIAN, GAY, BISEXUAL, QUEER

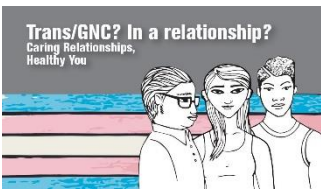


Caring Relationships, Healthy You

Also available In Spanish (PDF and Hard Copy)

Developed specifically for LGBQ people, the card aims to serve as both a survivor-centered resource and useful conversation starter for providers to promote universal education and inclusive services.

TRANS HEALTH & GENDER NON-CONFORMING



Caring Relationships, Healthy You

Also available In Spanish (PDF and Hard Copy)

Designed as a survivor-centered resource for Transgender, Gender Queer, or Gender Non-Conforming people. The card promotes universal education and healthy relationships.

LGBQ, TRANS, & GENDER NON-CONFORMING HEALTH *Goes with:*



Caring Relationships, Healthy You LGBT Poster

Available in Spanish (PDF and Hard Copy)

The safety cards and poster are survivor-centered tools and are useful conversation starters for health care providers who are doing universal education around healthy relationships and assessing for intimate partner violence.

Visit our website, www.futureswithoutviolence.org/health/lgbtq-ipv to learn more about:

- How to use our Trans/GNC Safety Card and LGBTQ Poster, with examples scripts on how to talk to your patients/clients about healthy relationships
- Quick tips for having a more Trans/GNC inclusive health setting and programs
- Links to other National resources that offer educational programs and resources for treating and working with Trans/GNC communities

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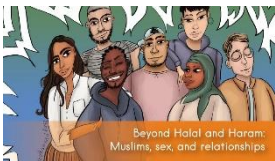
ADOLESCENT HEALTH



[Hanging Out or Hooking Up](#)
Also available In Spanish
(PDF and Hard Copy)

The safety card was designed in partnership with the Children’s Hospital of Pittsburgh. It challenges teens to consider how their partner treats them and identifies signs of a relationship that may indicate abuse, as well as the dynamics of consensual sex versus pressured sex.

COMMUNITY SPECIFIC: MUSLIM YOUTH



[Beyond Halal and Haram: Muslims, sex, and relationships](#)
(PDF and Hard Copy)

This safety card is both a survivor-centered resource and a useful conversation starter for health care providers, counselors, social workers, mentors, or other adults working with high-school and college-aged Muslim youth.

COLLEGE CAMPUS SAFETY

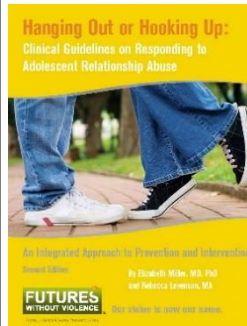


[Sex, Relationships, and Respect on Campus](#)
(PDF and Hard Copy)

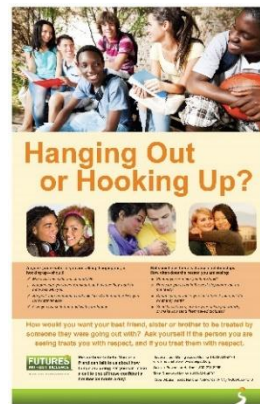
This card, designed for college-aged students of all genders. The card provides information about healthy and safe relationships, the impact of violence on health, offers multi-level prevention strategies, and outlines campus and community based support services for survivors.



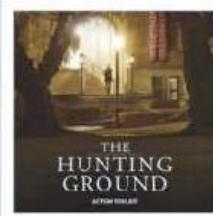
[Campus Training Slides](#)
 These slides provide strategies, tools, and resources for providers, staff, and admin working in campus based health settings to incorporate intimate partner and sexual violence prevention and response into their work.



Goes with:
[Adolescent Health Curriculum](#)
(PDF and Hard Copy)
 Developed to assist health care providers in enhancing their skills while working with youth to promote healthy relationships, assess for IPV and respond to adolescent relationship abuse.



[Adolescent Poster](#)
(PDF and Hard Copy)
 This tool identifies aspects of a healthy versus unhealthy relationships. It is designed for display in a range of health settings serving adolescents, such as school-based health centers, school nurses offices, and pediatricians’ offices.



Goes with:
[The Hunting Ground Toolkit](#)
(PDF and Hard Copy)

The toolkit compliments the documentary and is designed to equip students, faculty, parents and alumni with empowering ways to address and discuss campus sexual assault. To view the documentary, visit: www.thehuntinggroundfilm.com



[Campus Handbook](#)
(PDF download only)

These guidelines outline using the “CUES” approach to addressing intimate partner violence in campus health settings. Health center staff can use this approach as a conversation starter with all patients on the connections between health and relationships.



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ADVERSE CHILDHOOD EXPERIENCES (ACES)

Connected Parents, Connected Kids



Also available In Spanish (PDF and Hard Copy)
Designed for parents, this card can be

distributed as part of universal education. In addition to providing safety resources for women, this tool also functions as a prompt for health care providers to discuss Adverse Childhood Experiences (ACEs) and the impact on parenting.

PEDIATRIC

Healthy Moms, Happy Kids



Also available In Spanish (PDF and Hard Copy)
This safety card for moms is used by

pediatric health care providers to distribute as a part of routine care. The card serves to improve discussions with women about the impact of domestic violence on their parenting and children. Co-branded by the Academy for Pediatrics.

HOME VISITATION & CASE MANAGEMENT

Safe Homes, Safe Babies



Also available In Spanish (PDF and Hard Copy)
The perinatal card is intended for providers to distribute to patients.

Healthy Moms, Happy Babies



Also available In Spanish (PDF and Hard Copy)
This recently updated card supports both home visitors and case

managers to more effectively assess and respond to domestic violence. The card is used to facilitate a conversation and counsel clients on healthy relationships.

Young Moms, Strong Kids (PDF and Hard Copy)



This safety card is designed for adolescent parents that home visitation and health care providers can distribute

as part of universal education. Available in English only at this time.

Goes with:

Healthy Moms, Happy Babies: Train the Trainers Curriculum 2nd edition

(PDF download only)

The curriculum provides training, tools, and resources to help home visitation staff

address the complex and sometimes uncomfortable issue of DV.

Healthy Moms Poster



Also available In Spanish (PDF and Hard Copy)

This tool sends the message that babies and kids thrive when their moms thrive in healthy relationships.

Developed in partnership with the American College of Obstetricians & Gynecologists

Young Moms Module



This module helps to frame a supportive conversation that meets young moms where they are – whether they are in an intimate relationship or living with family.



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BEHAVIORAL HEALTH

Relationships, Support & Wellness (PDF download only)



Also available In Spanish

The card poses simple questions to help women examine whether their relationship is healthy and safe, while exploring potential impacts on health and mental health including anxiety, suicidal ideation, substance use, and chronic stress. Developed in partnership with the National Center on Domestic Violence, Trauma & Mental Health.

HIV CARD (FOR PEOPLE LIVING WITH HIV)



Health, healing, and relationships: You are not alone (PDF and Hard Copy)

This safety card, along with the CUES universal education intervention, will assist clinical and community support staff to be able to address violence and trauma as health issues in lives of patients/clients and decrease barriers to support.

HIV CARD (FOR PREVENTION)



Sex Relationships, and Taking Control of Your Health (PDF download only)

Designed for STI testing and counseling settings, the card aims to help patients recognize how their intimate relationship(s) may impact their health and relative risk of becoming infected with HIV or other STIs.

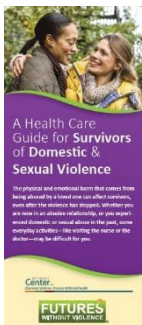
HIV CARD (HIV POSITIVE)



Positive Sex and Relationships: Taking Control of Your Health (PDF download only)

Providers who work with HIV treatment and long term care can reduce the isolation of survivors and increase their options for safety and better health. This tool can support providers and community advocates in having conversations with HIV positive people about healthy relationships, experiences of trauma, and how trauma and violence can be overcome as barriers to well-being.

HEALTH SURVIVOR BROCHURE



A Health Care Guide for Survivors of Domestic and Sexual Violence
Also available In Spanish
(PDF and Hard Copy)

The brochure offers trauma-informed recommendations for survivors about how to become proactive in their healthcare and how to best advocate for their needs with health care providers.

Developed in partnership with Olga Trujillo, JD and the National Center on Domestic Violence, Trauma & Mental Health.

ADVOCATE TOOLKIT



Integrating Health Services Into Domestic Violence Programs

(PDF and Hard Copy)
Designed to assist domestic violence advocates in integrating onsite health assessment and primary health services into DV

programs, this tool provides an opportunity for DV programs to create a culture of wellness and develop a more comprehensive array of services for their clients and staff.