Advocacy Empowerment Wheel

Empowerment Through Advocacy

RESPECT CONFIDENTIALITY:
All discussions must occur in private, without other family members present. This is essential in building trust and ensuring her safety.

BELIEVE HER AND VALIDATE HER EXPERIENCES:
Listen to her and believe her. Acknowledge her feelings and let her know she is not alone; many women have similar experiences.

ACKNOWLEDGE THE INJUSTICE:
The violence perpetrated against her is not her fault. No one deserves to be abused.

RESPECT HER AUTONOMY:
Respect her right to make decisions in her own life, when she is ready. She is the expert in her life.

HELP HER PLAN FOR FUTURE SAFETY:
What has she tried in the past to keep herself safe? Is it working? Does she have a place to go if she needs to escape?

PROMOTE ACCESS TO COMMUNITY SERVICES:
Know the resources in your community. Is there a hotline and shelter for battered women?

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