



For women and children.
Against domestic violence.



AVON
PROMISE TO HELP END
VIOLENCE AGAINST
WOMEN AND GIRLS

DO YOU WORRY THAT A FRIEND IS BEING ABUSED BY THEIR PARTNER?

HERE ARE THREE SIGNS TO LOOK OUT FOR...

01

Isolation

Has their behaviour changed? Do they often miss work or social events for apparently no reason? If they are withdrawing from friends or family, this may be a sign they are being isolated by their partner.

02

Low self-esteem

Do they seem less bubbly or outgoing than they used to be? Have they lost confidence?

03

Injuries

Have they had any unexplained bruises or injuries? Have they started wearing clothes that might cover bruises or scars, such as long sleeves on a warm day?

WHAT CAN YOU DO?

HERE ARE THREE WAYS TO MAKE A DIFFERENCE...

01

Be patient

They might need time before they are ready to talk or to make a decision about what to do.

02

Signpost to expert support

The National Domestic Violence Helpline, run by Refuge, can help with access to refuge accommodation and other specialist domestic violence services.

03

Listen

Support them to help build their confidence and to keep contact with friends and family. Reassure them that they are not to blame for the abuse, you are listening and there is support available.

For free information and support, 24 hours a day, 7 days a week, call the National Domestic Violence Helpline ran by Refuge on 0808 2000 247