

Positive Responses to Family Violence

Remember that people are the experts on their own lives. The best social response you can have to an instance of domestic violence is to offer your support by listening and asking the person what they want and need.

Instead of saying:	Say:
"Why don't you just leave?"	"Take your time to make the best decision you can." or "What do you think your options are?"

Instead of saying:	Say:
"Why don't you call the cops?"	"Do you have anyone close to you who can help you right now?" or "Have you thought about involving the police?"

Instead of saying:	Say:
"You can deal with this. You're strong."	"What is it I can help you with? What do you need to happen right now?" or "I am here for you. Call me anytime"

Instead of saying:	Say:
"Maybe you should go to counselling."	"If you want to talk to me, I'm here for you, but you may want to find someone who can help you in ways I can't."



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