



## How to Support a Victim/Survivor of Power-Based Violence

### DO

- ✓ Recognize that *power based abuse* is when one person uses their social, political, intimate, physical, or financial power to maintain control of another person
- ✓ Be non-judgmental
- ✓ Empower them to make their own decisions – even if you don't like them
- ✓ Remind them that the abusive behavior is not their fault
- ✓ Connect them to resources that can help
- ✓ Listen

### DO NOT

- ✗ Underestimate the situation – it may be very dangerous
- ✗ Ask multiple questions or tell your friend to recount the story
- ✗ Make excuses for the abuser
- ✗ **Tell someone to leave**
- ✗ Blame the victim for the situation
- ✗ Label the situation as abusive or violent

“Abuse is not a slap, a punch, or a curse. Abuse is a campaign. A vigorous, concerted effort to accomplish a purpose.”

Elaine Weiss, *Surviving Domestic Violence*

*Know someone in need of further assistance? Call JCADA's Confidential Helpline at 1-877-88 JCADA (52232) or email [jcada@jcada.org](mailto:jcada@jcada.org)*