***Part 4: Families and Intimate Relationships***

**Intimate Partner and Sexual Violence**

**Step 1: Have a Plan!**If you’ve ever taken any training in supporting people in crisis, you’ll have learned that the best thing you can do to be ready to spontaneously support someone is to have a plan. Imagine a scenario where you need to support someone experiencing intimate partner violence. Draw up a support plan here. Start by researching and listing local resources that you could help your person avail. Then try researching support strategies that you can provide, such as “non-judgemental listening.” Include any other elements in your plan that would help you help someone in such a crisis.

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**Step 2: Reflect on your plan!** You’ve no doubt come up with a fulsome plan to support someone in crisis related to intimate partner violence. There are limits, however, to what you, as a single individual, can do. Write some notes here about what needs to be done at broader social levels to address intimate partner violence. Think about the various social institutions we have worked on, for example, in Part II of this workbook.

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