

What Can I Do To Help?

- ◆ Ask direct questions, gently. Give the victim time to talk. Do not rush into giving solutions.
- ◆ Listen - without judging. Victims often believe their abuser's negative messages. They feel responsible, ashamed, inadequate, and are afraid they will be judged.
- ◆ Explain that physical violence in a relationship is never acceptable, at any time. There is no excuse for it - not alcohol, drugs, financial pressures, depression, or jealousy.
- ◆ Explain that domestic violence is a crime - as much of a crime as robbery or rape - and that they can seek protection in the criminal justice system.
- ◆ You might want to reach out and support any children of the victim and let them know you are there for them, too.
- ◆ Give the victim information about legal resources: the phone number of the local domestic violence hotline, support groups, counseling, shelter programs, and legal advocacy services. If they are over 60, give them information on elder abuse services.



You may have a friend, relative, or neighbor who is being abused. You may have witnessed the violence, heard it, seen physical signs of it, or merely suspected it for various reasons. What should you do?

Let them know...

- ◆ You support and care about them.
- ◆ They are not responsible for the violence.
- ◆ Only the abuser can stop the violence.
- ◆ They are not alone. Millions of individuals from every ethnic, racial, socio-economic, and age group suffer from abuse and find it difficult to leave.
- ◆ In spite of the abuser's promises, the violence will continue and probably escalate.
- ◆ Domestic violence is damaging to children.
- ◆ When they are ready, they can make a choice to leave the relationship and that there is help available.

- ◆ The victim might need:
 - Financial assistance
 - Help finding a place to live or store their belongings
 - Assistance to escape
- ◆ Decide if you feel comfortable helping out in these ways.
- ◆ Contact Golden House for advice and guidance. You may need support yourself.



If you see an assault in progress, call the police. This is a crime.

- ◆ You can request that your identity remain anonymous. But because these assaults are often dangerous, do not physically intervene.
- ◆ If the victim is planning to leave, remind them to take important papers with them such as birth certificates, passports, bank account numbers, etc.
- ◆ If the victim remains in the relationship, continue to be their friend while firmly communicating that they and their children do not deserve to be in this violent situation.