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# 6 Steps You Can Take

TO HELP BREAK THE CYCLE OF RELATIONSHIP ABUSE



## LEARN

*about local resources*

Browse their websites, share their information on social media, request a presentation about their services and mission. Learn about the different types of abuse and safety planning options, & housing rights for survivors.



## 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.



## DISCUSS

*characteristics of relationships*

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.

*believe*

## 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.

