

How to Help

- Listen and give your full attention
 - Communicate in a way that is positive and supportive
- Believe what you are being told
- Be supportive
- Remind them that the abuse is not their fault
- Do not judge
- Provide resources
 - Know how to explain options and resources
 - Know how to provide meaningful resources

Questions You Can Ask

Does your partner...

- Embarrass you in front of others?
- Belittle you and/or your accomplishments?
- Constantly contradict themselves? Try to confuse you?
- Isolate you from people you care about?
- Control your finances and/or resources? Use them against you?
- Make most (or all) of the decisions about your relationship?
- Intimidate you?
- Seem to get angry for no reason?
- Are they unpredictable?

Do you...

- Believe you can help your partner (or your relationship) if you changed yourself?
- Find that trying not to make your partner angry has become common?
- Do what your partner says because you're afraid?
- Stay in your relationship because you are unsure what may happen if you left?

Does your partner make you feel safe?

Say This

- Tell me how you responded
- I noticed... can you tell me about that?
- How have you kept yourself safe in the past?
- You deserve to feel safe
- There are people that can help you

Not That

- What did you do?
- I know you are being abused
- Did you do something to try to stop the abuse?
- Why don't you just leave?
- If someone hit me, I'd leave
- Can't you just forget it?