



**CALL 24/7**  
1.800.799.SAFE (7233)



**TTY 24/7**  
1.800.787.3224



**CHAT**  
every day 7 a.m. – 2 a.m. CT  
[www.thehotline.org](http://www.thehotline.org)

**MARY KAY**

*The creation of this material was supported by Mary Kay Inc.  
as part of the #ManUp campaign.*

The National Domestic Violence  
**HOTLINE**

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

**Don't Be Silent**

*Speak Up and Speak Out  
Against Domestic  
Violence and Abuse*

**FREE  
CONFIDENTIAL  
24/7/365**



**1.800.799.SAFE (7233)**



# Yes, it is your business.

---

Maybe it's your friend, family member, co-worker or gym partner. You've noticed that he interrupts, criticizes, yells at or scares his partner. You hope that when they're alone, it isn't worse.

The way he treats his partner makes you uncomfortable, but you don't want to make him mad or lose his friendship. What can you do?

Say something. If you don't, your silence is the same as saying the abuse is okay. He could hurt someone, or end up in jail. Because you care, you need to do something... before it's too late.

## He may deny it.

He may not listen. And there's no guarantee that your words will make him stop or get him to change. He may ignore you, get angry, make excuses or talk about what *they* did to make him do it. He might laugh it off or even make fun of you. Still, you need to say something. You need to make it clear that it's not okay and you don't approve.

## Or he may take you seriously and decide to change.

Abuse is a learned behavior, and it can be unlearned. Change is possible with time and dedication, and help is available for people who want to stop being abusive. When you decide that domestic violence and abuse is unacceptable and choose to lead, others will begin to think twice before they strike with their words or their fists.

It's time for us men to step up to the plate. We owe it to those we know and love who are hurting. It isn't easy and it isn't comfortable, but it *is* the right thing to do.



## What can you say or do?

### Draw attention to it.

"Do you see the effect your words have on your partner?"

"Did you mean to be so rough?"

"That's not cool."

### Tell him what you think.

"I'm surprised to see you act that way. You're better than that."

"I care about you, but I don't approve of the way you act toward your partner."

"This makes me really uncomfortable. It's not right."

### Express ideas about loving behavior.

"Loving someone doesn't mean abusing them."

"I think love is about respect and kindness, not abuse."

### Offer suggestions or solutions.

"Men should never hit or threaten the people they love."

"Call me if you feel like you're losing control."

"The National Domestic Violence Hotline can help. Maybe you should give them a call."

