

The Allstate Foundation

Moving Ahead

A FINANCIAL EMPOWERMENT RESOURCE



About The Allstate Foundation



Established in 1952, The Allstate Foundation **empowers people and communities** so they can *thrive*.

Over nearly two decades, The Allstate Foundation has invested more than \$100 million to empower survivors to break free from abuse.

Together with nonprofit partners, the Foundation works to change the narrative around relationship abuse to **put survivors at the center**, with supports including financial education, matching savings and credit building

programs, and supporting the field of advocates who support survivors. The Foundation also supports programs that ensure young people have the knowledge and skills to maintain healthy relationships, to prevent abuse before it starts.

Goals

This course will provide you with:



Greater confidence in your ability to make decisions and take action.



Strategies to address financial and safety challenges-whether you are or were in an abusive relationship or are planning to leave one.



Resources for working through quality of life changes you may face.



Steps to take if an abusive partner or former partner misuses your personal information.



Practical steps to build a strong financial foundation, such as budgeting, saving, building credit, and managing debt.

You have rights

Survivors of domestic violence often face significant economic challenges. **You deserve access to resources** such as safe housing, employment opportunities, and economic resources for yourself and any family members.

Surviving from day to day, struggling to make ends meet, experiencing abuse, and starting over can be frightening. **Trust in your right to be safe** and in the wisdom and resourcefulness that have helped you survive.



There is support

You are the expert on your life. And, you don't have to do it alone.

Trained advocates, community-based organizations, culturally-specific organizations and financial institutions can support you, and advocate for and with you.

If you are an advocate or other practitioner needing more information about Moving Ahead or economic justice overall, you can reach out to NNEDV.

About Moving Ahead



Moving Ahead is designed for domestic violence survivors. You will find guidance and tools to make important financial decisions and work toward gaining long-term financial security and stability.

The information covered ranges from basic money management principles to advanced, long-term financial planning strategies.

Limitations of this resource

Our views on money are shaped by a variety of beliefs and not everyone has the same ideals or measures of financial success. Moving Ahead attempts to address a broad range of value systems.

Moving Ahead also offers information about community resources and how to access them. Unfortunately, discrimination based on race, ethnicity, income, gender, immigration status, sexual orientation, disability, religion, and faith, among other factors can impact access to resources.

The information contained in Moving Ahead is a reasonably accurate representation of laws and public policy as of the date of publication. As you work through the information, we suggest that you also consult with local service providers as laws and policies may have changed.



Thank you

Special thanks to the survivors and advocates across the country who shared their stories and experiences with us.

Your dedication, resilience, courage, and resourcefulness are truly heroic and inspiring. Without your amazing input, this revision would not have been possible.



Note to survivors

To the survivors who are reading this curriculum, know that you are not alone. It is possible to recover from financial abuse, and we support you in taking this step toward financial independence.

By increasing your financial knowledge, you are building a better future for yourself, family members, chosen family, or loved ones and setting an example for others who have experienced similar struggles.

Acknowledgements

Moving Ahead was created by and for survivors and is dedicated to survivors everywhere. A special thank you to the survivors and advocates who helped reimagine Moving Ahead. The contributors included:

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A self-paced online version of Moving Ahead is available at
www.TheLearningCommunityToEndViolence.org

