



*Hope Recovery,
PO Box 411, Clinton, IN 47842
Phone: (765) 505-8908
recovery@hope4-recovery.org*

Welcome to the How to Support Your Loved One in a DV Relationship Workshop



Goals of the How to Support Your Loved One in a DV Relationship Workshop

1. To be able to define what DV/intimate partner violence is as well as understand why and how this happens.
2. To be able to know what the different warning signs are for a DV relationship and understand why it's important to be aware of the different types of abuse.
3. To learn how you can support a victim of DV and the importance of a support system.
4. To understand why self-care is important for yourself as a supporter and learn how you can practice self-care.

What is Domestic Violence?

Domestic violence, also known as intimate partner violence, is a violent act that takes place within the household with the intent to harm. While it can involve children or others living in the household, it's typically between the individuals in the house who have an intimate relationship. The individual who is assaulting, intimidating, abusing, etc. is attempting to gain control and power over the other individual in the relationship. DV can happen to anyone.

Facts and Myths about Domestic Violence

Myth	Fact
<ul style="list-style-type: none"> Domestic violence happens only in low-income families. 	<ul style="list-style-type: none"> Domestic violence happens to all kinds of families, of any socioeconomic status, in every part of the country, in every racial, religious, or age group.
<ul style="list-style-type: none"> Alcohol and drugs cause domestic violence. 	<ul style="list-style-type: none"> Alcohol and drugs do not cause domestic violence. DV is a choice.
<ul style="list-style-type: none"> Domestic violence happens only once or twice in a relationship. 	<ul style="list-style-type: none"> Abusers usually escalate violent behaviors in frequency and intensity over time.
<ul style="list-style-type: none"> Some people want to be beaten. They ask for it. They deserve it. Some people go from abuser to abuser so it must be something about them. 	<ul style="list-style-type: none"> No one deserves to be abused. Everyone has the right to live free of violence. No one would want to have their partner be abusive.
<ul style="list-style-type: none"> Children are not at risk for being hurt or injured. 	<ul style="list-style-type: none"> Those who abuse their partners are more likely to abuse the children in the home. Domestic violence is the number one predictor for child abuse.
<ul style="list-style-type: none"> If it was that bad, he/she would leave. 	<ul style="list-style-type: none"> The individual stays in an abusive relationship for many different reasons, and it can be very difficult for them to leave an abusive partner – even if they want to. Like any other relationship, one that ends in abuse began with falling in love and being in love. Abuse rarely starts at the beginning of a relationship, but when it is established, it's often harder to leave.
<ul style="list-style-type: none"> Only women are abused by men. 	<ul style="list-style-type: none"> Anyone can be abused by anyone. While 85% of domestic violence victims are women and 95% of perpetrators are men, dv can happen in relationships between men and women, women and women, and men and men. Domestic abuse occurs in

	the Lesbian, Gay, Bisexual, and Transgender communities at about the same rate as heterosexual relationships.
<ul style="list-style-type: none"> • Even if he/she is abusive, it is better for children to have both parents. Children aren't affected by domestic violence. 	<ul style="list-style-type: none"> • Witnessing violence as a child is associated with experiencing depression, trauma-related symptoms, and low self-esteem as an adult. Youth that witness domestic abuse are more likely to attempt suicide, abuse drugs and alcohol, run away from home, commit other delinquent behavior, engage in teenage prostitution, and commit sexual assault crimes.
<ul style="list-style-type: none"> • Abusers are violent in all their relationships. 	<ul style="list-style-type: none"> • Many abusive people are only abusive with their intimate partners. Some abusers are quite successful in their professions, present a good image to others, and are very charming to other people.

The Warning Signs

Warning signs are actions, words, reactions, or visual items that can indicate if someone you know may be involved in a domestic violence relationship. The warning signs can look very different for every relationship and they're not the same for everyone.

A few of the warning signs could be:

- Every time you see them, they're down or sad
- Cancelling plans abruptly
- New or worsening symptoms of depression
- Cuts, bruises, and marks
- Increased nervousness
- Black eyes, sprained wrists, busted lip, and marks on neck (purple or red)
- You can notice certain things when they tell you about their fights, how they handle conflict, and what their partner gets upset about
- Isolating themselves
- Having an unusual sense of privacy surrounding their relationship such as extreme change in privacy or self-esteem, overly apologetic, or acting as a burden
- Arguments over matters of control such as how they spend money or who they hang out with
- Puts partners needs over their own always
- Dodging questions or making jokes when asked questions

- Injuries from physical violence and when asked about them, will find excuses for them that won't make sense
- Overly covering up or not dressed appropriately for the weather (i.e. Wearing a hoodie and jeans when it's 90 degrees outside)

Different Types of Abuse

There are several different types of abuse that can happen in a dv relationship. It can be a single type of abuse, a few types of abuse, or every type of abuse, it is never one size fits all or the same situation for anyone. It's extremely important to know the warning signs and the different types of abuse to be aware if you or someone you know is in a dv relationship in order to give them the support and help they deserve.

The different types of abuse include physical, emotional and psychological, sexual, financial, and technology-facilitated and we will be discussing specifically what each type means or might look like along with some examples.

Physical Abuse

Physical abuse is any action or behavior that causes bodily harm to another person.

- Pinching
- Tripping
- Grabbing
- Pulling hair
- Choking
- Biting
- Hitting
- Shoving
- Shaking
- Strangling
- Use of objects to cause bodily harm
- Burning
- Use of physically intimidating gestures
- Driving dangerously purposefully
- Rough handling someone
- Neglect that leads to physical harm
- Rough handling of children or dependent adults
- Not allowing someone to sleep
- Leaving someone in an unsafe situation
- Slapping
- Punching
- Twisting of arms or legs
- Beating
- Pushing
- Use of a weapon
- Striking
- Knocking someone down
- Restraining in a harmful way
- Scratching
- Kneeing
- Blocking someone's exit
- Destroying property near the person to intimidate them
- Physically trapping someone
- Force-feeding or withholding food/water
- Use of physical punishment
- Preventing someone from accessing medical care
- Withholding necessary medication

Emotional & Psychological Abuse

Emotional and psychological abuse is when a person is subjecting or exposing another person to a behavior that may result in psychological trauma.

- Playing mind games
- Treating victim like a servant
- Making victim feel bad about themselves
- Threats of child abuse
- Threatening emotional or physical harm
- Threatening to take children away
- Threatening to harm family members
- Gaslighting (making someone doubt their memory, reality, or sanity)
- Excessive jealousy
- Yelling or screaming
- Mocking or humiliating someone
- Silent treatment as a form of punishment
- Refusing to communicate
- Threats to expose secrets if the victim doesn't comply
- Making victim feel guilty for being independent
- Placing blame on victim for the abuser's actions
- Sabotaging victim's job, school, or personal goals
- Abuser has extreme mood swings
- Putting victim down
- Not allowing victim to make decisions
- Placing the blame always on the victim
- Threatening suicide or self-harm
- Threatening to publicly reveal the victim's sexual orientation
- Threatening or harming pets
- Isolating victim socially
- Constantly challenging decisions
- Insults, name-calling, or belittling
- Using a hostile tone to intimidate
- Body-shaming, intelligence-shaming, or trait-shaming
- Withholding approval or affection as a weapon
- Threats to harm themselves if the victim doesn't comply
- Preventing or discouraging contact with family/friends/support system
- Blaming victim for things outside of their control
- Publicly or privately shaming the victim
- Undermining the victim's autonomy
- Making the victim responsible for the abuser's emotions

Sexual Abuse

Sexual abuse is when someone tries to control the sexual intimacy and physical component of the relationship.

- Treating the victim as a sex object
- Making the victim perform sexual activities against their will
- Making the victim dress in a sexual way that they're uncomfortable with
- Non-consensual sexual contact or touching
- Hurt the victim with weapons or objects during sex
- Insulting the victim in sexual ways or calling them explicit names
- Any unwanted physical touch (even in a relationship or marriage)
- Any sexual contact with the victim who is asleep, unconscious, intoxicated, or incoherent

- Forcing the victim to perform sexual acts
- Sabotaging birth control to force pregnancy or risks
- Using threats, intimidation, or violence to obtain sexual compliance
- Using authority or power to pressure someone into sexual acts
- Any sexual contact with a minor, minors cannot consent in any capacity
- Sexual harassment in any form
- Demanding sex as a condition of safety, affection, money, housing, etc.
- Reproductive coercion such as pressuring the victim to become pregnant or terminate pregnancy
- Forcing someone to watch pornography or sexual acts against their will
- Recording or sharing sexual images without consent
- Exposing themselves intentionally to victim without consent
- Coercing or pressuring sex to the point where the victim feels like they can't say no

Financial Abuse

Financial abuse is when someone takes advantage or control over someone else's finances.

- Preventing victim from viewing or access bank accounts
- Not allowing victim to have a separate bank account
- Providing an allowance and closely monitoring how the victim spends it, including requesting receipts
- Maxing out the victim's credit cards without permission, not paying the credit card bills, or harming their credit score
- Forcing the victim to provide them with their tax returns
- Stealing money from victim, their family, or their friends
- Depositing victim's paycheck into an account they can't access
- Stopping victim from working, limiting hours, getting them fired, or forcing them to work certain jobs
- Refusing to provide money for necessary or shared expenses such as food, clothing, transportation, medical care, or medicine
- Living in the victim's home, but refusing to contribute financially, refusing to work, or not help with chores
- Controlling all the money and giving the victim little to no access of account
- Requiring the victim ask for permission to buy necessities
- Stealing financial documents or valuables from victim
- Pressuring victim to sign financial documents
- Withdrawing money from children's savings accounts without the victim's permission
- Sabotaging employment
- Threatening to cut off financial support as a way to control them
- Misusing power of attorney, guardianship, or joint account

Technology-Facilitated Abuse

Technology-facilitated abuse, online abuse, is the use of technology or technological platforms to bully, harass, stalk, intimidate, or control someone else.

- Telling the victim who they can or can't follow or be friends with on social media
- Sending the victim negative, insulting, or threatening messages or emails
- Sending, requesting, or pressuring the victim to send unwanted explicit photos, videos, sexts, or otherwise comprising messages
- Creating fake social media profiles with the victim's name and photos to embarrass or isolate them
- Looking through the victim's phone or checking up on their pictures, texts, and phone records
- Stealing or insisting on being given the victim's account passwords
- Tracking the victim's location without their consent
- Insulting or humiliating the victim in their posts online, including posting unflattering photos or videos
- Using social media to track the victim's activities
- Constantly texting the victim or making the victim feel like they can't be separated from their phone
- Using smart home technology to track the victim's movements, communications, and activities
- Using any kind of technology (such as spyware or GPS) to monitor the victim's activity
- Demanding immediate responses from the victim
- Threatening to post private information or secrets

The Impacts on the Victim

DV can have extensive short- and long-term impacts on the victim and/or their child(ren). A few of the topics we will be discussing today is the impacts on physical health, homelessness and poverty, mental health, and the impacts on the child(ren).

Physical Health

DV can have impacts on the person's physical health especially if they are experiencing physical abuse which can include bruising, burns, cuts, broken bones, and more serious injuries. In turn, the trauma that comes with experiencing DV can increase the risk of cardio-vascular disease, hypertension, gastrointestinal disease, diabetes, arthritis, obesity, chronic pain, sexual/reproductive issues, traumatic brain injury, and/or HIV/AIDS. DV can also result in death.

Homelessness & Poverty

When the victim is considering leaving, they don't always have the finances to get another place or have a support system that can provide them shelter which can result in the victim and/or their children becoming homeless for a while. In turn, victims could be a stay-at-home parent and/or have not been allowed to work since being in this relationship. They may be completely or partially financially dependent on their abuser. Consider this, when it comes to leaving the situation, this factor can prevent someone from leaving entirely as they don't have the financial capability to do so or have anyone else to support them. Additionally, if the victim does leave, it may take them a very long time to build themselves back up and be able to obtain financial assistance, obtain a job, obtain a credit card, etc.

Mental Health

The mental health impacts that DV can have on a victim could include, but are not limited to, depression, anxiety, post-traumatic stress disorder, eating disorders, low self-esteem, self-harm, and/or suicide attempts. In addition, victims may experience difficulties with emotional regulation, dissociation, numbing, and difficulties with reading social cues.

Children

Children of parents who are involved in a dv relationship can experience short- and long-term impacts as well. A few of the impacts could include being likely to be abused in their lifetime, having poorer school performance, increase in illness, increase in likelihood of experiencing depression and/or anxiety, increased likelihood to experience negative health outcomes in adulthood, and increased likelihood for male children to become abusers and increased likelihood for female children to become victimized in adulthood.

Why The Victim Isn't Leaving Their Current Situation

It's very common to wonder why the victim doesn't just get up, grab their things, and leave the relationship. While it may seem simple to someone who isn't involved or hasn't experience a dv relationship, it's way more complex than what we see on the surface level. In addition, even after the victim leaves, sometimes they go back to the relationship. On average, it takes a victim 7 times to leave the dv relationship permanently.

Not Able to Leave or Going Back

There are a variety of reasons that might make it more difficult for the victim to leave. It's important to understand that the victim doesn't stay in the relationship because they enjoy the abused, but they have a variety of reasons that might make it more difficult to leave. Additionally, there are a wide variety of reasons that the victim goes back after leaving. A few reasons could be, but not limited to:

- Shared family
- Feeling that they can't survive on their own
- Children
- Homelessness
- Feelings of worrying what others will think
- "I made this choice to marry them; I have to stay"
- Disability
- Low self-esteem
- Normalized Abuse
- Financially dependent
- Only relationship/life they've ever known
- Lack of financial support
- Feelings of shame and guilt
- Not wanting to admit they made the wrong choice
- "I made my bed and now I need to lie in it"
- Cultural Context
- Love
- Fear

Supporting the Victim

It's extremely important to support the victim as being in a dv relationship can be very traumatic. Unfortunately, we can't make the victim leave and it has to be a choice of their own. By supporting the victim emotionally, being there for them, holding space for them, providing them with a safe space, validating them, allowing them to be vulnerable, to feel that they can talk to you without judgement, and respecting their boundaries, you're helping them in their healing journey and providing a support system that is ready for them once they're ready to leave the relationship.

Listening, Believing, & Respecting

It's important to simply listen to the victim as this can be very difficult for them to talk about. Don't pressure them to talk about it or to share more details. Don't shame, blame, or guilt them. In order to remove someone from a bad situation, they need a strong support system which can be hard to find. While they may not be ready to leave, you should believe them, respect their choice, and continue to keep that line of support open.

Providing Resources

You can provide them with the Domestic Violence Hotline information as well as other resources that focus on providing support to dv victims. Additionally, you could introduce the idea of a safety plan to them and/or ask if they already have a safety plan. If they already have one, you could ask them what their plan entails, but if they don't have one, you help them create one.

Note that written materials, texts and emails could put them at risk from their abusers. It is good to have communication that is outside of the home to share this information unless they directly ask you to send them.

How to Make a Safety Plan

Safety Plans

Safety plans are plans to create and have in place to keep yourself and/or others such as your children and pets safe while in the relationship, when planning to leave the relationship, or after you've already left the relationship. Safety plans are important as they allow for the victim to safely reconstruct their lives, have control over how situations will turn out, prepare for different situations, gather essential items in advance, help with decreasing fear and anxiety, and ensure as much safety as possible.

Questions to ask the Victim When Making a Safety Plan

- What moments do you feel most unsafe in your relationship?
- What helps you stay as safe as possible during those moments?
- Are there places in your home that you avoid during an argument?
- Are there places in your home that you feel safer in?
- If you had to leave quickly, what items would you want to make sure that you take with you?
- Is there a safe place in your home that you could keep important items and/or an emergency bag?
- Who in your life knows what you're going through or could provide you with support if needed?
- Is there a code word you could use with someone you trust in the case of an emergency?

Safety Plan for While Victim is Living with an Abuser

Victims can create safety plans while still being in a relationship with their abuser. These types of plans can help keep the victim, their children, and/or pets safe when violence occurs. If the victim is looking to create this type of safety plan, there are a few factors they should consider before the violence happens, during the violent episode, and after the violence happens.

Before Violence Happens

It's important to plan several different ways to exit the house safely and quickly. In addition, if the victim has children and/or pets, they can practice the plan with them and the victim will want to consider how they will get the pets to go with them. They can also prepare their child(ren) by letting them know that this isn't their fault, reinforce that violence is never okay, that their safety comes first and to not try to protect the victim, and the victim can create a code word with them which would let them know that they should leave the house and get help.

It can be helpful to learn, know, and practice self-defense techniques. Practicing will help the victim to feel confident in protecting themselves and others if necessary. They'll want to always make sure that their phone is charged in case they need to call for help and that they have a full tank of gas in case they need to leave in a hurry.

Additionally, it's important to have emergency phone numbers handy such as 911, the Domestic Violence Hotline (1-800-799-SAFE (7233)), or a trusted family member or friend. They can also call the Domestic Violence Hotline at any time to discuss their options or even to just talk if they're not ready to leave.

They'll want to remove or hide any objects that the abuser can use as a weapon. In addition, determine safe rooms in their home, where there aren't any weapons, and try to stay in those spaces.

A few additional factors to consider is having all important documents in one place for them to grab quickly if needed, to not wear any neck accessories as it could be used to hurt them, consider reasons to leave the house that the abuser would believe, and try to be aware of any patterns or signs the abuser has that would alert them that the situation is becoming more violent.

During a Violent Episode

It's important to trust their gut during a violent episode. If they think the situation is going to progress, try to remove themselves and/or others if possible. On the other hand, if it's not possible, try to create distance between them and the abuser and try to avoid getting trapped such as backing into a wall or corner. Lastly, if they can't do either of those, try to make themselves small by huddling into a ball and protecting their face/head by putting their arms on each side of their head and interlocking their fingers.

After the Violence Happens

Once the episode is over and they feel safe, they can seek medical attention if needed, call the police and file a report if they feel comfortable doing so, contact the Domestic Violence Hotline or their local domestic violence shelter, and take photos of any evidence as well as keep any documentation of reports and/or medical visits and keep them in a safe place.

Safety Plan for When Victim is Ending the Abusive Relationship

When the victim is getting ready to leave their abuser, either by themselves or with their child(ren) and/or pets, there are a few steps or factors to consider when making this plan. It's very important to have a plan in place as leaving the abuser can become very dangerous and/or the situation can become life threatening, the abuser may try to stop the victim, and they could become extremely violent.

Getting Ready to Leave

It's important to make a plan which can include how they're going to leave, where they're going, and how they're going to take others with them, if needed. They'll want to take any evidence they have of the abuse with them and determine what they're going to bring with them as far as essentials (i.e. car keys, driver's license, credit cards, money, checkbook, phone, charger, phone numbers, clothing, medication, legal documents, abuser's information, financial documents, personal items, etc.). Then they'll want to prepare a bag(s), hide it in a safe space, hide an extra set of car keys, ensure they have a full tank of gas, let any family members or friends know, if they feel comfortable, and leave when the abuser least expects it.

After Leaving

Once they have left, it's important to keep their location confidential, they should consider reaching out to a legal representative to discuss filing a protective order, filing a report, and/or regarding the custody of child(ren) if applicable, consider reaching out to support programs such as food banks, financial assistance, shelters, etc. if needed, and finding support through family, friends, therapist, local advocates, shelters, churches, the community, etc.

Practicing Self-Care as a Support of Someone in a DV Relationship

It is extremely important to practice self-care, especially when supporting someone in a domestic violence relationship. It's very easy to let self-care slip through the cracks or get put on the back burner, but if we don't practice self-care, it's like driving a car without getting any gas, or an oil change, or any maintenance at all. The car is going to continue to get worn down and eventually not work; when looking at person who doesn't practice self-care, the person can begin to feel overwhelmed, exhausted, burned out, and therefore not be able to be their best selves and support others.

Self-care is very important and is way more than just lighting a candle or taking a bath or drinking an expensively crafted coffee, while these are great ways to feel good in the moment, it's about doing activities or practices that are going to improve your wellbeing for the long run and not temporarily. Self-care is an active management tool and preventative measure for reducing stress, lowering the risk of anxiety and depression, improving your overall mood, and allowing you to be your best self. The 6 types of self-care that we'll be discussing are mental, physical, spiritual, intellectual, social, and environmental.

Mental Self-Care

Mental self-care are practices that help declutter your mind, keep your mind active, and fill your mind with helpful knowledge.

- Reading a book, article, journal, etc.
- Taking a course/class
- Watching a movie, show, documentary, etc.
- Completing a puzzle, crossword, Sudoku, etc.
- Taking a digital detox
- Planning out your day/time-blocking
- Challenging negative thoughts
- Allowing yourself breaks throughout the day
- Listening to a podcast
- Learning a new skill or hobby
- Learning a new language(s)
- Completing a single task
- Creating a to-do list
- Practicing reflection
- Setting boundaries
- Saying "no" instead of telling everyone yes and overloading yourself with too many tasks

- Practicing problem-solving skills
- Practicing grounding exercises
- Painting
- Drawing
- Listening to music
- Paying your bills on time
- Creating a weekly intention
- Identifying and reframing self-limiting beliefs
- Knitting
- Playing an instrument
- Crocheting

Physical Self-Care

Physical self-care practices help take care of your physical body and improve and/or maintain your health. Additionally, these practices help prevent burnout, increase your energy, and improve your well-being.

- Walking
- Yoga
- Strength training
- Dancing
- Hiking
- Cycling
- Prioritizing quality sleep (amount of time, environment, pre-sleep ritual, etc.)
- Scheduling yearly medical checkups
- Massages
- Meal prepping
- Practicing deep breathing
- Having rest days from exercise
- Creating a night/sleep routine
- Spending time outside/in the sun
- Getting enough sleep each night
- Stretching
- Pilates
- Swimming
- Fitness classes or groups
- Canoeing
- At-home workout videos
- Practicing hydration
- Taking medication and vitamins as needed
- Warm showers or baths
- Eating healthy meals
- Surrounding yourself with things that calm your nervous system
- Napping
- Eliminating screen time before bed
- Increasing sunlight

Spiritual Self-Care

Spiritual self-care is practice that take care of your inner self, acknowledge your values, improve peace, and connect you to your purpose.

- Meditating
- Attending service
- Reading religious/spiritual texts
- Listening to calming or sacred music
- Volunteering
- Praying
- Attending a religious/spiritual gathering
- Journaling about values and/or purpose
- Intention-setting rituals
- Practicing compassion

- Practicing gratitude
- Breathwork
- Practicing your faith
- Mindful walking
- Being present in the moment
- Celebrating seasons
- Being a part of a religious/spiritual community
- Spending time in nature
- Decluttering for symbolic renewal
- Sitting in silence
- Honoring ancestors
- Practicing sacred rituals

Emotional Self-Care

Emotional self-care are practices that help increase awareness of our feelings and being able to identify your emotions.

- Journaling feelings without judgement
- Therapy
- Checking in with yourself and your emotions
- Using a feelings wheel when needed
- Practicing mindfulness
- Practice self-acceptance
- Setting emotional boundaries
- Creating a list of self-soothing activities
- Identifying coping strategies
- Practicing acceptance
- Identifying emotions
- Practicing creative expression
- Crying
- Creating a calm music playlist
- Practicing breathwork or box breathing
- Practicing affirmations
- Saying no without guilt
- Identifying triggers
- Practicing forgiveness
- Completing inner child work

Social Self-Care

Social self-care are practices that improve and/or increase positive, healthy social connections in your life.

- Spending time with friends, family, or loved ones
- Scheduling weekly check ins with others
- Joining a club or group
- Limiting contact with draining people
- Asking for help
- Planning an outing with others
- Practicing acts of kindness
- Spending time with pets
- Being in relationships that are positive
- Going out with your work colleagues after work
- Calling a friend
- Having breakfast, lunch, or dinner with others
- Celebrating yours or others milestones or accomplishments
- Communicating direct needs
- Setting communication limits
- Sending someone a kind message
- Playing games with friends
- Getting coffee with a friend
- Being in a support group
- Calling your parent(s) to catch up

Environmental Self-Care

Environmental self-care includes practices focused around intentionally creating a space you enjoy, feel safe in, and supports your well-being.

- Decluttering a room or your room
- Creating a morning or nighttime environment
- Making your bed daily
- Adding cozy/mood lighting to your space
- Playing calming background music
- Adding plants to your space
- Decorating your space with items you enjoy or like
- Spending time outdoors
- Reducing noise pollution
- Removing yourself from overstimulating spaces
- Making your environment safe or choosing a safe environment
- Cleaning your living space
- Organizing your workspace
- Creating a home routine
- Adding candles or essential oils to your space
- Using natural window light instead of artificial light, when possible
- Creating a “zen” corner or room
- Keeping a tidy environment (room, house, car, workspace, etc.)
- Opening windows for fresh air
- Recycling and being mindful about consumption
- Exploring a new place
- Choosing sustainable habits

Wrap Up

It's normal to feel drained, exhausted, hopeless, scared, unsure, along with a wide range of emotions during this time. It's not easy supporting someone who is in a dv relationship. However, the victim is very lucky to have you by their side during this difficult time. It's important to remember that DV can happen to anyone, we can't force the victim to leave, it's important to avoid accusations/judgements/opinions as it may push the victim away, we want to continue to always keep that line of support open, and you need to take care of yourself as you can't pour from an empty cup. Thank you all for coming to today's workshop!

Resources

National Domestic Violence Hotline USA - <https://www.thehotline.org/> (1-800-799-SAFE (7233))

National Domestic Violence Hotline UK - <https://www.nationaldahelpline.org.uk/> (0808 2000 247)

Hope Recovery – <https://www.hope4-recovery.org> (765-505-8908)

Love is Respect Hotline - <https://www.loveisrespect.org/> (1-866-331-9474) or Text 'LOVEIS' to 22522

RAINN (National Sexual Assault Hotline) - <https://rainn.org/> (800-656-HOPE (4673))

StrongHearts Native Hotline - <https://strongheartshelpline.org/> (844-762-8483)

VictimConnect Hotline - <https://victimconnect.org/> (1-855-484-2846)

VictimSupport Hotline UK - <https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse/>
(0808-1689-111)

Childhelp National Child Abuse Hotline - <https://www.childhelpline.org/> (800-422-4453)

Crisis Text Line - <https://www.crisistextline.org/> (Text: US: 741741, CA: 686868, UK: 85258, Ireland: 50808)

U.S. Department of Justice, Office on Violence Against Women (OVW), Resource for Survivors by State - <https://www.justice.gov/ovw/resources-for-survivors>

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