



Primary Health Care Gender-Based Violence Positive Provider – Patient Communication

It is important to let your patient know that their feelings are normal, that it is safe to express them and that they have a right to live without violence and fear.

Validating another's experience means letting the person know that you are listening attentively, that you understand what they are saying, and that you believe what he/she says without judgment or conditions.

Important things that you can say

- "It's not your fault. You are not to blame."
- "It's okay to talk."
- "Help is available." [Say this only if it is true.]
- "What happened has no justification or excuse."
- "No one deserves to be hit by their partner in a relationship."
- "You are not alone. Unfortunately, many other women have faced this problem too."
- "Your life, your health, you are of value."
- "Everybody deserves to feel safe at home."
- "I am worried that this may be affecting your health."