# THE ADVOCACY WHEEL

## Empowerment

#### Respect Confidentiality...

All discussions must occur in private, without other family members present. This is essential to building trust and ensuring her safety.

#### Believe & Validate Her Experiences...

Listen to her and believe her. Acknowledge her feelings and let her know she is not alone. Many women have similar experiences.

# Promote Access to Community

#### Services...

Know the resources in your community. Is there a hotline & shelter for battered women? Mental Health System Power & Control

## Acknowledge the Injustice...

The violence perpetrated against her is not her fault. No one deserves to be abused.

## Help Her Plan for Future Safety...

What has she tried in the past to keep herself safe? Is it working? Does she have a place to go if she needs to escape?

# Respect Her Autonomy...

Respect her right to make decisions in her own life, when she is ready. She is the expert on her life.

Empowerment

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