

BYSTANDER BASICS

WHAT IS YOUR ORIENTATION?

Are you a **'solver'**?
You don't have to 'solve' another person's life.
Are you an **'avoider'**?
There are little things you can do to help.

LEARN THE WARNING SIGNS

Take warning signs seriously - always.
AND.. don't jump to conclusions, a warning sign does not automatically mean abuse is happening. It does indicate a flag for your attention.

OPEN THE DOOR FOR SUPPORT

Overcome your hesitation to help. Reduce isolation to increase safety and support. Remember that you don't have to solve it!

LEARN ABOUT RISK FACTORS

In situations of domestic violence, risk factors tell you that the violence is escalating. Act when you see risk factors - seek advice.

SAFETY IS THE PRIORITY

Learn about safety planning and seek support for yourself.

BE WITH THE PERSON

Between solving and avoiding is learning to 'be with' the person you are concerned about.

YOU ARE A POWERFUL BEING

Everything you do has an IMPACT!
A single kind word can lead to change.
Ask yourself - what kind of impact do I want to have?

USE SNCit

Talk with the person you are concerned about:
SEE it - the warning signs, risk factors
NAME it - name your concern
CHECK it - check your assumptions, ask questions

