

Tips for helping someone experiencing domestic violence

As a friend, family member or co-worker of someone in an abusive relationship, it's easy to feel powerless. But you can do your part by starting a conversation, offering support and suggesting ways to get help. Here are some tips for having this conversation.

Offer your support

Let them know this is a judgement free conversation and that they're not alone.

- "I know this is difficult to discuss, but please know you can talk to me about anything."
- "You are not alone. I care about you, and I'm here for you, no matter what."
- "You are not responsible for what's going on."
- "No matter what you did, you do not deserve this."

Express your concern for their safety

Don't be afraid to let them know you're worried. It's important to help them recognize the abuse while acknowledging the difficulty of their situation.

- "I see what's going on and I want to help."
- "You don't deserve to be treated that way. Good partners don't say or do those kinds of things."
- "I'm worried about your safety and am afraid you'll get really hurt next time."
- "Please know that if you need to talk, you can always come to me."

Avoid confrontation

If they're not ready to talk about it, don't force it. Recognize the right time. Make sure they know you will be there if/when they are ready.

- "I'm here to help and am always available, even if you don't want to talk about it now."
- "Remember, you're not alone — I am here for you when you're ready."

Let them make their own decisions

Any judgement about their ability to make decisions may deter them from confiding in you in the future. Encouragement is key.

- "I want to help. What can I do to support you?"
- "How can I help protect your safety?"

Provide ways to get help

Help them look into available resources, like the National Domestic Violence Hotline (800-799-SAFE), the National Network to End Domestic Violence (NNEDV.org) or a local domestic violence agency.

- "Here is the number to our local domestic violence agency. They can help provide shelter, counseling or support groups."
- "If you need to go to the police, court or a lawyer, I can go with you to offer support."

The Allstate Foundation has been committed to disrupting the cycle of relationship abuse since 2005. Visit AllstateFoundation.org/EndDomesticViolence for additional survivor and ally resources.



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