Behavior Messages

Behavior messages are what we do. It is important to give information, NOT advice.

*Giving advice* means telling someone what you think they should do and how you think they should do it. In GBV cases, giving advice is not useful in helping a survivor because you do not know if you are giving the right advice. As a helper, we should never give advice to a survivor.

*Giving information* means explaining facts to someone so they can make an informed decision about what to do. In GBV cases, giving information is useful because it empowers a survivor to have control over her choices, and shows you respect a survivor's opinions and judgments. As helpers, we provide information about services available in the community and what options there are for help so that they can confident in making their own decisions.