

How to help a friend  
who has been hurt by  
their boyfriend or  
girlfriend

# If someone tells you they are in an unhealthy relationship...

- **Listen.** You may feel like you don't know what to say. That's okay. What is most important is to listen to your friend and let him or her know that you are glad to listen.



**Believe your friend.** People rarely make up these kinds of stories. Your friend is probably telling the truth.



**Show that you care.** This may be the first time your friend has ever told anyone about their experience. Support them in whatever way is comfortable. Show with your body language and your facial expression that you care.



**Reassure your friend that he or she is not to blame.** No matter what the situation, it is the person who committed the assault who is responsible. It is not the victim's fault.



**Respect your friend's privacy.** Although lots of tough decisions need to be made, let your friend be in control of those decisions. Decide with your friend who is a trusted adult you can both talk to. That person might be a parent, teacher, counselor, minister or someone else.

