



PEACEFUL
FAMILIES
PROJECT

SUPPORTING SURVIVORS



Be supportive and listen, while validating their experiences.

Be nonjudgmental. Respect their decisions and support them no matter what their decision may be. Remember, you cannot rescue someone!



Reassure them that the abuse is never the fault of the person being abused.

Encourage them to participate in activities that they enjoy with friends and family. Survivors can often feel isolated, so giving them a supportive community can go a long way.



Be compassionate and empathetic.

Connect them to a DV organization for them to develop a safety plan as soon as possible.

