



CRIME IN YOUR COMMUNITY

THE WHAT OR
WHO TO LOOK
FOR.

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IG: HER_SISU





OBJECTIVES.

- Define Domestic Violence
- The Who?
- How to help?

PHYSICAL & SEXUAL VIOLENCE

- Isolation
- Economic
- Emotional
- Sexual Coercion & Harassment
- Technological
- Intimidation
- Minimizing, Denying, or Blaming
- Use of threats
- Use of privilege





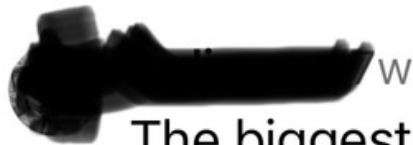
WHO?

20 people

1:00



#hersisu #healingoutloud #author #speaker
#investor #limitless #emotionalhealing
#healingtrauma #domesticviolenceadvocate
#healingjourney #mindset #success
#selfcare #selflove #healing #trauma



7w


The biggest reason I left the happiest
job I've ever had 😞 I'm finally finding
my true wings



1 like Reply



jyetta 7w

 you've got this ❤️



Reply



[REDACTED] SHRM-CP (She/Her)

[REDACTED] Human Resources Leader

SATURDAY

[REDACTED] SHRM-... (She/Her) • 7:24

Hi Juanyetta, not sure if you remember me from [REDACTED] but I always thought you were a great leader and lady. Thanks for sharing your story and advocacy, I left and abusive marriage 3 years ago and although I'm not at a place to speak out about it, I truly believe those that can help make a difference. God bless you ❤️

Hello...

Hope that when this email reaches you it finds in in optimal health and wellness. I didn't get a chance to attend your farewell breakfast for personal reasons so I wanted to extend my sincere appreciation for your leadership and to also let you know you inspire me. Months ago when I asked you don't to assign me on a specific hallway because I didn't want to face or run into the father of my kids because of how he use to beat my tail you never hesitated to support me as my leader and I'm appreciative of that. I listen to your podcast and it was like I could see my life all embodied in yours. I go to work and I suffer from so much PTSD depression and anxiety from the scars I don't speak on. I've often become a punching bag because I had expectations and standards and because my significant other were not self confident in who they were and what they bought to the table that anger reflected on me. I left one God awful relationship with my kids father to only enter into one even worst. It makes you second guess if it's you

right? I even thought to myself Lord if I date a woman she would understand but I'm learning that nothing is more heartbreaking than being hurt by someone that you've explained that hurt to. My children love her but my body and my mind knows that love doesn't suppose to hurt. I call out on the days when the pain is unbearable and I think to myself one day I'll be in the unemployment line. Now I clock in and fight through the pain. [REDACTED] is always begging me to orient somebody but my anxiety and PTSD is so bad that I can't stand for someone to be that close to me in my personal space for longer than 5 or 10min. One day I hope to get the courage you have to walk away but until I'll hide behind my smile, my introverted ways, and push forward hoping that the person I love will eventually return back to the person I fell in love with.



→ Safety planning.

Process of creating a thoughtfully developed escape plan.

- Able to implement quickly.
- Engage community resources.
- Enlist the support of family and/or friends.

Includes

- ID
- Code words
- Children
- Pets
- School
- Work
- Technology (extra phone, email)

WHAT IS EXIT PLANNING?





HOW CAN YOU HELP?



VAWA Act of 2005

Violence Against Women &
Justice Department
Reauthorization Act of 2005



SAFE SPACE



- Non-judgmental space
- Follow-up with community concerns
- Establish a code word
- Contact list
- Creative leasing

Consider how to support the victim and the community.





RESOURCES.

Her Sisu, LLC linktr.ee/HerSisu

National Domestic Violence
Hotline
1-800-799-SAFE (7233)

https://www.thehotline.org/plan-for-safety/create-a-safety-plan/#gf_1