

FIVE THINGS TO SAY to Survivors of Domestic Violence



a program of Alliance for HOPE International

Give hope to survivors of domestic violence through your words

1 Your safety is important to me.

Let the survivor know that you care about them and believe them.



2 You and your children are important to me.

Encourage survivors to seek help by emphasizing their family's well-being. Reassure them that supportive youth services are available, such as Camp HOPE America at allianceforhope.org/camp-hope/find-a-program.



3 You deserve to be treated with love and respect.

Reassure the survivor that one's worth is defined by how they are treated. Refer them to DomesticShelters.org to find clear definitions of abuse and access a wealth of free resources to help them identify abuse and how to find help when they are ready.



4 There is help available.

Help the survivor find a local Family Justice Center at allianceforhope.org/family-justice-center-alliance/find-a-center.



5 I am here for you.

Reassure the survivor by offering a safe place to share, where they are believed and supported. Help survivors find hope by helping them navigate the steps necessary to find justice, safety, and a path forward for them and their loved ones. Learn about the [Science of Hope](#) in Hope Rising, co-authored by Alliance founder Casey Gwinn.

