



5 women are killed every hour by a partner or family member.

1



Listen mindfully without questioning or interruptions.

**Listen**




1 in 5 women have been stalked.

2

#EndVAWG

Establish trust by showing you believe them.




**Believe**



1 in 20 women has been raped

3



Avoid expressing opinions that imply judgement.

**Don't Judge**



1 in 3 women worldwide will experience abuse in their lifetime.

4

"I believe you."  
 "I am here for you."  
 "You can tell me as much or as little as you want."  
 "It's not your fault."  
 "I'm glad you told me."



**Respond**

5

Check in later, and show you care.



**Support**

# 5 ways to support survivors of violence against women and girls

