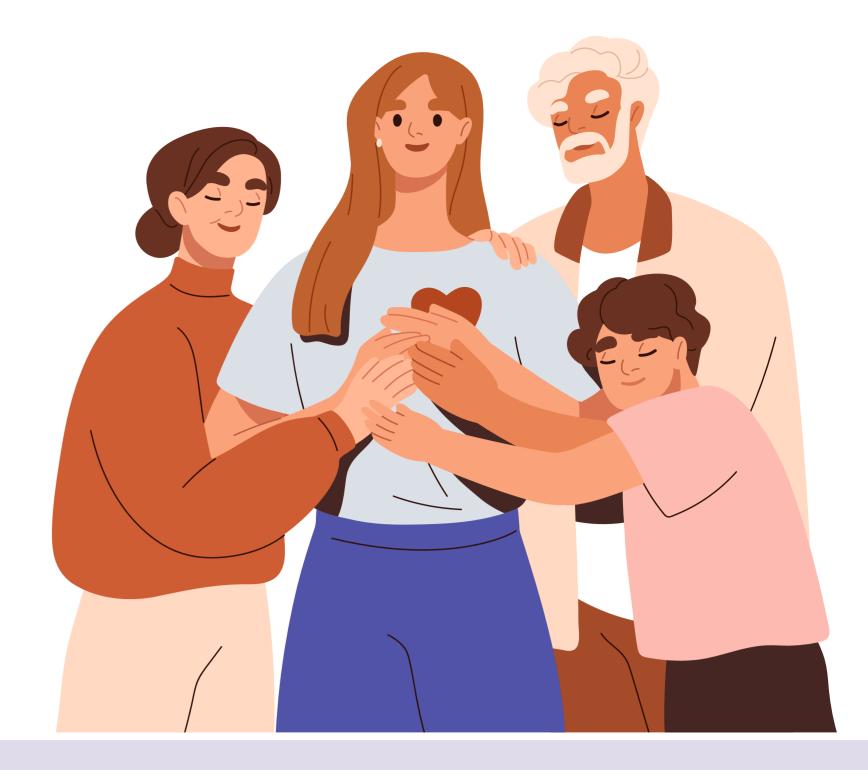


### How to Support Someone Facing Abuse



#### Recognise the signs

Learning to recognise abuse in others is an important skill. Signs someone is experiencing abuse may include:

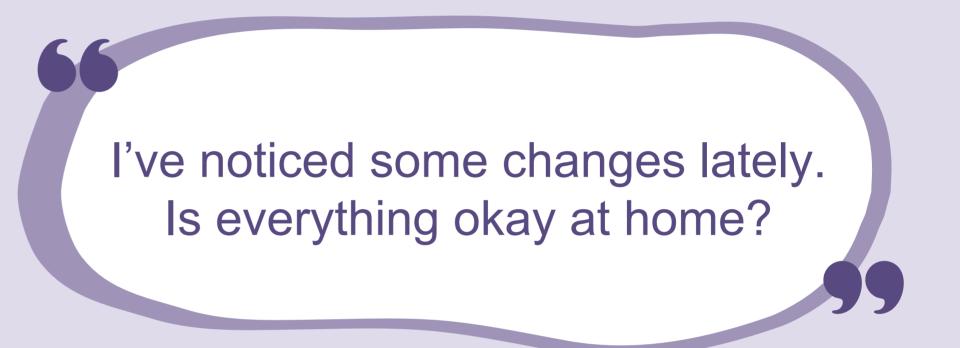
- Anxiousness or low self-esteem.
- Drastic changes in personality or mood.
- Avoids calls, texts, or socialising.
- Apologises, justifies or blames themselves unnecessarily for abuse.
- Seeks approval or permission from their partner, including to spend money.
- Consistent monitoring or lack of privacy.
- Unexplained injuries or physical marks.
- Flinches or seems afraid of physical touch.
- Extreme relationship highs and lows.
- Aggressive or jealous partner.

## Check in regularly and look after yourself

It's important to be consistent with the victimsurvivor whilst providing support. Check in regularly with the victim-survivor and offer small ongoing gestures like going for coffee or a walk. Do the same for yourself, set limits, and make time for your own self-care.

#### Start a conversation

Prioritise the victim-survivor's safety, and choose to start a conversation in a gentle and caring way. Ask open-ended questions and validate their feelings. You could say:



#### Share helpful resources

Helping a victim-survivor to prepare and access resources is a great way to keep them safe. Access the following resources at Yourtoolkit.com:

- Leave in an Emergency Checklist
- Break Free from Domestic Abuse Guide
- Service Directory
- Coercive Control Self-Assessment
- Build and Manage Finance Guide
- And much more...

#### Create a Safety Plan

A Safety Plan is an exit strategy to make leaving as easy as possible. Encourage the victim-survivor to complete a safety plan, whatever their choice is, and discuss the following:

- Storing an emergency bag: With copies of essential documents, cash, prescription or medications, a change of clothes, a phone charger and any items for children.
- Safe contacts: People or services who can answer an emergency call.
- Exit strategy: Confirm which door, travel route or transport is the safest. Is cash required?
- Children, pets or property: Solve some common concerns for the victim-survivor, including how to talk to children, what to take from the house and where pets can stay safely.

# Provide Practical Support to Someone Facing Abuse

#### Safety first

Prioritise safety, avoid actions that could unintentionally put the survivor at risk.

Remember to always respect the victim-survivor's decisions. Use consistent supportive words.



Offer temporary housing or support moving house.

Store cash, important documents or evidence of abuse in a safe place.

Go with them to police, lawyers and other appointments.

Provide access to a safe computer.





Choose a code word the survivor can send you to call the police or get support.

For more information visit:

Yourtoolkit.com