



If it happens to a friend...

- **Talk about it!** Share your concerns and do not excuse the signs of abuse.
- **Listen actively!** Give your friend your undivided attention.
- **Be supportive!** Let your friend know you understand and care; do not attempt to tell your friend what to do. Instead, discuss possible options.
- **Do not criticize!** Be careful. Avoid making judgments about the situation and the decisions your friend has made thus far.
- **Encourage!** Help your friend understand the importance of telling a trusted adult about the abuse; offer to go with your friend to obtain help.
- **Inform!** Tell your friend that violence or abuse is not his/her fault, and no one deserves it.
- **Protect privacy!** Your friend has chosen to confide in you; do not gossip or share details about the abuse with anyone other than a trusted adult.
- **Do not put yourself in danger!** Do not attempt to be a mediator for your friend and the abuser.
- **Provide resources!** School guidance counselors, local domestic violence agencies, websites, etc.

Help is Here! Contact our 24-hour helpline to learn more about abuse and the things you can do to help and support those in an abusive relationship

920-235-5998