

# What is Domestic Violence?

**Domestic Violence** happens when someone uses their **Power** to **Control** their partner.



It can (but does not have to) include:

- Physical Abuse
- Emotional Abuse
- Spiritual Abuse
- Social Abuse
- Financial Abuse

or any Threat of Violence

*Anyone can be a victim or a perpetrator of domestic violence.*

Domestic Violence impacts people of every gender identity, sexual orientation, age, race, ethnicity, ability, religion, and socio-economic class.



Self Care is about knowing and communicating your **limits** and **boundaries**.



what you can and cannot do



what you will and will not do

Practicing Self Awareness and Self Care is a sign of Strength and Wisdom.

You can model showing respect for your own and others' limits and boundaries.

# How to Help a Friend:



# Domestic Violence



# How You Can Help

Try a little L.o.V.E.



## Listen

- Believe them.
- Look like you're listening. Put down your phone.
- Stay Calm.
- Just Listen. Don't be thinking about what you will say next.
- Ask open-ended questions, and let them choose what they want to share.
- Respect their privacy.

## Offer Validation

Say:

- I believe you.
- I'm sorry they did that to you.
- This was not your fault.
- Thank you for telling me.

## Empower

Empowerment is NOT:

- "fixing" it.
- giving advice.

Empowerment is:

- giving them the help they want, not the help you think they need.
- focusing on their goals.
- reminding them that they are the expert on their own life.

Help them connect to  
KWRCC.

907-486-3625

[kwrcc.org](http://kwrcc.org)

message KWRCC on  
Facebook

