

# Appearance Enhancement Professions and Domestic Violence: You Can Help

## Starting the Conversation

As an appearance enhancement professional, you have a unique position and opportunity to help someone who may be experiencing domestic violence or sexual assault. Fortunately, it is also likely that you are someone with whom they have built a trusting relationship. Your willingness to offer support and information could help them get the resources and support they need to stay safe.

If you suspect your client/customer may be a victim, always approach the other person at a time and place that is safe and confidential – be mindful of your surroundings, body language and who else is in the room/area.

## How will I know if my client/customer is being abused?

There is no definitive set of markers for abuse. We've listed some common indicators as a good starting point. Be mindful that there are several possible explanations for what could be causing these things. Opening a dialogue not only shows the person that you care but allows you the opportunity to help them if you are able.

### PHYSICAL INJURIES

You may notice bruises, marks, lacerations, burns, broken bones, and/or missing hair.

### CHANGE IN APPEARANCE

A client may suddenly be wearing different clothing than usual. They may also attempt to hide bruising with seasonally inappropriate clothing (i.e., long sleeves or turtlenecks in war weather), and hooded sweatshirts or hats or may style their hair differently. They may also style their hair differently and wear more or less makeup than usual.

### FREQUENT CALLS OR TEXTS THAT UPSET THEM

A client may need to answer a call or text and may be anxious or upset if they are unable to do so. They may bring their phone into a private or restricted areas even when asked not to.

### CHANGE IN ROUTINE OR Demeanor

A client who was previously very outgoing, talkative and social may seem withdrawn or standoffish, may make excuses to avoid social situations that they used to enjoy, and may appear jumpy or anxious.

### FREQUENT CANCELLATIONS OR RESCHEDULING

A client may miss regular appointments and/or may comment that their partner needs them to cancel or makes it difficult for them to be on time. They may also suddenly leave appointments early. You may also notice that abusive partners insist on staying with the client/customer during the entirety of their appointment, and may behave in ways that seem caring and attentive.

### NOT WANTING TO BE ALONE WITH PEOPLE OF THE GENDER THEY DATE

A client may request to work with someone of a specific gender, or may become uncomfortable around other clients of a specific gender.

### CONSTANTLY TIRED OR SLEEPY

A client may appear to be exhausted and may even share that they are not sleeping well. They may fall asleep during appointments and may tell you that they missed an appointment because they overslept.



## Be Prepared

You will develop close relationships with clients. This gives you the ability to recognize warnings signs of abusive relationship behaviors during conversations and provide much needed support. You can familiarize yourself with information and resources and share domestic violence materials, fact sheets, and local program information in your waiting room, restroom and workstations.

### LISTEN

Listen to the victim and believe what they say. A common tactic that the abusive partner will use is to tell the victim that no one will believe them.

"I believe you. I'm so sorry you're going through all of this. It sounds like a lot."

"You deserve to feel safe. Violence and abuse aren't part of a healthy relationship."

### AVOID JUDGEMENT

People of all genders, races, ethnicities, and ages are abused by their intimate partners. Let them that the abuse isn't their fault.

"You are not responsible for what's going on."

"No matter what you did, you do not deserve this."

### WHAT CAN I DO?

Have a private and honest conversation about the things that you have observed using open-ended questions.

"I've noticed some things recently that I wanted to talk to you about."

"I notice that they text you constantly while you're here and you seem upset."

### LEAVING DOES NOT EQUAL SAFETY

It can actually increase the danger to the victim.

"You don't deserve to be treated that way. Good partners don't say or do those kinds of things."

"Please know that if you need to talk, you can always come to me."

### VALIDATE FEELINGS

Their feelings are normal. Support and respect their decisions; they are choosing what they think is best for themselves and their children.

"I think anyone who experienced what you have been through could feel that way."

"I feel worried about what you've been through because I don't think this behavior is okay."

### OFFER RESOURCES

Be honest about what resources you can provide and be ready to share information about them.

"I know this is difficult to discuss. Are you interested in learning about local programs that may help you?"

Whenever you're ready, you can chat, text, or call a domestic violence advocate 24/7."

**Be patient. Self-empowerment takes time.**

**TEXT. CALL. CHAT.**

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ACCESS REMOTE  
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YOUR LOCAL DV/SA  
PROGRAM.



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DV/SA ADVOCATE ON A  
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**ALL AVAILABLE 24 HOURS/DAY, 7 DAYS/WEEK**



Office for the  
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