

# Asking about domestic abuse

## What you can do

**You might be the first person someone discloses their abuse to.  
Your response can help them know that they are not alone.**



### **If you are worried about someone:**

- ◆ Create a safe, private space to check in.
- ◆ Give time for them to talk.
- ◆ Avoid victim blaming.
- ◆ Use active listening.
- ◆ Validate their feelings.

### **What can you ask?**

- ◆ Are you OK?
- ◆ How safe do you feel?
- ◆ How are things at home?
- ◆ I noticed... how do you feel about that?
- ◆ Are you ever scared of...

**1**

**Check if they are in immediate danger  
(call 999 if so)**

**2**

**Tell them about the specialist services  
([www.domesticabuse.org.uk](http://www.domesticabuse.org.uk))**

**3**

**Discuss any immediate actions  
(make a safety plan)**

1

**Check if they are in immediate danger (call 999 if so)**

- ◆ Does it feel like the situation could get heated or violent very soon?
- ◆ Is the abusive person close by?
- ◆ Is someone in immediate danger?
- ◆ Do they need support right away?

**If so, call 999 urgently.**

## Remember

**Always let the person lead. Make it clear that it is their choice, and you will support them, regardless of what they decide.**

2

**Tell them about the specialist services ([www.domesticabuse.org.uk](http://www.domesticabuse.org.uk))**

- ◆ Normalise talking to a professional for help.
- ◆ Abuse is complicated.
- ◆ In Kent & Medway, there are lots of options for support at **[www.domesticabuse.org.uk](http://www.domesticabuse.org.uk)**
- ◆ This includes drop-in sessions, support over the phone, safety improvements for your home and safe accommodation if they need to move.

3

**Discuss any immediate actions (make a safety plan)**

- ◆ Ask the person what they think the immediate risks are. Work together to make a safety plan. This could be:
- ◆ **Sharing [www.domesticabuseservices.org.uk](http://www.domesticabuseservices.org.uk)** so they know support available.
- ◆ **Saving the helpline number** under a different name in their phone.
- ◆ **Making safe travel plans** to their next destination.
- ◆ **Offering a private space** for them to call for support now.

