How to Help a Friend

**DO...**

- Start the conversation in a private, comfortable space.
- Express concern about unhealthy behaviors you witness.
- Validate their emotions and thank them for sharing with you.
- Help them brainstorm resources, options, and next steps.
- Follow their lead and let them guide the conversation.
- Get help if you are worried about you or your friend’s safety.

**DON'T...**

- Label the relationship or the partner as bad or abusive.
- Judge or blame them for the abuse they experience.
- Push them to talk if they don’t want to or are not ready to.
- Tell peers or mutual friends without their permission.
- Make decisions for them or judge their choices.
- Try to do everything without the help of a trusted adult.

References:
1. https://www.joinonelove.org/learn/help_a_friend/
2. https://www.loveisrespect.org/resources/how-to-help/

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