



DANGER ASSESSMENT FOR SIKH WOMEN

What factors make a volatile/abusive relationship more or less dangerous? What are the immediate red flags? What does evidence from thousands of cases tell us? How might victims/survivors better assess their level of danger?

Research/studies provide reliable evidence of specific risk factors that can lead to increased danger of future violence, severe violence, or even death. We can not predict what will happen in your situation, but we would like you to be aware of the danger of homicide (murder) in situations of abuse, and for you to see how many of the risk factors apply to your situation.

Reminder: you are encouraged to go at your own pace, pause as needed to take care of yourself, get more support in the moment if needed when completing the assessment.

You have options. You have the right to safety. You are not alone.

Mark **Yes** or **No** for each of the following. "He" refers to your husband, partner, ex-husband, ex-partner, or whoever is currently hurting you.



- _____ 1. Do you prefer to answer these questions in English?
- _____ 2. Has the physical violence increased in severity or frequency over the past year?
- _____ 3. Does he own a gun?
- _____ 4. Does he threaten to kill you?
- _____ 5. Is he violently and constantly jealous of you?
For instance, does he say, "If I can't have you, no one can?"; Is he jealous of you talking with your family/friends? Is he jealous of you spending more time with your children?
- _____ 6. Do you feel ashamed of the things he does to you?
- _____ 7. Have you left him after living together during the past year?
If you have never lived with him, check here: _____
- _____ 8. Does he prevent you from going to school, or getting job training, or learning English?
Does he prevent you from learning how to drive? _____
- _____ 9. Are you married to him?
Are your in-laws abusive? _____
If not married to him, is your relationship "secret" from family/friends? _____
- _____ 10. Was your partner born in the United States?
Were you born outside the United States? _____
- _____ 11. Has he threatened to report you to child protective services, immigration, or other authorities?
- _____ 12. Has he ever used a weapon against you or threatened you with a weapon?
If yes, was the weapon a gun? check here: _____
- _____ 13. Do you have a child that is not his?
- _____ 14. Has he ever forced you to have sex when you did not wish to do so?
- _____ 15. Does he ever try to choke/strangle you or cut off your breathing?
15a. If yes, has he done it more than once, or did it make you pass out or black out or make you dizzy? _____
- _____ 16. Is he an alcoholic or problem drinker?

- _____ 17. Does he threaten to harm your children?
 _____ 18. Are you unemployed?
 Do you have access to bank accounts? _____
 Has he restricted/blocked your access to credit cards? _____
 _____ 19. Have you attended college, vocational school and/or graduate school?
 _____ 20. Has he avoided being arrested for domestic violence?
 Has he had you arrested for domestic violence? _____
 _____ 21. Have you ever been beaten by him while you were pregnant?
 Have you never been pregnant by him? _____
 _____ 22. Has he ever threatened or tried to die by suicide?
 _____ 23. Do you believe he is capable of killing you?
 _____ 24. Does he follow or spy on you, leave threatening notes or messages on voicemail, destroy
 your property, or call you when you don't want him to?
 _____ 25. Do you hide the truth from others because you are afraid of him?
 Have you been pressured to return to him after leaving him? _____
 _____ 26. Do you have any children living with you in your home?
 _____ 27. Do you have any children with him?
 _____ 28. Have you ever threatened or tried to die by suicide?
 _____ 29. Do you have family in the United States? If not immediate family, do you have extended
 family who could be supportive?
 _____ 30. Is he involved at the local Gurdwara?
 _____ 31. Does he use illegal drugs?
 Do you use any illegal drugs? _____
 _____ 32. Is he unemployed?
 _____ 33. Have you identified someone in the community who you can trust with your experience?

_____ **Total "Yes" answers**

Using the calendar, please mark the approximate dates during the past year when you were abused by your partner or ex-partner. Write next to that date how bad the incident was according to the following scale:

1. Slapping, pushing; no injuries and/or lasting pain
2. Punching, kicking; bruises, cuts, and/or continuing pain
3. "Beating up"; severe contusions, burns, broken bones
4. Threat to use a weapon; head injury, internal injury, permanent injury, miscarriage or choking* (use a © in the date to indicate choking/strangulation/cutting off your breathing- example 4©)
5. Use of a weapon; wounds from a weapon
(if **any** of the descriptions for the higher number apply, use the higher number)



Print and share! You can fill out this form and call a trained peer counselor on the Sikh Family Center Helpline (or a DV Hotline of your choice) to understand your score and make a safety plan.

Please talk to a trusted and trained resource about what the Danger Assessment means in terms of your situation.

Free & Private Sikh Family Center Helpline: 866-SFC-SEWA (732-7392)

National Domestic Violence Hotline, Free, Confidential, 24-hours: 1-800-799-7233

Co-developed with Sikh survivors of domestic violence and their families and adapted from the John Hopkins University School of Nursing Danger Assessment tool. <https://www.dangerassessment.org/>

