

How To Help A Battered Woman

- Believe her story.
- Let her know you're concerned about her safety.
- Listen and give non-blaming feedback.
- Let her know she is not alone.
- Let her know that hers is not the only relationship in which violence occurs. At least one out of every five women in this country will experience partner abuse.
- Realize the severity and danger of abuse.
- Let her know that she is not to blame or responsible for HIS behavior. He CHOSE to abuse her.
- Let her know that the assault is a crime...the same as if a stranger assaults her.
- Do not assume she knows her rights, resources and options.
- Do not offer advice. Offer her support for her choices.
- Help her to realize her strengths.
- Be non-judgmental: be aware of your own experiences and attitudes.
- Be realistic about your time, energy, limitations and what you can give.
- Let her know that she can talk to you again.