

**If you are the friend of  
someone experiencing  
intimate partner violence:**

**Listen and believe  
what your friend says, even if the  
abuser seems nice or is also your  
best friend.**



**Educate yourself.  
Not recognizing or ignoring the  
abuse further isolates victims.  
Contact your local domestic  
violence program for more  
information.**



**Understand  
that leaving an abusive relationship  
is difficult. Allow your friend to  
make decisions at their own pace.**



**For a domestic violence advocate  
in your area contact:**

**National Domestic Violence Hotline  
1-800-799-SAFE (7233)  
1-800-787-3224 TTY**

**Adapted with permission from the West Virginia  
Coalition Against Domestic Violence**

**There  
is no  
room  
for**

*abuse*



**in  
our**

*community*

**There is enough violence directed at lesbian, gay, bisexual and trans individuals from outside the community.**

*Let's work together to stop the violence within.*



*If someone you care about:*

- ▼ **Demands control of your shared resources or refuses to pay a fair share**
- ▼ **Humiliates you sexually or causes you pain without your consent**
- ▼ **Steals your money or property**
- ▼ **Frightens you by smashing objects or destroying things**
- ▼ **Prevents you from seeing family or friends**
- ▼ **Uses a weapon or throws objects at you**
- ▼ **Pushes, slaps, kicks, bites or restrains you against your will**
- ▼ **Puts you down**
- ▼ **Prevents you from getting or keeping a job**
- ▼ **Damages or sells things that you value**
- ▼ **Threatens to expose your sexual orientation or gender identity to others**
- ▼ **Forces you to have sex or refuses to practice safe sex**
- ▼ **Uses lies to manipulate or punish you when angry**
- ▼ **Is obsessively jealous or doesn't want anyone else in your life**
- ▼ **Threatens to harm you, family, friends or pets**
- ▼ **Threatens to harm you if you leave**

*Talk with someone you trust.*

*What can I do?*

**If someone is hurting you, it is not your fault and you are not alone.**

**Talk about it with someone you trust – a good friend, a caring health care or social worker, a sensitive family member, an understanding person from your community.**

**Talk with someone who will:**

- ▼ **Listen to you.**
- ▼ **Believe you.**
- ▼ **Not blame you.**
- ▼ **Not discriminate against you.**
- ▼ **Keep what you tell them confidential.**
- ▼ **Allow you to make your own decisions.**

**Domestic violence advocates are often the best people to talk with in order to understand your options. They are there to help you identify choices and to help you look at the risks and benefits of those choices. Advocates will not pressure you to do something you are not ready or able to do, and are there to listen, inform and support you. Their services are free and confidential.**

*Only you can decide what is best for you.*