

# How to Help a Friend

## ✓ DO...



start the conversation in a private, comfortable space.



express concern about unhealthy behaviors you witness.



validate their emotions and thank them for sharing with you.



help them brainstorm resources, options, and next steps.



follow their lead and let them guide the conversation



get help if you are worried about you or your friend's safety.

## ✗ DON'T...



label the relationship or the partner as bad or abusive.



judge or blame them for the abuse they experience.



push them to talk if they don't want to or are not ready to.



tell peers or mutual friends without their permission.



make decisions for them or judge their choices.



try to do everything without the help of a trusted adult.