

## Quick Reference Tip Sheet

### GUIDING PRINCIPLES

- Client safety is a priority
- Respect victim's choices
- Don't blame, threaten, or judge victim
- Believe the victim
- Provide choices, not interventions

***Ask Indirect Questions,  
then Direct Questions if Necessary***

### CONVEY 3 THINGS

1. It's not their fault
2. They are not alone – this happens to many people
3. There is help available

### RESPONDING TO DISCLOSURES OF ABUSE

- Empathetic Understanding
- Provide choices and referrals
- Safety planning if necessary

### LOOK FOR RED FLAGS OR SIGNS OF ABUSE

#### ■ PHYSICAL INDICATORS

- patches of hair missing
- malnourished, dehydrated
- bleeding below the scalp
- signs of confinement, rope marks
- untreated medical condition
- torn, stained, bloody clothing
- cuts, pinch marks, skin tears, lacerations, puncture wounds, burns
- unexplained bruises or welts
- bruises or welts in various stages of healing
- injuries that don't match the explanation
- injuries reflecting outline of objects used to make them – belt buckles, rings, hands, etc.
- bruises on underside of arm
- spiral fractures or twisting injuries
- swollen eyes or ankles
- broken eyeglasses

#### ■ BEHAVIORAL INDICATORS

- accidental injuries
- appears isolated
- seems afraid, confused
- substance abuse
- depression
- hesitant to talk freely

#### ■ PSYCHOLOGICAL INDICATORS

- flinches or draws away when approached
- change in appetite
- fearful when approached by caregiver
- talks about suicide
- anxiety
- excessively passive
- doubts their sanity
- reluctant to discuss home life
- low self-esteem
- resigned, tearful
- afraid of being alone

#### ■ SOCIAL INDICATORS

- isolated with no family or friends who drop by
- not given the opportunity to speak for themselves
- home is physically isolated from the community
- doesn't know neighbors
- relatives all live far away
- doesn't want you to leave