Discuss harmful rigid gender norms & the various oppressive systems & cultures that do not consistently name domestic violence as wrong. Discuss emotions & healthy communication of those emotions. Discuss what is okay & what is not okay in a relationship—whether that is intimate, a family relationship, or even a friendship.

Believe survivors without judgment or questioning.

Listen to their story & ask them what they need from you to feel supported. Believe that they are doing the best that they can & they do not deserve to be harmed in any capacity for any reason.

Engage with people in your life who may be experiencing or using violence in their relationship(s).

Encourage change in the abusive person & ways to replace their abusive behavior & beliefs/mindset with healthy ones.

Support domestic violence survivors by honoring their agency to choose what they want to tell you and when, and what next steps are the best for them in that moment.

Donate money, materials, & time

Donate money, clothes, household items, and toiletries to domestic violence organizations and shelters. Donate your time by asking domestic violence shelters how you can support their mission through volunteering your time for a specific project or task.