



PREVENTING DOMESTIC VIOLENCE

PROMOTING PEACEFUL HOMES

DURING COVID-19 PANDEMIC

DON'T

Blame or judge.
Impose your ideas.
Engage in couples counseling when there is active domestic violence:

- May increase intensity of abuse.
- May lead to victim being cut off from help.
- May increase risk of suicide/homicide.



Educate yourself about domestic violence (see resources below).
Identify your role and level of expertise.
Educate about healthy relationships.



Remember it takes courage to disclose abuse due to fear of being shamed, judged, and not believed.



Share your policy about confidentiality up front.

Practice & express compassion.

Offer hope.



Assess relationship (healthy, unhealthy, abusive).

Identify forms of abuse.



Ask if there is any experience of insults, threats, physical or verbal attacks, deprivation, neglect.

Assess level of danger.



Share referrals and resources.
Remind people of their strengths.

Refer to domestic violence organizations.



Report if a child is being abused.
Report if an elder adult is being abused.

Report and refer if there is a clear threat of hurting self or others.