

4. When offering assistance to someone you suspect is in a domestic and family violence situation

Common Concern	Consideration should be given to
Its not ok to get involved in someone else's private business at work	<ul style="list-style-type: none"> • It could be a matter of life or death. • It is a matter of somebody's safety, including their child/children's wellbeing. • Domestic and family violence is everyone's business. • Your workplace may have policies that can support the person.
I don't know what to say	<ul style="list-style-type: none"> • Say "I care", "I believe you" and "it's not your fault". • Showing you are concerned is a good start.
I might make things worse	<ul style="list-style-type: none"> • Doing nothing could make things worse • Abuse/violence often escalates over time
It's not serious enough to involve the police	<ul style="list-style-type: none"> • Police are trained to respond - and even if the behaviour is not considered criminal, the Police know about other resources to assist families within a domestic and family violence situation.
I'm afraid the partner might turn violent with me or my family if I interfere	<ul style="list-style-type: none"> • You should not confront / engage the abuser about their behaviour as this may result in placing your friend or yourself at risk. <p>Focus on supporting the person in the domestic and family violence situation</p> <ul style="list-style-type: none"> • Let the police know if you receive threats. Be sure to say if there are weapons available.
I don't think she really wants to leave because she keeps going back	<ul style="list-style-type: none"> • Maybe she did not have the support she needed to leave permanently – <ul style="list-style-type: none"> - no money - nowhere to go - no place to live - no job, no babysitter - no transportation - unable to communicate etc • Support her to see that she has ongoing options if / when she chooses to leave.
I am afraid if I say anything then I will be in the firing line	<ul style="list-style-type: none"> • It is good to be cautious but confident when you ask questions related to DFV. See our Do's and Don't's tip sheet.
I feel very upset and angry about what is happening	<ul style="list-style-type: none"> • It is normal to feel discomfort or distress when we hear about people's experiences of violence. Self care and good boundaries are important • Take advantage of workplace EAP or ask for help at work if you are feeling concerned.
I should wait until she asks for help	<ul style="list-style-type: none"> • She may be too afraid and ashamed to ask for help • It could be a matter of life or death.
If they wanted help or wanted to stop the behaviour, they would	<ul style="list-style-type: none"> • They may be too ashamed to ask for help • It could be a matter of life or death.
What happens in the privacy of the home is a family matter	<ul style="list-style-type: none"> • It isn't when someone is being hurt physically or emotionally – it's wrong and it's against the law.