

BASIC GUIDELINES

To support those affected by Domestic Abuse

LISTEN

Allow enough time to talk, and **LISTEN**. This will be a difficult conversation for the victim - remember there is no excuse for abuse. Do not imply a victim has provoked it.

RESPECT

It is important to be non-judgemental. Treat people with **RESPECT** and sensitivity - remember this will be a difficult subject for someone to share.

BELIEVE

One barrier to victims speaking out is the fear of not being **BELIEVED**. If a victim senses disbelief it may discourage them from ever speaking out again.

REASSURE

It may be necessary to **REASSURE** someone who is suffering or has suffered from abuse more than once, that abuse is not the fault of the victim.

SIGNPOST

Know Your Limitations - **SIGNPOST** someone to professional services and encourage them to seek appropriate help.