

October is Domestic Violence Awareness Month

One in four women is the victim of severe physical violence by an intimate partner while one in seven men experiences severe physical violence by an intimate partner at some point in their lifetime. On average, 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States. Over the course of a year, that equals more than 12 million women and men.



Despite its prevalence, the patterns of domestic violence are not fully understood by many bystanders. Americans want to help but don't know what to do. More than half of Americans say they may have been in situations where they believed domestic violence had occurred, but they didn't act because they were not sure what to do.

If you suspect that someone you know is being abused, speak up! Expressing your concern will let the person know that you care and may even save his or her life.

Do's and Don'ts

Do:

- Ask if something is wrong
- Express concern
- Listen and validate
- Offer help
- Support his or her decisions

Don't:

- Wait for him or her to come to you
- Judge or blame
- Pressure him or her
- Give advice
- Place conditions on your support

Source: National Resource Center on Domestic Violence

Learn more about BHcare's [The Umbrella Center for Domestic Violence Services \(UCDVS\)](#) and [My Sister's Place Thrift Store and Donation Center](#).