

RECOGNIZING AND RESPONDING *Continued*

- Seek help. Talk with someone you trust, such as a teacher, a guidance counselor, a doctor, a friend or a parent.
- Contact the police or a local domestic violence center.
- Call the National Teen Dating Abuse Helpline at (866) 331-9474 or (866) 331-8453 TTY, or visit the website www.loveisrespect.org. This is a helpline that teens can access to talk on the phone or chat online with other teens trained on healthy relationship issues.

HOW TO HELP A FRIEND WHO MIGHT BE IN A VIOLENT RELATIONSHIP

- Try to find out for sure by saying something like, "You don't seem as happy as usual" or asking in general terms, "Is there anything you want to talk about?"
- Listen without judging, condemning or giving unwanted advice.
- If a friend wants help, suggest that he or she talk to a trusted adult or contact a local domestic violence organization. Offer to go along. Encourage your friend to visit www.loveisrespect.org.
- If you believe your friend is in serious danger, talk immediately with an adult you trust about your friend's situation so you aren't carrying the burden alone. Don't try to "rescue" your friend or be a hero by trying to handle the situation on your own.

HOW TO HELP A FRIEND WHO MIGHT BE AN ABUSER

- Talk to the person privately about his or her use of violence and where to go for help.
- Try to get your friend to understand that the behavior is both wrong and illegal. Be clear and direct.
- Try to get your friend to talk to a counselor or teacher or another trusted adult about his or her behavior. The likelihood is high that those who perpetrate violence against a partner at a young age are witnessing violence or are in danger themselves; getting them help is key.
- Talk to mutual friends about what you are seeing and how you can help your friend change his or her behavior.
- If you believe your friend is in serious danger, talk immediately with a trusted adult about your friend's situation so you aren't carrying the burden alone. Don't try to "rescue" your friend or be a hero by trying to handle the situation on your own.