

100

WAYS YOU CAN HELP A VICTIM OF DOMESTIC VIOLENCE

- 1 Reassure them that the abuse is not their fault
- 2 Encourage them to speak with a professional about safety planning
- 3 Don't assume they will end the relationship and do not "insist" or pressure them to do so
- 4 Listen to what they are saying
- 5 Let them make their own decisions
- 6 Provide them with a safe time and place to be heard
- 7 Don't bad mouth the abuser to them, in public or online
- 8 Believe them
- 9 Ask them what type of support would be helpful
- 10 Know that you don't need to be alone in this, domestic violence resources are available



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