

WHAT A BYSTANDER CAN DO TO HELP

- Never believe that “somebody else is looking into this”
- Stand up for what you know is right to support the hurt person, listen without judgement and do not give any advice
- Let them know that they are not alone
- Let them know that the abuse is not their fault
- Let them know that by them asking for help is a sign of strength not a weakness
- Find helpful resources in your community and direct them to them (shelters, crisis lines etc.)
- Help with an ‘Emergency Safety Plan’ & a ‘Safety Plan’



<https://endingviolence.org/prevention-programs/be-more-than-a->



Traumatized people often feel:

- ⇒ -Isolated
- ⇒ -Defeated, afraid of changing situation
- ⇒ -De-humanized, degraded & demeaned
- ⇒ -Scared & terrified of the unknown
- ⇒ -Worried & Anxious about anything & everything
- ⇒ -Constant “Walking on eggshells”
- ⇒ -Sleep disturbance, exhausted
- ⇒ -Hyper-vigilant, jumpy and scanning
- ⇒ -Easily triggered and sensitive
- ⇒ -Very emotional
- ⇒ -Depressed, no joy of life
- ⇒ -Anxious



Call 1-800-318-4455 for more information