



DOMESTIC ABUSE IS

MORE
THAN

PHYSICAL VIOLENCE

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Bystander Resources

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Knowing what to say to someone who may be experiencing domestic violence or sexual assault can be overwhelming and downright scary.

Though it may be tough, you can still help. The most important thing to remember is that you don't need to be an expert — you need to be a friend.

- **Find a safe place to talk:** Mention things that have worried you – without offering your opinion. Say something like, “I’m concerned about your safety. I’m worried about you and how you are being treated.”
- **Don't force it:** The person may deny there is a problem or avoid the conversation. If this happens, respect their right to privacy and don't force a discussion on the relationship if they aren't ready. Let them know that you care and are there to listen and support them if they ever want to talk about anything.
- **Listen carefully, and without judgment:** If they do open up, reassure them that the conversation will be confidential. Give them your full attention—this could be the first time they're telling anyone. Let them know that you will help however you can.
- **Let them know that you believe them:** It can take a great deal of courage for a victim to share what has happened to them, and they may have tried to reach out before to agencies or people who haven't taken them seriously.



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- **Reassure them that it's not their fault:** That nobody deserves to be abused and that the way they are being treated is wrong.
- **Avoid giving advice:** It's their decision to make if they want to leave. Let them know that you will be there for them, whatever they decide to do.
- **Don't criticise the abuser:** If you do, they may feel they need to defend the abuser, and this may drive them away.
- **Tell them they are not alone:** There is support available, wherever they are. Give them the **NO MORE Global Directory**, where they can find contacts who can help develop a support plan or find emergency shelter.

If you or a loved one is experiencing domestic and/or sexual violence, you are not alone. No matter where you are, there is help available. Find resources in over 200 countries in the NO MORE Global Directory.

Visit NOMOREDirectory.org or AVONWorldWide.com today.