

BIIN04

If you suspect a friend or co-worker is being abusive at home:

- Do express empathy for difficulties experience by this person.
- Do advise the abuser to stop the violence; just like you would advise someone not to drive drunk.
- Do maintain that there is no excuse for violence.
- Do remind the person that only he/she controls his/her behavior. No one can make him/her be abusive or lose control.
- Do say, "I'm concerned. It's clear that you feel a lot of anger and tension over this. What can we do to make sure nobody gets hurt"?
- Do refer the individual to a perpetrators intervention and counseling program.
- Do provide the individual with referral information to the Employee Assistance Program if he/she is a co-worker.
- Do make an effort to stay in touch with this person. The perpetrator maybe as isolated as the victim. Be persistent and realize you may have to take the initiative.
- Do not blame the victim.
- Do not be taken in by excuses.
- Do not assume the victim is safe if he/she says it won't happen again, even if the person who has been abusive is remorseful.
- Do not try to physically intervene. Rather, call the police.
- Do not feel guilty about calling the police. You might be saving someone's life.