**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- They seem isolated and withdrawn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.

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**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

**1-866-331-8453**
Text “loveis” to 22522

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**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.**