

red flags
+ suspicions
+ love 

= friends say the
tough stuff

So Say It 

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"Friends Say the Tough Stuff... So Say It."

How to help a friend in a questionable relationship:

DO:

- Listen first to what they have to say.
- Talk to them in private and keep what they say confidential.
- Let your friend know why you are concerned. Be specific. Refer to incidents you have personally witnessed instead of what you have heard from others.
- Offer to get your friend information.
- Mention other people your friend might talk to – a counselor, a teacher, or another adult they trust.
- Let them know you are available to talk more if they need.
- Give them the loveisrespect, National Teen Dating Abuse Helpline, number or website address.

DON'T:

- Be judgmental.
- Make them feel stupid or ashamed.
- Ask lots of yes or no questions. Give your friend a chance to talk freely.
- Force your friend to make a decision or give ultimatums. They have to decide when they are ready to get help or end their relationship. You can't do it for them.

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