



- Express your concern for their safety and make it clear that you are aware of the abuse. Remind them that abuse is not something they have to deal with
- Remind your loved one that the responsibility for the abuse lies with the abuser, not the person experiencing it. Tell them it's not their fault.
- Let them know they are not alone and offer your support, emphasizing your availability to listen or help at any time.
- Avoid judgment and criticism. Acknowledge that leaving an abusive relationship may be a difficult process.
- Encourage the person to seek help from others such as family, friends, teachers, pastors, or counselors, and offer assistance in connecting with these resources.
- If legal action is considered, offer to accompany them to the police, court, or lawyer's office, ensuring they have a voice in the process.
- Assist in developing a practical and specific safety plan to prevent future harm or abuse.
- Discourage direct confrontation with the abuser, as it could pose a danger to both you and the person you're trying to support.
- Keep in mind that you cannot force someone to take a particular course of action; your role is to be supportive and respectful of their decisions.