

What are the signs your friend is in an abusive relationship?

- If your friend constantly cancels plans with you last minute.
- If their partner yells at them, calls them names, or makes them feel bad.
- If your friend is always worried about upsetting their partner.
- If your friend stops doing things that used to be important to them.
- If your friend always apologizes or makes excuses for their partner's behavior.
- If your friend's partner is constantly texting or calling to check up on them.
- If your friend has injuries they can't explain or offers an excuse that seems like a lie.

How can you help a friend in an abusive relationship?

- ✓ **Ask questions, but don't lecture.**
When you lecture or tell your friend what to do, it comes across as judgment. Questions help open the channel for communication.
- ✓ **Build your friend up, support them and remind them of their strengths.**
Understand that your friend is probably experiencing low self-esteem or self-worth. Assisting them to build self-esteem will help them to find the strength to leave.
- ✓ **Urge your friend to tell someone.**
It could be a parent, teacher, hotline, or any trusted adult.
- ✓ **Advise your friend to save harassing texts, e-mails, notes, etc.**
- ✓ **Help develop a safety plan.**
The most dangerous time in an abusive relationship is when the victim tries to leave. Help your friend in staying safe.
- ✓ **Let your friend decide when he or she is ready to leave.**
It's not easy to get out of an abusive relationship, and your friend has to decide when it's the right time for them.
- ✓ **Be supportive and listen.**
Even if your friend goes back or has pushed you away, they still need your support.
- ✓ **Document.**
Keep records of any incidents of abuse you see or hear about. If you can, take pictures of any injuries.
- ✓ **If there is immediate danger, call the police.**

Find us at **MOCSAkc**



This grant project is funded by the State General Fund as administered by the Kansas Governor's Grants Program. The opinions, findings and conclusions, or recommendations expressed in this publication, program, or exhibition are those of the author(s) and do not necessarily reflect the views of the Office of the Kansas Governor.

© 2011 by the Metropolitan Organization to Counter Sexual Assault. This material is copyrighted and cannot be reproduced without the expressed permission of the Metropolitan Organization to Counter Sexual Assault.

