What are the signs your friend is in an abusive relationship?

- If your friend constantly cancels plans with you last minute.
- If their partner yells at them, calls them names, or makes them feel bad.
- If your friend is always worried about upsetting their partner.
- If your friend stops doing things that used to be important to them.
- If your friend always apologizes or makes excuses for their partner’s behavior.
- If your friend’s partner is constantly texting or calling to check up on them.
- If your friend has injuries they can’t explain or offers an excuse that seems like a lie.

How can you help a friend in an abusive relationship?

- **Ask questions, but don’t lecture.**
  When you lecture or tell your friend what to do, it comes across as judgment. Questions help open the channel for communication.
- **Build your friend up, support them and remind them of their strengths.**
  Understand that your friend is probably experiencing low self-esteem or self-worth. Assisting them to build self-esteem will help them to find the strength to leave.
- **Urge your friend to tell someone.**
  It could be a parent, teacher, hotline, or any trusted adult.
- **Advise your friend to save harassing texts, e-mails, notes, etc.**
- **Help develop a safety plan.**
  The most dangerous time in an abusive relationship is when the victim tries to leave. Help your friend in staying safe.
- **Let your friend decide when he or she is ready to leave.**
  It’s not easy to get out of an abusive relationship, and your friend has to decide when it’s the right time for them.
- **Be supportive and listen.**
  Even if your friend goes back or has pushed you away, they still need your support.
- **Document.**
  Keep records of any incidents of abuse you see or hear about. If you can, take pictures of any injuries.
- **If there is immediate danger, call the police.**