

Section F

HOW TO HELP SOMEONE WHO IS BEING ABUSED

We know from survivors of abuse that the assistance of others can be an important part of ending the violence in their lives. The support of friends, family and community can help to break the isolation of abuse, and provide much needed support and information. Information provides women with community resources and concrete ways to take action e.g. giving a woman in an abusive relationship a phone number to call for help may be a crucial first step for her. A woman may hear for the first time from you that woman abuse is unjust and that she has done nothing to deserve it. Every action that we take as individuals is part of the solution towards ending violence against women.

Neighbours, Friends and Families is a campaign to reach neighbours, friends and family members of women and their children who are experiencing abuse. Repeated violence and potentially lethal violence can often be predicted and lives could be saved with appropriate and timely interventions. The *Neighbours, Friends and Families* website provides information on how to recognize abuse, how to offer support and where to turn for help in communities across the province.

For more information go to: www.neighboursfriendsandfamilies.on.ca