

Focus on you're his/her strengths

Abused partners live with emotional and physical abuse. Give him/her the emotional support they need to believe they are a good person. Emphasize to him/her that they deserve to live a life free of violence.

Be a friend indeed.

He/she needs to hear that you will give them the support they need whether it be financial support, shelter, transportation, child care or emotional support.

Confront him/her with the danger.

If he/she remains with the abuser or returns after a short separation it may be hard to stay supportive. Help him/her face the danger of the situation of staying with an abuser.

Help him/her develop a safety plan.

Encourage him/her to come up with a plan by thinking through the steps they can take if the abusive partner becomes violent. Make a list of emergency people to call. Suggest they gather a suitcase of clothing, personal items, money, identification for them and their children and any other important documents and hide it.

If he/she decides to leave

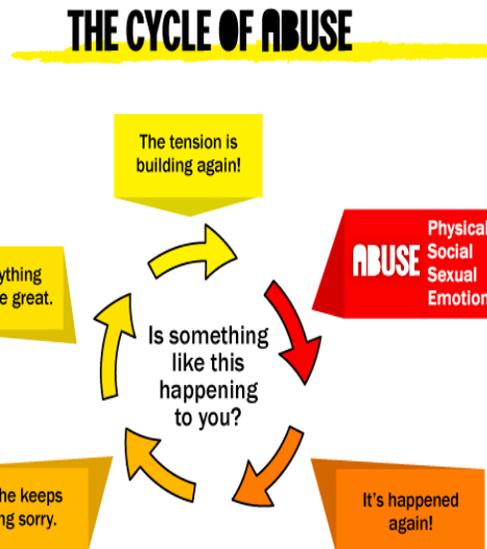
Encourage him/her to find a safe home or shelter to go to because leaving is the most dangerous time for the abused partner. Use caution in offering your home as a safe home.

When to intervene

DOMESTIC VIOLENCE IS A CRIME!

If you know someone is being battered call the police.

The Hudson Bay Family & Support Centre offers support and transportation to safe shelters. If need any further information please feel free to contact us.



Helping Someone Who is Abused



Box 403, 203 Patricia St.
Hudson Bay, SK S0E 0Y0
Phone~ (306) 865-3064
Fax~ (306) 865-3391

hbfamilyandsupport@sasktel.net
www.hbfamilyandsupport.ca

24 Hour Crisis Line
(North East Region)
1-800-611-6349

How can I tell if someone is being abused?

All intimate relationships have their problems, and sometimes it is hard to tell if it is abuse and if you should intervene. Ask yourself how you have reacted to these possible signs.

- Does he/she's partner exert an unusual amount of control over him/her like activities, finances, contact with friends or family, how he/she dresses?
- Does he/she's partner ridicule them publicly? Do you ignore it or join in on the laughter?
- Have you noticed changes in him/her of their children's behavior? Does he/she seem frightened, exhausted or on edge? Do the children seem to upset easily or are they having problems in school?
- Have you easily accepted excuses for black eyes or bruises and avoid pressing him/her about his/her frequent accidents?



Thoughts and questions that may stop you from helping

- **I shouldn't get involved in family matters.**
Domestic violence is a crime and affects a variety of people.
- **If it is so bad why doesn't he/she just leave?**
Ending a relationship isn't always an easy decision. There also may be many reasons why he/she doesn't leave that you do not realize.
- **It is hard to believe he/she could hurt anyone.**
Many abusers are not violent in other relationships and may keep that side of him/her for the privacy of their home.
- **Doesn't he/she care what is happening to the children?**
He/she is probably doing whatever he/she can to protect the children and may not realize the effect it has on them if they are not his/her direct target of the abuse.
- **I think the abuser has a drinking problem, could that be the cause of the violence?**
Alcohol and drugs may intensify the behavior but is not the cause of it.
- **If he/she wanted help they would ask for it.**
They may not feel comfortable confiding in others. Try talking to him/her about abuse in a general way.

What you can do.

Become informed

Gather all the information you can about domestic violence. Your own feelings about the violence may make it hard for you to confront the situation.

Lend a sympathetic ear

Letting him/her know that you care and are willing to listen to him/her about what is going on might be the best help you can give. Do not force the issue. Let them talk at their own pace. Remember to keep an open mind and never underestimate the potential danger. Never blame him/her for the abuse.

Guide him/her to community resources

Privately share what you have gathered with him/her. Messages that may be helpful to him/her:

- You are not alone
- It is not your fault
- Anything said to me will be kept private
- I am scared for you and your children's safety

If the first person he/she finds is not helpful encourage them to keep trying till they find someone who is .