All discussion must occur in private, without other family members present. This is essential to building trust and ensuring her safety.

Know the resources in your community. Is there a hotline or a shelter for battered women?

What has she tried in the past to keep herself safe? Is it working? Does she have a place to go if she needs to escape?

Respect her right to make decisions in her own life, when she is ready. She is the expert on her own life.

Listen to her and believe her. Acknowledge her feelings and let her know she is not alone: Many women have similar experiences.

The violence perpetrated against her is not her fault. No one deserves to be abused.

Developed from: Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
218.722.4134

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Training - Consulting - Advocacy
7890 Shoal Creek, Ste 120-N
Austin, Texas 78757
tel: 512.407.9020 • fax: 512.407.9022 • www.ncdsv.org