



SUPPORTING A FRIEND

If you or someone you care about is in an abusive situation and you are concerned about your safety, think about creating a Safety Plan! You can find a great resource to start at thehotline.org/plan-for-safety/create-a-safety-plan

BE NONJUDGMENTAL

Don't be forceful with the conversation or judgmental about the choices they have made. It may be very hard for your friend to talk about their relationship - make sure they feel safe & supported.

LISTEN AND VALIDATE

Let your friend share what they are experiencing and make space for their feelings. Do not immediately try to solve the issue or give advice. Validate their feelings by reminding them that it is normal to feel how they do and that it is not their fault.

BRAINSTORM OPTIONS

Start by asking "what do you think you should do?" or "what is the next safest choice for you to make?" and "how can I help you?" You can provide options if they seem open to it - and DVCCC services are an option for you to offer! So is quality time spent together and a shoulder to cry on!

SHOW THEM LOVE

When we show love to our friends - by empowering them, uplifting them, and reminding them of their self-worth - we help them notice the difference between how they feel when they are with people who love them, and how they feel with those who are not showing them healthy love.

FILL YOUR BUCKET

It can be stressful and draining supporting a friend who may continue a relationship with someone unhealthy. It's okay to take the time and space you need to take care of yourself so you can show up for others as the best version of yourself!

REMEMBER!



The most dangerous time in an abusive relationship is during and immediately following the break up - even in public places, things can escalate and create unsafe situations for everyone involved. The safest way to break up with an abusive partner is via text, phone call, etc. and do not meet up with them again after the break up.