

Counting the Cost: Understanding Financial Abuse

PARTICIPANT GUIDE

THE COST OF FINANCIAL ABUSE

NOTES

TAKE ACTION AGAINST FINANCIAL ABUSE**Fill in the blanks.**

Know your personal _____ and keep it in a good range.

Have a credit card in your name, and build up credit history by using and paying _____ and _____.

Keep copies of all _____ and _____ numbers in a safe location.

Put two-factor authentication on your banking information or credit cards.

Keep copies of your birth certificate and social security card in a safe location.

Have a _____ and stick to it as best you can.

Have independent control of _____ (not after approval of your partner).

Ensure your paychecks go into your own personal account or a joint account you can access.

Keep copies of documents proving _____, like of a car or home.

Have your own _____ for all online accounts and don't share them with anyone.

Service Providers and Helplines

Please note: Abusive partners may check electronic devices and search histories, so if you want to visit a website or call a hotline, you may want to do so from a friend's device or a public device.

NATIONAL DOMESTIC VIOLENCE HOTLINE

[THEHOTLINE.ORG](https://www.thehotline.org) | 800-799-SAFE (7233) | TEXT "START" TO 88788

The National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence 24/7, 365 days a year. The Hotline's highly trained, expert advocates offer free, confidential and compassionate support; crisis intervention information; education; and referral services in more than 200 languages via live chat, text or phone call.

NATIONAL SEXUAL ASSAULT HOTLINE

[RAINN.ORG](https://www.rainn.org) | 800-656-HOPE (4673)

The Rape, Abuse and Incest National Network (RAINN), which is the nation's largest anti-sexual violence organization, created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country. Help is available via live chat or phone call.

LOVE IS RESPECT

[LOVEISRESPECT.ORG](https://www.loveisrespect.org) | 866-331-9474 OR 866-331-8453 | TEXT "LOVEIS" TO 22522

love is respect offers 24/7 information, support and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships through free and confidential services via phone, text and live chat.

LOCAL RESOURCES: _____