

# Domestic Violence

*How you can help in 3 easy steps*

## 1 Ask

*“Do you ever feel afraid of your partner?”*

*“Does your partner ever try to control you by threatening to hurt you or your family?”*

## 2 Validate

*“You don’t deserve the abuse. It’s not your fault.”*

*“I’m concerned for your safety (and the safety of your children or pets).”*

*“There is help available.”*

## 3 Refer

*“Here is the number to a hotline that can help.  
Do you want to use my phone?”*

### **As Social Workers,**

*...you are in a unique position to be able to help women who are being abused. Ask about abuse directly but gently, and offer the use of your phone to call the Virginia Family Violence & Sexual Assault Hotline. You could be saving a life.*



**1.800.838.8238** V/TTY  
Free. Confidential. 24 hours a day.