

# You Have the **POWER** to **HELP** Your Friends

## How to Help an abuse Victim:



Listen and believe! Tell her you care about her and want her to be safe.

Don't ask blaming questions. (examples: 'What did you do or say to provoke him?' or 'Why don't you just break up with him?')

Don't be critical of the abusive partner.

Offer to talk with her or go with her for help.

Call the police or security officer if you witness an assault.



## How to Help an Abuser:

Call the police if you witness an assault- in many cases the abuser can be required to get counseling.

Tell him that violent behavior is not O.K.--it is a sign that the person has a problem and needs help.

Offer to talk with him about alternative to violence--cooling off, talking about the problem, counseling, support group.

Be a role model for healthy relationships--treat your friends and partners with respect.

Take a stand! Don't reinforce abusive behavior by laughing, minimizing, or ignoring an act of violence or a threat.