



HOW TO HELP A FRIEND

If you know someone who's being abused, here's how to help:

- Be there. Listen without giving advice, unless it is asked for, and believe what is told to you.
- Don't pressure your friend to break up with his or her partner, and don't put the partner down. This may drive your friend away.
- Don't tell your friend how s/he should feel. Recognize that it is still possible to love someone who hurts you.
- Encourage your friend to get help. Offer to help find a counselor s/he can trust and offer to go with your friend to meet the counselor.
- Call a domestic violence hotline to find out what you can do to help your friend. You can remain anonymous if you wish.
- Get written information on relationship abuse and share it with your friend.
- Allow your friend to make his or her own decisions, and respect those decisions even if you don't agree with them.

If you know someone who's abusing a girlfriend or boyfriend, here's how to help:

- Tell your friend very clearly that his or her behavior isn't cool.
- Encourage your friend to get help. Offer to help find a counselor s/he can trust, and offer to go with him or her to meet the counselor.
- If your friend grew up in a violent home, try to get him or her to talk about how that affected his or her own relationships.
- Be supportive of your friend's partner. Let him or her know that s/he doesn't deserve to be abused.
- Call a domestic violence hotline to find out what you can do to help your friend. You can remain anonymous if you wish.
- Get written information on relationship abuse and share it with your friend and your friend's partner.
- Speak up when peers make disrespectful remarks or sexist jokes.
- Be a role model for healthy relationships by treating your partner and friends with respect.