

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?
- Its going to take time to get over this, talking about this 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

May 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**