



# what you can do

## if you know someone who is **being abused...**

Statistics show that **one in every four women will experience domestic violence in her lifetime.** As a community, we have a responsibility to respond to this problem and break the silence that keeps victims in suffering. Below are some suggestions to help you address the issue of domestic violence.

If you know someone who is being abused, here are some **basic messages you can convey** to help increase safety:

- ◆ I care about you and I am worried for your safety
- ◆ I understand that it is not easy to leave
- ◆ I will be here for you, even if I don't understand all of your choices
- ◆ There is a free, 24-hour hotline in Georgia where you can talk to an advocate if you ever want to, anonymously if needed:  
**1-800-33-HAVEN(1-800-334-2836) (Voice/TTY)**
- ◆ Leaving an abusive relationship can be extremely dangerous. Anyone planning to leave an abusive relationship may want to consider speaking with a domestic violence advocate to create a safety plan
- ◆ Talking to an advocate and making a safety plan does not mean you have to go to a shelter or leave your partner today

### **Remember this:**

*People experiencing abuse **rely on those closest to them** for support. This often includes family, friends, coworkers and members of the faith community. It is important for these people not to judge or blame the victim. This only leads to further isolation of the person being abused and will not help her get safe.*

### **Remember this:**

***Safely confronting** someone about his violence shows that you care about him as well as about the person he is abusing. This kind of conversation might be the best chance for stopping the abuse.*

## ...or who is **abusing**

There are some important messages you can convey if you talk to someone who is being abusive. Think of these messages as offering the person an opportunity to take responsibility and change:

- ◆ Your behavior is going to drive the people you love away from you
- ◆ Your behavior could land you in jail
- ◆ You can change your behavior
- ◆ Your behavior may be causing your children to fear and resent you
- ◆ Your violence won't stop because you promise it will; your violence will stop when you reach out to an expert for help. You can contact the Georgia Commission on Family Violence for a list of certified Family Violence Intervention Programs via phone: 404-657-3412 or via their website: [www.gcfv.org](http://www.gcfv.org)
- ◆ You may feel threatened or challenged by another person, but no one can make you do something you choose not to do. You are the only one who controls what you do

[www.gcfv.org](http://www.gcfv.org) / call 404-657-3412  
[www.gcadv.org](http://www.gcadv.org) / call 404-209-0280

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