

VIOLENCE IS PREVENTABLE **VIP**



BC Society of
Transition Houses

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GRADES 7-9



How You Can Help a Friend

Watching a friend experiencing violence or abuse can be confusing and difficult. You may want to help and feel unsure of how you can help. The choice to end an unhealthy relationship is up to them, but there are things you can do to help your friend.

What Can I Do?

- Don't be afraid to reach out to a friend who you think may need help. Let them know that you are concerned for their safety and would like to help.
- The violence is NOT their fault. Everyone deserves a healthy, non-violent relationship.
- Be supportive, listen patiently and respect their decisions.
- Help your friend recognize that violence is not OK.
- Support your friend, even if they stay with their girlfriend or boyfriend. It's important for them to feel comfortable speaking to you.
- Remind your friend that there are people who can help and connect them to resources like the ones below.
- Help them come up with a plan to be safe.
- If they end the relationship, continue to be supportive.
- Don't talk about them online, it may make the situation more difficult for your friend.



There are people you can talk to:

Kids Help Phone 1.800.668.6868

Kids Help Text 686868

BC Crisis Centre 1.800.784.2433

VictimLink 1.800.563.0808

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