

How You Can Help a Friend Escape Abuse

I strongly encourage everyone to please read through these statistics and watch Jose's video. Domestic violence rarely begins in violence. It begins with abuse—mental, psychological abuse.

National Statistics

From the National Coalition Against Domestic Violence

- Every nine seconds in the U.S., a woman is assaulted or beaten.¹²
- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.¹
- 1 in 3 women and 1 in 4 men have been victims of some form of physical violence by an intimate partner within their lifetime.¹
- 1 in 5 women and 1 in 7 men have been victims of severe physical violence by an intimate partner in their lifetime.

The statistics speak volumes. It is likely you know someone in your life who needs your support. Here are three steps to take action to help a friend in need:

1. **LISTEN**—Listen without judgment. Do not question why they stay.
2. **ENCOURAGE**—Domestic Abuse is predominantly emotional and mental abuse, which depletes the self-worth of the victim and keeps them in fear and unable to leave. Build up their esteem and if possible encourage them to get counseling if possible.
3. **HELP CREATE A SAFE ESCAPE PLAN**—Do the research for them and find the nearest shelter. Call for them and find out

what steps are needed to be taken for that particular shelter in order for them to be used as a “escape plan” when and if the victim chooses to leave. Many shelters also offer free counseling. Be willing to go with them to visit the shelter.

Watch, share and save a life.

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