

Friends: What can we do?

Start the conversation: let them know you have noticed certain things that concern you, but do not be forceful.

Remember that 1 in 3 teen relationships involve some sort of abuse



1-877-835-2120

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Remember: Don't place the blame on your friend. Help them understand that the behaviours they are experiencing are not normal.

Help your friends identify abusive behaviours by connecting them to resources or sharing information about healthy relationships.

Keep your communication door open! Your friend needs you to listen and be supportive. What you see or hear may make you frustrated and upset, but it is important to stay calm.

After listening to your friend, start by saying "I believe you"

Go over different types of boundaries with your friend.

- Digital
- Emotional
- Physical
- Financial