

# ARE YOU **CONCERNED** ABOUT SOMEONE'S SAFETY?

The four most important things you can do are:

- 1 LISTEN** without interruption or judgement.
- 2 BELIEVE** and validate their experiences.
- 3 REFLECT** back that the violence is not their fault and it's never their fault.
- 4 PROVIDE** information that will support the person experiencing violence to increase safety and make informed choices about what happens next.

