



THINGS TO SAY OR DO FOR A FRIEND WHO IS BEING ABUSED

- I care about you.
- I'm concerned for you.
- Have you told anyone?
- It's going to take time to get over this; talking about it helps.
- Describe how you are feeling.
- Are you safe?
- Maybe you need more than I can offer.
- How are you coping; is it working?
- Are you eating...sleeping?
- Do you need a hug?
- I'm here for you
- Maybe you should try talking to an adult you trust.

REMEMBER

- It's **ALWAYS** okay to get help from trustworthy adults.
- Getting help for yourself or a friend is **NEVER** a sign of weakness.
- If the problem gets out of hand, seek outside help **TODAY**.