

TIPS FOR REACHING OUT TO FRIENDS EXPERIENCING DOMESTIC VIOLENCE



Use Safe Phrases and Coded Language

Establish a few safe phrases or codes that your friend can use to communicate their situation without raising suspicion. For example, they could say something like "I'm really missing our book club meetings" to indicate they need help. Similarly, they could use colors to signal different levels of danger.

Respect Their Choices

Understand that your friend might not be ready to leave the abusive situation immediately. It's important to respect their decisions and offer ongoing support without pushing them into a decision they're not ready for.

Create a Safety Plan

If your friend is open to it, help them develop a safety plan. This could include packing a bag with essential items, keeping important documents in a safe place, and identifying a safe location to go in case of emergency.

Offer Resources

Share information about local domestic violence shelters, helplines, and counseling services. Make sure your friend knows there are places they can turn to for help.

Choose a Private Setting

Find a safe and private place to talk where your friend feels comfortable sharing their feelings. This could be in person, over the phone, or through a private messaging app.

Be Non-Judgmental

Approach the conversation without judgment or blame. Express your concern and let your friend know that you're there to support them, no matter what.

Remember, your role is to provide support and information. Encourage your friend to seek professional help, but ultimately respect their autonomy and decisions. If the situation escalates or you believe they are in immediate danger, involve the appropriate authorities or organizations specializing in domestic violence.