EMPOWERMENT IS THE CORE OF ADVOCACY

In the empowerment model, a woman seeking help is assumed to be a basically healthy person who needs understanding, concrete information, support and resources to make changes.

You should consciously reinforce the expectation that a woman who has been battered can—and will—take charge of her own life.

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

BELIEVE HER AND AFFIRM HER EXPERIENCES
Listen to her and acknowledge her feelings. Let her know she is not alone; many women have similar experiences.

PROMOTE ACCESS TO COMMUNITY SERVICES
Know the resources in your community. Is there a hotline, shelter or non-residential program for victims of domestic violence?

HELP HER PLAN FOR FUTURE SAFETY
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?

ACKNOWLEDGE THE INJUSTICE
The violence perpetuated against her is not her fault. No one deserves to be abused.

RESPECT HER AUTONOMY
Respect her right to make decisions in her own life. She is the expert on her life.

EMPOWERMENT THROUGH ADVOCACY

This is adapted from the Empowerment Wheel developed by the Domestic Violence Program at Kansas Wesleyan University and Domestic Violence Monitors, Inc. Developed by the Domestic Abuse Intervention Project of Rochester, MN.

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