

HELPING A FRIEND

ARE YOU CONCERNED ABOUT A FRIEND'S RELATIONSHIP?

- Say something. Tell your friend that you care and are willing to listen. Focus on your friend, not the abusive person.
- Become informed. Find out all of the facts you can about dating violence. Contact a local or national program for answers.
- Guide your friend to resources. Share information and let them know that they are not alone. There are people who can help.
- Maintain support, even if their behavior is different than what you wish. Respect your friend's right to make their own decision.
- If your friend decides to end the relationship, help them make a plan to be safe. Visit loveisrespect.org for an interactive guide to safety planning.

Remember you can't fix their problems. Be as kind and supportive as you can, but it's your friend's decision what they choose to do.



WCA 24-HOUR HOTLINE - 208.343.7025

**LOVE IS RESPECT - 866.331.9474
OR TEXT 'LOVEIS' TO 22522**