



How to Talk with a Friend or Family Member Who is Being Abused

Before trying to help a friend, stop and think. If you are going to talk to a friend about an abusive partner, be clear that you are against the abusive behavior, not the abuser. Always be mindful of your safety and the safety of your friend.

- Speak to the person when the abuser isn't around. They are more likely to feel safe enough to speak openly.
- Assure them that the conversation is private.
- Tell the person that you are concerned for their safety.
- Tell the person that they do not deserve to be abused.
- Acknowledge that the abuse is not the person's fault. Tell the person that they are not alone.
- Ask questions about what is going on. Do this without yelling at, insulting, or making them feel bad about themselves.
- Be supportive and patient. It may be difficult for the person to talk about the abuse.
- Help them recognize the excuses for the abusive behaviors
- Tell them your concerns with "I" statements.
- Listen. Start by believing what they tell you.
- Avoid judging the person. They may go back to the abuser many times before leaving the relationship.
- Encourage the person to talk to other who can provide help and guidance. Offer to help them talk to those supportive people.
- Remember that you can't "rescue" the person. Your friend or family member must be the one to decide what to do. Your job is to be supportive.
- If you have trouble finding a safe adult, call A Woman's Place at 1.800.220.8116. You are not telling on them or their partner, you are trying to keep them safe.

If you feel like you or a friend needs help, contact A Woman's Place.

1.800.220.8116

www.awomansplace.org