

WHAT IS DOMESTIC VIOLENCE?

"A pattern of behaviour used by one partner to maintain power and control over the other in an intimate relationship"

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In domestic violence, emotional abuse almost always precedes physical abuse.

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**Learn the signs.
Recognize them early.
See the pattern.
Break the pattern.**

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#KnowTheSignsBreakThePattern

A community of support is necessary to help a survivor reach safety and peace. Even if you don't know the person experiencing abuse, you have the ability to become involved and try to stop abuse when you see it. Intervening can have a positive impact on someone in an abusive relationship and may be the difference between safety and danger.

Do your part and speak up against abuse.

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HELP A STRANGER



What Do I Need to Know?

You can look for warning signs of abuse to help you identify if the situation is, in fact, abusive. If it feels wrong to you, it probably is.

Also, know that even if you don't feel safe enough to actually intervene, even standing around and letting the couple know that you are watching and are a witness to what is happening can help.

Try to err on the side of caution. If you think something might be going on, say something. But if you think it may be unsafe for you to do something, stay back.

Put Yourself in Their Shoes

Abuse is a scary and isolating experience. If you witness someone else going through it and don't know what to do, try to imagine how you'd want to be helped. Stepping in not only temporarily breaks up the abuse but also offers support to the victim they may not have received anywhere else.



Treat Them Like a Friend

Watching a friend endure violence often leaves you feeling helpless and wanting to do something more.

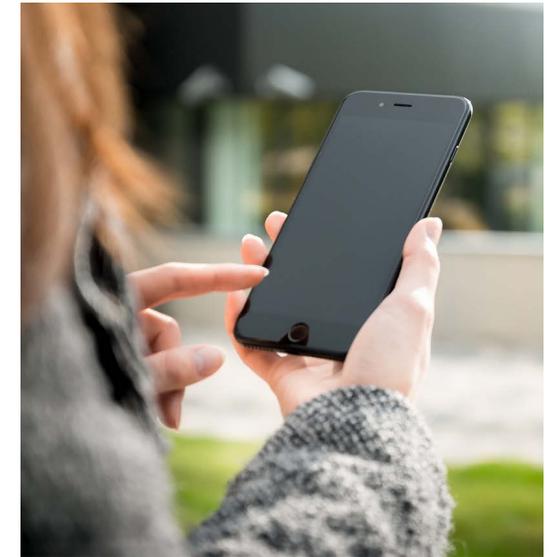
You can give the same care and encouragement to someone you don't know as you would to a friend.

Ask yourself how you would feel if no one helped your friend and something horrible happened when you weren't present.

Be this stranger's friend and stop the abuse.

Don't Neglect Your Personal Safety

- Your safety is always the highest priority and you won't be able to give the best support if you're injured.
- If for any reason you feel unsafe, do not approach the couple. Alert an authority figure or call the police immediately.
- If you do intervene and the abuse continues, step away and get help.



If you, or someone you know, is in danger, contact your local domestic violence shelter or national domestic violence hotline.