



Health Resource Guide: Key Tools

All of our resources are available in English - other languages are available where specified. Materials can be ordered as PDF downloads or hard copies through our website: www.futureswithoutviolence.org/health

Futures Without Violence's **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 Center 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.

Our safety cards are designed to promote universal education and help women, parents and children understand the impact of relationships on their health and their children's well-being. Chronic abuse is linked to a myriad of negative psychological, physiological and emotional outcomes. The cards function as tools to empower women and to help providers, advocates and other leaders frame a supportive conversation around what it means to be in a healthy relationship – whether or not this results in transitioning out of a harmful one. Intended for use in clinical settings, student health centers and other settings, these tools are designed for discretion and provide safety planning tips in addition to confidential hotline information.

For questions, contact Melody Pagan, Health Resource Center Assistant:

mpagan@futureswithoutviolence.org

GENERAL HEALTH



Is Your Relationship Affecting Your Health?

Available In Spanish

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 (digital download 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.



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GENERAL: NATIVE



Women Are Sacred
The card aims to help women recognize healthy and unhealthy relationship dynamics.

Developed in partnership with the National Indigenous Women's Resource Center.

Violence destroys.



Keep our families sacred.

Goes with:

Violence Destroys Poster

The poster was developed for use in health care and community-based programs and encourages patients to talk to their health care provider about domestic violence.

REPRODUCTIVE HEALTH



Did You Know Your Relationship Affects Your Health?

This newly updated card is designed for

family planning and reproductive health settings. Also distributed by Planned Parenthood.



Pregnancy Wheel

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.

REPRODUCTIVE: NATIVE



Go with:

We Are Sacred

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 Curriculum

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

LGBTQ: LESBIAN, GAY, BISEXUAL, TRANS, QUEER



Caring Relationships, Healthy You

Developed specifically for LGBTQ 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

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



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ADOLESCENT HEALTH



Hanging Out or Hooking Up
Available In Spanish
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.



Goes with:
Adolescent Curriculum
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



This tool identifies aspects of a healthy versus unhealthy relationship. It is designed for display in a range of health sites serving adolescents, such as school-based health centers, school nurses offices, and pediatricians’ offices.

COLLEGE CAMPUS SAFETY

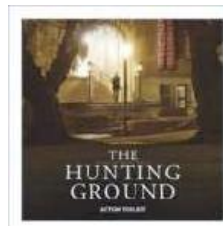


Who’s Got Your Back?
This card, designed for college-aged women and men,

details the high prevalence of sexual assaults on campus, defines consent, and offers strategies about how to increase personal safety.



Campus Training Slides
These training slides were developed in partnership with Dr. Elizabeth Miller at University of Pittsburgh School of Medicine.



Go with:
The Hunting Ground Toolkit
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: www.thehuntinggroundfilm.com



Campus Handbook
The handbook provides strategies, tools and resources for providers, staff and students working in campus based health settings to incorporate intimate partner and sexual violence prevention and response into their work.



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Adverse Childhood Experiences (ACEs)



Connected Parents, Connected Kids
Available In Spanish
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
Available In Spanish
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



Safe Homes, Safe Babies
Available In Spanish
The perinatal card is

intended for providers to distribute to patients.



Healthy Moms, Happy Babies
Available In Spanish
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 is a safety card 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.



Go with:
Healthy Moms, Happy Babies: Train the Trainers Curriculum (2nd edition)

The curriculum provides training, tools, and resources to help home visitation staff address the complex and sometimes uncomfortable issue of DV.



Healthy Moms Poster
Available In Spanish

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 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 PREVENTION)



Sex Relationships, and Taking Control of Your Health

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

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

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

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.