

ELECTION SEASON CAN BRING TENSIONS AND RISKS FOR VICTIM- SURVIVORS

A guide on safe voting tips, navigating family tensions, and creating safety plans.





WHY IS THIS IMPORTANT?

These past few weeks, the nation has been sending in early ballots, going to polls, and discussing the future of this country.

Those facing intimate partner violence, domestic violence (family/partner), or sexual violence encounter unique barriers to voting.

With the **current climate of our society**, victim-survivors can face less aid during their situation and be confronted with harsh views that further place overbearing power onto them, including **fear of potential retaliation, privacy concerns**, and **lack of important election information** from their abuser blocking them from the outside world.

CREATING SAFETY PLANS FOR ELECTION SEASON

Physical & Emotional

Is it possible you could be in physical danger during election season or on election day? Family members, partners, or friends could become violent due to their differing views. Consider adding these to your safety plans.

- **Can you find an immediate place to stay if you could face violence from someone you know?**
 - Is there a trusted person you can turn to?
 - You may have a code word that you share to alert them you need to go to find shelter with them.
- **If you cannot find someone, can you contact a shelter? Safe Nest: 702.646.4981 | Safe House: 702-564-3227**
- If leaving is not an option, can you find a safe place to stay in your home during election day or when you will vote?
- **Identify a way to quickly leave your home if needed**
 - Identify what documents and materials you may need
 - State IDs
 - Birth certificates
 - Phone & Charger
 - Medication (Narcan, insulin)
 - Cash
 - A change of clothes

CREATING SAFETY PLANS FOR ELECTION SEASON

- **If an argument or violence starts, move to a room that doesn't have weapons and has easy access to an exit.**
 - Avoid kitchens and go to a safe room or leave safely.
- If you plan to meet up with trusted persons, can you reach them quickly and safely?
- If you are worried about self-harm or experiencing suicidal ideations, can you find people to support you and help de-escalate the moment?
 - Move yourself away from objects used for self-harm.
 - Stay close to your phone and save emergency contacts.
 - Avoid triggers such as the news or social media.
- **Are there conversations that are activating surrounding politics? Such as differing views, voting results, etc.**
 - Is there a way for you to avoid those conversations or set boundaries with those you spend time with?
- **Consider setting aside self-care time.**
 - It can help with waiting anxiety or distracting your mind. Practice grounding techniques and find friends or family to spend time with
- **After election season, prioritize your self-care regardless of the results.**
 - Meet with a therapist, listen to a healing playlist, or find activities or groups that bring you joy and provide a space of support.

SAFE VOTING TIPS

- **Vote during a time when an abuser is busy**
- **Reach out for support**

Is there a way for you to avoid those conversations or set boundaries with those you spend time with?

- **Do your research beforehand to vote quicker**
- **Practice self-care**

Grounding techniques are great for controlling stress, use it while waiting in line or even afterward.

- **Ask a poll worker about secret voting**

If you're voting with an abuser and fear they might force your vote, check with a poll worker about casting a secret ballot if it's safe for you to do so.

- **Consider vote-by-mail**

Voting from home could be a safer option, but be wary if the abuser checks or controls the mail. Consider drop-off locations as an alternative.

- **Look into confidential registration**

For privacy, check your state's Address Confidentiality Programs to keep your info off public records.



NAVIGATING FAMILY TENSIONS

Politics are interwoven with a person's values. Political divisions within families can cause rising tensions, your voice being suppressed or ignored, and even violence.

If you are facing domestic violence at home, please reach out to the Care Center (702.895.0602) for immediate help or contact your local center for aid. The National Domestic Violence Hotline is 800.799.7233.

- **Set Boundaries** Family members can be aggressive in their discussions. Back away and ease the tension by vaguely answering to exit it. Decide what family events to attend and what's best for your mental health.
- **Practice Self-Care** Whether it's grounding techniques to help calm down from heated topics or a supportive friend, self-care can help center your emotions.
- **Customize your Social Media** You may want to mute family members to see less of their posts without deleting or "cutting" them off to not raise "concerns".



YOU ARE **NOT ALONE**

November marks a time that will determine the political and social climate for the next four years and beyond that. Many marginalized groups face possible restrictions and the Care Center hopes to be a guide and aid during this time for all.

If you're interested in confidential advocacy, emotional support, or resource referral, please visit our website at unlv.edu/carecenter to schedule an appointment. The Care Line ([702.895.0602](tel:702.895.0602)) is open Monday-Friday 7am - 7pm. Appointments are available Monday-Friday, 8am - 6pm.

RESOURCES

- [Creating a Safe Voting Plan for Survivors](#) - **NOMORE.ORG**
- [Voting While Trans](#) - **ADVOCATES FOR TRANS EQUALITY**
- [Safe Voting Tips for Survivors](#) - **NNEDV**
- [Student's Guide to Radical Healing Zine](#) - **CARE CENTER**
- [Las Vegas Community Support Guide](#) - **CARE CENTER**