

## Checklist for Social Media Allies for Victims of Domestic Violence

- ❑ Understand the [telling signs of Domestic Violence](#)
  - ❑ Abuse defined: “**Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.**”
- ❑ Review [Resources for Allies](#) (adapted from the National Domestic Violence Hotline):
  - ❑ Acknowledge that they are in a very difficult situation. Be supportive and listen.
  - ❑ Be non-judgmental, even if they leave and return to their relationship many times. They will need your support even more during these times.
  - ❑ If they end the relationship, continue to be supportive of them. Healing takes time.
  - ❑ Encourage them to spend regular amounts of time with friends and family on phone or video channels. Communicate to victims that abusers could monitor these conversations, and help them devise ways to continue despite this.
  - ❑ Help them develop a safety plan. This could involve a touchpoint schedule between the ally and the victim at the grocery store or on a walk.
  - ❑ Encourage them to talk to people who can provide help and guidance.
- ❑ [Understand when to call 911](#). If the answers to 1 or more of these questions is yes, the victim’s life may be in danger (adapted from Center for Domestic Peace)
  - ❑ Has the abuser threatened to kill the victim, the children, relatives or him/herself? **Prior threats to kill is one of the strongest risk factors consistently linked to homicide.**
  - ❑ Has the abuser expressed ideas, dreams or fantasies about killing the victim, the children, relatives or himself?
  - ❑ Has there been escalation of the abuser’s violence or risk behavior **Increases risk of serious assault or homicide.**
  - ❑ Have they made more than one threat? Daily? Monthly?
- ❑ Consolidate Contact information for relevant resources
  - ❑ Save the contact information for the [National Domestic Violence Hotline](#) (1-800-799-7233)
  - ❑ Identify Legal Resource options in your [state](#) given COVID-19 closures
  - ❑ Help Survivors Identify [Safety and Technology Resources](#)
- ❑ AFTER YOU HAVE HELPED THE VICTIM WITH A SOLUTION...
  - ❑ Fill out the [Citizen Survey](#) to help bridge gaps with data reporting. This aims to eventually achieve policy solutions for these victims.
  - ❑ Consider the impact that this experience may have had on your mental wellbeing. These types of situations can affect different people differently, so do not be

afraid to seek help. Check out [NAMI's mental health resources](#) during COVID-19.