

# How can I help someone experiencing domestic violence?

## **FIND OUT A WAY TO KEEP IN CONTACT**

Finding a safe way to communicate is important because the abuser may be monitoring conversations. Try to find a specific platform such as calling or even chatting through an online game.

## **BE CREATIVE WITH HOW YOU STAY IN TOUCH**

Come up with code words or emoji's to indicate if they need you to call them to diffuse a current situation. Have additional code words or emoji's that indicate if they want you to contact family or police

## **LET THEM KNOW YOU ARE THERE TO SUPPORT THEM**

Be sure they know that they know they are not alone, and no matter what, you will be there for them. Listen when they want to talk and do not judge their decisions. Let them know the abuse is not their fault.

## **HELP THEM DEVELOP A SAFETY PLAN**

Help them plan for a worst case scenario. This could include having an escape strategy (i.e. saying they need to go to the grocery store), and going over what items to take if they have to flee.

## **HELP THEM GET LOCAL DOMESTIC VIOLENCE ASSISTANCE**

24-Hour PREVAIL Domestic Violence Helpline: (209) 465-487824-Hour

National Domestic Violence Helpline: (800) 799-7233

San Joaquin County Family Justice Center: (209) 468-2600

