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Guidance For The Salon Professional

Recognizing the signs of domestic abuse and what you can do

CUT IT OUT, a program of the **Salons Against Domestic Abuse Fund** offers these examples to salon professionals:

Signs that a client or someone you know may be abused:

One sign does not prove abuse. However, a combination of them, or repeated signs, may indicate abuse.

- Isolation from friends and family
- Low self-esteem, a sense that she doesn't deserve better treatment
- Self-blame or unrealistic guilt ("It's my fault, I shouldn't have made him mad.")
- Partner always accompanies client to appointments or waits outside in the parking lot
- Fear of the partner, insecurity about his actions
- Bruising in different stages of healing, especially if the bruising is in areas not usually seen by others, such as the scalp
- Bald spots indicating hair has been torn or pulled out
- Frequent injuries, especially with unusual explanations
- Injuries not seen but indicated by general mobility difficulties due to soreness, tenderness, bruising

You may also notice the following behavior:

- The partner dictates the frequency of her salon visits
- The partner will not allow her to change her hair color or style
- The partner is controlling or excessively jealous

What can you do if a client or someone you know is being abused?

- **Believe** the person who tells you that she is being abused. Her abuser may have her convinced that she is at fault or that she doesn't deserve better treatment.
- Keep whatever she tells you **confidential**. Her life may be at stake.
- Gently **guide her to find help**. Suggest that she contact her local domestic violence agency or call the National Domestic Violence Hotline (1-800-799-SAFE). Suggest that she needs to consult a qualified, objective third party.

- **Don't try to fix the problem** for her or become her counselor – your local domestic violence agency is staffed with trained personnel to counsel victims and help to ensure their safety. All have access to a shelter or safe house. Don't put yourself in harm's way or increase the danger for the victim by getting in the middle.
- **Help others** to understand that domestic violence is absolutely, totally unacceptable and usually escalates over time. Have the number of your local agency or the National Domestic Violence Hotline number handy.

For more information on **CUT IT OUT**, please log on to www.cutitout.org.

CUT IT OUT is a program of the **Salons Against Domestic Abuse Fund** dedicated to mobilizing salon professionals and others to fight the epidemic of domestic abuse in communities across the United States.

CUT IT OUT builds awareness of domestic abuse and trains salon professionals to recognize warning signs and safely refer clients to local resources.

Partners include:

Clairol Professional, Stamford, CT, a division of P&G, and a leader in salon hair color for more than 70 years; with more U.S. salons carrying its flagship brand, Miss Clairol Professional, than any other hair color;

The National Cosmetology Association (NCA), Chicago, IL, the world's largest association of salon professionals, with more than 25,000 hairdresser, nail technician, esthetician, and beauty educator members;

Southern Living At HOME, Birmingham, AL, a company of Southern Progress Corporation and Time Inc., a home décor party plan company that has become the fastest growing in the history of direct sales.