

# TIP SHEET - SUPPORTING FRIENDS



You need information on local services that can assist young people who are victims and who are perpetrating violence.

## TIPS ON HOW TO SUPPORT A FRIEND

- Discuss the situation sensitively with them and in private.
- Don't gossip about what they share with you.
- Believe them if they tell you they are in an abusive relationship.
- Do not minimise what they tell you and do not blame them.
- Be patient. It has taken a lot for them to trust in you and to share this information with you.
- Make sure that they are safe.
- Talk about the issue of safety and discuss safety strategies with them.
- Identify that this is relationship violence and it is not ok, that no-one deserves this.
- Tell them they have the right to be safe.
- Recognise and support their strength and courage.
- Do not judge them about whether they want to stay in the relationship or not.
- Be supportive and discuss how they can be safe.
- Do not put yourself at risk.
- Encourage them to get support from family, the school counsellor, police or a service in your community.
- If you are unsure or uncomfortable about the situation talk to a counsellor or a family member.

