



# LEARN TO RESPOND THE C.A.R.E.® MODEL

It can be hard to know how to start a conversation when you suspect **Intimate Partner Violence (IPV)** and **family violence** or respond when someone discloses it. **WomanACT's C.A.R.E.®** model can help guide conversations.

Learn more about the C.A.R.E.® Model

<https://womanact.ca/publications/respond-this-holiday-season-the-c-a-r-e-model/>

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## C – CHECK IN

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What to do: Privately, start the conversation by sharing your observations. If responding to a disclosure, follow up with thanks and ask about well-being.

- “I saw the way he was talking to you. It doesn’t seem right to me.”
- “Thanks for telling me what’s been going on. What’s all this been like for you?”

## LEARN TO RESPOND

### THE C.A.R.E.® MODEL

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## A – AFFIRM

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What to do: Don’t interrupt or give advice, name the feeling, and reflect back what you hear.

- “You’re feeling like you’re at the end of your rope.”
- “It sounds like this has been heartbreaking as well as frightening.”
- “There’s been violence on top of the isolation you were already feeling.”

## R – RECOGNIZE STRENGTHS

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What to do: Consider what they’ve already been doing to cope and stay safe.

- “I see that you’re doing everything you can to keep your kids safe.”
- “What have you been doing to cope through all this?”

**You don’t need to have all the answers. Showing up with C.A.R.E.® can make all the difference.**

If someone is in immediate danger, call 911. **Everyone has a duty to report suspected child abuse.**

## E – EXPLORE SUPPORT

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What to do: Let them lead while offering gentle options.

- “Who can make you feel safest right now?”
- “What’s the most important thing we can do right now?”
- “I know some organizations that can help, can I share the info?”

