

Where's the line?

"Ok, but did he hit you?"

No, but he ...



Instead ask:

- ✓ Do you feel afraid?
- ✓ What can I (or you) do to help you feel more safe?
 - Believe me
 - Listen
 - Stay on the phone
 - Come over if it's safe
 - Check in after the call
 - Provide resources
 - Ask who else I can call for help
 - Help me make a safety plan
 - Find safe shelter

✓ Visit: [NADVS.org/resources](https://www.nadvs.org/resources)

Slammed the door
Screamed and raged
Punched the wall
Called me names
Accused me of cheating
Pushed me
Blocked me from leaving
Took my car keys
Threw my phone
Damaged my belongings
Took my money
Threatened me
Made me so scared I called out sick at work
Humiliated me
Stomped around
Clenched his fist at me
Made me afraid to sleep
Isolated me from friends
Followed me
Hurt my pet

This IS domestic violence

**Abuse can impact people of any gender or sexuality. This example reflects one member's lived experience.*



All experiences are valid. Mental, emotional, financial, physical, sexual, verbal abuse, and other forms of violence harms victims. Support our mission to empower victims, survivors, and their allies.