**Advocacy Wheel**

1. **Empowerment**
   - Respect Confidentiality...
     All discussion must occur in private, without other family members present. This is essential to building trust and ensuring her safety.
   - Believe and 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.
   - Acknowledge the Injustice...
     The violence perpetrated against her is not her fault. No one deserves to be abused.
   - Respect Her Autonomy...
     Respect her right to make decisions in her own life, when she is ready. She is the expert on her own life.
   - 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?
   - Promote Access to Community Services...
     Know the resources in your community. Is there a hotline or a shelter for battered women?

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