

# How You Can Help

## Know the warning signs

- They seem afraid to anger their partner
- Their partner puts them down, even in front of others
- They make excuses for their partner's behavior
- Their partner is possessive and jealous
- They seem isolated and withdrawn
- You notice a change in mood or personality
- They have unexplained marks and bruises
- They frequently call in sick



## Empower the survivor

There are many circumstances that may cause a victim to stay in an abusive relationship, or refuse to seek help. Though you can help them identify their options, **they must make their own choices about the relationship.**

### You can help empower a survivor by:

Emphasizing that the abuse is not their fault.

Listening to their story without judgment.

Encouraging them to reach out to local resources to plan for their safety and/or leave the relationship.

Supporting the choices they make.

## Tips For...

### Survivors

- Use a public computer to access resources online, or a friend's phone to call a hotline
- Reach out to others for help and support
- Start a safety plan – for help, give us a call

### Coworkers

- Check in with your coworker if you are worried about them
- If they do open up, listen without judgment
- Encourage them to contact an advocate to make a safety plan that includes their safety in the workplace

### Parents of Teens

- Listen to what your child is telling you and believe them
- Discuss what a healthy relationship should be like
- Remind them that they deserve to be treated with respect and that abuse is never okay

### Teachers

- Know your school's dating violence policy
  - how to report a physical altercation
  - how to refer students to counseling
- Create a predictable and supportive classroom environment

#### For more information:

The National Domestic Violence

**HOTLINE**

1-800-799-7233

[thehotline.org](http://thehotline.org)

#### For more information:



love is respect  org

1-866-331-8453

Text "loveis" to 22522

### What if I'm unsure it's abuse?

It never hurts to talk to a professional if you are concerned. **If you are seeing the warning signs, reach out.**

**Domestic Violence Services** 

Counseling & Service Coordination: 979-775-2255

24/7 Emergency Hotline: 979-775-5355

