



WHAT SHOULD I DO? IF CALLING THE POLICE ISN'T AN OPTION, HERE'S HOW I CAN HELP

Center for Safety and Empowerment - YWCA Northeast Kansas

START HERE

Take an inventory of your own potential biases

Men can't be victims/only women are victims
Nope

Women can't be perpetrators/Men are always perpetrators
False

Who, me?

What ideas or prejudices are you carrying that will affect how you respond?

I see...now what?

How well do you know this person?

Relationship violence knows no barriers and can happen to anyone regardless of race, gender/expression, socio-economic class, or education level.

Not at all!
Complete stranger

A little!
Acquaintance, co-worker, church member, neighbor, employer

Really well!
Close friend, current romantic or sexual partner, family member

There's nothing I can do to help.
No, there is!

The person is choosing to stay in an abusive relationship so is therefore choosing to be abused.
Not at all

Relationship violence doesn't happen in this part of town
Not true

Read up on the issues

Attend a CSE presentation, or ask for a CSE presentation for your group

Call CSE helpline & talk to an advocate
1-888-822-2983

Attend a CSE volunteer training

Talk openly with your friends & family to reduce the stigma

YES!

BUT WAIT!

Sometimes there are invisible barriers to accepting assistance. How might the victim/survivor respond to your offers for help?

Overwhelmed:
They are having a trauma response and therefore can't emotionally regulate or can't use higher-level decision-making skills, so they are overwhelmed by all of your questions

Safety:
You resemble the person's perpetrator, so your genuine offers of help might be activating to the victim/survivor

Trust:
They do not feel comfortable talking about their situation based on your level of relationship, or might not know how long your offers to help will last

Intimacy:
They do not feel comfortable sharing intimate details of their relationship with people who are close to them for fear of judgement, embarrassment, or shame

Great!

Use your close relationship as an asset!

- Use your strong emotional connection to start a safety planning conversation
- Offer your resources as support (money, place to stay, transportation, physical assistance with moving, etc)

Really well!

Open the door to a deeper emotional relationship

- Provide encouragement that you are holding space for them
- Offer to provide cover so they can connect with someone they know better/trust more (cover their shift, discreetly redirect attention from others so they have privacy to explore their situation)

A little!

In any case...

Ask them what they need in the moment. Be attuned to what they might need long-term.

I can do that!

Tell them about advocacy services
Offer to accompany them to speak with an advocate, by phone or in person.
The 24/7 YWCA CSE Helpline is 1-888-822-2983

Start the conversation

- Share what you observed without using judgement statements
- Ask questions and listen
- Be aware that they might not want to interact with you further

Not at all!

END

Hold on, isn't there more I can do?

24/7 Free & Confidential YWCA Center for Safety and Empowerment Helpline 1-888-822-2983