

# HOW TO HELP A FRIEND EXPERIENCING ABUSE

DO	DON'T
<p>Listen, let them talk</p> <p>Believe them</p> <p>Call out the abuse for what it is</p> <p>Recognize their courage for seeking help</p> <p>Tell them it's not their fault</p> <p>Tell them they don't deserve to be hurt</p> <p>Offer them advice &amp; options</p> <p>Respect &amp; support decisions</p> <p>Recommend help &amp; resources like <a href="http://domesticviolenceactioncenter.org">domesticviolenceactioncenter.org</a>.</p>	<p>Interrupt</p> <p>Blame them or let them blame self</p> <p>Put down the abusive person</p> <p>Be upset if they kept the abuse hidden</p> <p>Ask judgmental questions.</p> <p>Tell them what they should do</p> <p>Think you know what is best for them</p> <p>Feel responsible to fix the situation on your own</p>

# HOW TO HELP A FRIEND WHO IS BEING ABUSIVE

DO	DON'T
<p>Tell them that their actions are NOT ok</p> <p>Call out abuse for what it is</p> <p>Tell them you speak up because you care</p> <p>Talk about the consequences of abuse</p> <p>Offer them advice &amp; options</p> <p>Call 911 if you witness violence</p> <p>Recommend help &amp; resources</p>	<p>Stay silent. Silence = acceptance</p> <p>Minimize their abusive behaviors</p> <p>Put them down or label them</p> <p>Give ultimatums/threats to get the abuse to stop</p> <p>Take it personally if the abuse doesn't stop</p> <p>Put your own safety at risk</p> <p>Believe the abuse will stop on its own</p>

Email [CAMPUS@stoptheviolence.org](mailto:CAMPUS@stoptheviolence.org) if you need information or advice about helping friend in an abusive relationship.

