



# How You Can Help...

## ***If you know someone who's being abused, here's what you can do to help:***

1. Be there. Listen without giving advice, unless it is asked for, and believe what he or she tells you.
2. Don't pressure the person to break up with his or her partner, and don't put the partner down. This may drive the abused person away from you when s/he needs you most.
3. Acknowledge the abused person's confused feelings. Don't tell him/her how s/he should feel. Recognize that it is still possible to love someone who hurts you.
4. Encourage the person to get help. Offer to help him or her find a counselor s/he can trust, and offer to go with him or her to meet the counselor.
5. Call a Domestic Violence hotline anonymously to find out what you can do to help.
6. Get written information on relationship abuse and share it with the person who's being abused.
7. Don't make victim-blaming statements like "You're stupid to stay with him" or "Why do you let her treat you like this?" This will not help!
8. Don't ever place conditions on support – let the person make his or her own decisions, and support him or her whether you agree with those decisions or not.
9. Do not try to intervene with the abuser or tell the abuser anything his or her partner has said – this could put the person in more danger.
10. Call the police if you witness physical violence.
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## ***If you know someone who's abusing a partner, here's what you can do to help:***

1. Tell the person very clearly that his or her behavior is not okay. Let the abusive person know you will support him or her, and his or her efforts to change, but you will not support abusive behavior.
2. Don't laugh at jokes or make light of talk about abusive behavior.
3. If the person grew up in a violent home, try to get him or her to talk about how that affected his or her own relationships.
4. Encourage the person to get help. Offer to help him or her find a counselor s/he can trust, and offer to go with him or her to meet the counselor. (It should not be couples counseling.)
5. Be supportive of the abused partner if you know him or her. Let the partner know s/he doesn't deserve to be abused.
6. Call a Domestic Violence hotline anonymously to find out what you can do to help both partners.
7. Get written information on relationship abuse and share it with your friend and your friend's partner.
8. Be a role model for healthy relationships by treating your partner and others with respect.
9. Speak up when others make disrespectful remarks or sexist jokes.
10. Call the police if you witness physical violence. In many cases, an abusive person can be required to get counseling.
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