

SEE IT – NAME IT – CHECK IT

It is difficult to have a conversation when we know or suspect someone may be experiencing abuse. “See it, Name it, Check it” provides a framework for these difficult conversations.

SEE-IT:

- See warning signs or risk factors of abuse
- See the Make It Our Business website www.makeitourbusiness.com/warning-signs/warning-signs-for-the-workplace for a list of warning signs and risk factors

NAME-IT:

- Start with naming it to yourself "it looks like abuse"
- Don't ignore or deny the possibility that it may be abuse
- Name it to the person you are concerned about. i.e.: "I'm concerned about you. You have been wearing sunglasses all week, and you are working late every day."
- Don't gossip!

CHECK-IT

- Check the situation; is it dangerous? If so, call 911
- Check yourself; don't judge, don't jump to conclusions, don't try to fix it – ask questions
- Check with a with the internal resources in your workplace – a Human Resources Manager, your union steward, your health and safety expert, your supervisor
- Check with community experts, your local women's shelter, or the Domestic Violence Coordinator of your local police service



Make It Our Business

Domestic violence is not a private matter:
We all have a role to play