

Start the Conversation: Be a Better Ally

Family and friends can play a vital role in helping survivors of intimate partner violence. This Domestic Violence Awareness Month, learn how you can be a better ally for the survivors in your life.

5. Ask how they want to be supported

Be sure to *ask them* what they want and need. Don't impose your thoughts and feelings on them.



6. Build on their strengths

Survivors are strong! Point out the ways in which they have adapted to solve problems, develop courage, and stay determined.

7. Support their decision

Show support for the decisions a survivor makes. They know their relationship best and the risks they feel comfortable taking.

8. Give them control

Give survivors control and don't dictate what they should do. Empower them to make their own decisions.

9. Take it seriously

Domestic violence can be deadly. Always take it seriously and follow these tips when helping a survivor



1. Initiate conversation

Talk with them *privately* about the abuse. Don't force them, and let them know it is safe to talk to you.



2. Believe them

Many victims fear not being believed. Express that you hear them and believe what they're telling you.

3. Listen without judgement

Survivors can feel shame for what's happened. Don't judge them for their past experiences or decisions.

4. Validate their experience

Survivors want to be heard. Practice active listening skills and validate what they are telling you.



Office for the
Prevention of
Domestic Violence

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