**Ten Things Families and Friends Can Do**

**Survivors of Domestic Violence need  support, especially from family,**

**friends, coworkers and medical professionals.**

**If  you know someone whom you suspect is being abused, here are some things you can do.**

**Ten Things Families and Friends Can Do:**

1. Believe her. Most battered women don’t lie or exaggerate their abuse.

2. Recognize that emotional abuse  truly abuse.

3. Open ears; shut mouth. You can’t be listening when you are talking.

4. Respect her decisions; don’t judge her.   Don’t give advice; giving advice tends to take away her power.

5. Ask open-ended questions. Ask her to clarify what you don’t understand. Listen not just the words she speaks, but the meaning between  the lines.

6. Be a mirror. Reflect her statements back to her. This lets her know you are really listening and trying to understand her.

7. Speak only for yourself, not for her. Express only your feelings and observations, not your  beliefs.

8. Support without over-controlling. Control yourself, not her.

9. Be patient. The establishment of trust can’t be forced.

10. Encourage her to call or visit a local women’s crisis or resource center.

**Note:**The female gender is used because domestic abuse is predominately waged against women. We recognize and encourage Domestic Violence services to all people regardless of gender, race, sexual  orientation, culture or religious beliefs.

*From: To Be and Anchor in the Storm, A Guide for Families and Friends of Abused Women by Susan Brewster.*

**Facts**

* In the U.S., every 9 seconds  a woman is assaulted or beaten.
* Around the world, al least 1 in every 3 women has been beaten, coerced into  sex or otherwise abused during her lifetime.
* Studies show 10 million children witness some form of Domestic Violence annually

(Source: [www.domesticviolencestatistics.org](http://www.domesticviolencestatistics.org))

**If you or someone you know is being abused, contact our 24 Hour Domestic Violence Hotline at 1-866-2MY-ALLY (1-866-269-2559)**

or

The National DV Hotline

1-800-779 SAFE/7233   TTY:  800-787-3224

www.ndvh.org