

HOW TO **SUPPORT SOMEONE** YOU SUSPECT IS BEING ABUSED

DO...

- Create an atmosphere for that person to open up.
- Stay connected, even if your first attempt to talk is not successful.
- Believe the victim.
- Be compassionate, listen, and show empathy.
- Let them lead the discussion.
- Validate what they have experienced.
- Be clear that it's not their fault. Challenge any victim blaming.
- Notice what the victim has been doing to keep themselves safe.
- Offer support, not advice.
- Always think about safety: theirs and yours.



DO SAY...

- “I’m sorry this is happening to you.”
- “You don’t deserve this, it’s not your fault.”
- “It sounds like you are doing the best you can in a difficult situation.”
- “I’m here to listen and will support you.”

DON'T SAY...

Judge or blame them

- “It can’t be that bad.”
- “They seem so nice.”
- “Then why are you still together?”

Tell them what to do.

- “You need to leave them.”
- “You have to call the police.”
- “You need marriage counselling.”

FearIsNotLove

Every human has the right to **feel safe, respected, supported** and loved.

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