

YOU HAVE THE POWER TO HELP YOUR FRIENDS WHO ARE IN ABUSIVE RELATIONSHIPS

How to Help Someone who is Abused:

- a. Listen and believe.
- b. Don't ask blaming questions (e.g., "What did you say to provoke them?" or "Why don't you just break up with them?")
- c. Don't be critical of their partner
- d. Keep communications open
- e. Offer to go with them for help
- f. Call the police when you witness an assault

How to Help Someone who is Abusive:

- a. Tell your friend clearly that violent behavior is not OK – it shows the person has a problem and needs help
- b. Offer to go with them to get help
- c. Demonstrate respect with your friends
- d. Be a role model for healthy relationships – treat your partner with respect
- e. Call the police if you witness an assault – in many cases, the abusive person can be required to get counseling

For More Information and Help, Call:

888-215-5555 (24 hours, toll free)

STAND! provides comprehensive services including a 24 hour, toll-free crisis hotline, emergency shelter, transitional housing, counseling for individuals and families, children's and teen programs, support groups, batterer's treatment program, and much more.