

# ARE YOU WORRIED?



## Domestic Violence

### ARE YOU WORRIED ABOUT A CO-WORKER, FRIEND OR RELATIVE WHO MAY BE IN AN EMOTIONALLY OR PHYSICALLY ABUSIVE RELATIONSHIP?

#### DO ASK....

- Is someone hurting you?
- Did someone hurt you?
- Are you afraid of your partner?
- Has your partner every hit (kicked, hurt) you?
- I have a friend whose partner tries to control everything they do: Is this happening to you?
- Is there someone from a previous relationship who is making you feel unsafe now?

#### YOU CAN SAY....

- I believe you.
- I'm worried about your safety (and the safety of your children).
- I care about you, and I know how you can get help.
- I'm sad for you, but these situations get worse.
- You don't deserve to be hurt, you've done nothing wrong, this is not your fault.
- What is happening is wrong.
- Only you can decide what is best for you, but you could have a safety plan in case you are in danger.
- I can give you a number to call for help and advice.
- You are not alone.

#### WHAT NOT TO SAY....

- Why don't you just leave?
- Why did you return to your partner?
- What did you do to provoke your partner?
- Why did you wait so long to tell someone?
- Don't label them as "battered" or "abused."
- Don't talk to the couple together about the abuse.
- Don't discuss your concerns with their partner.
- Don't tell them what they must do.
- Don't discuss their information with anyone else without their permission

