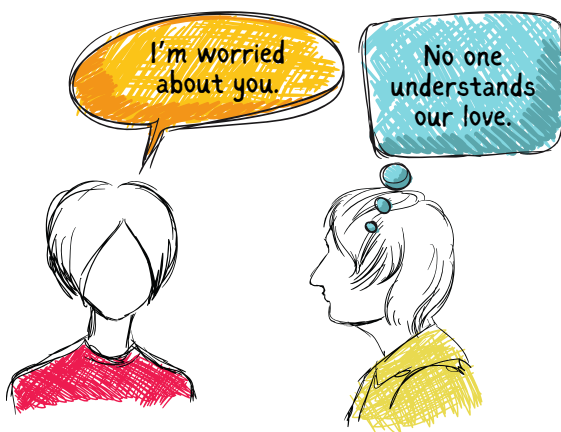


Tips on How to Help a Friend in an Unhealthy Relationship

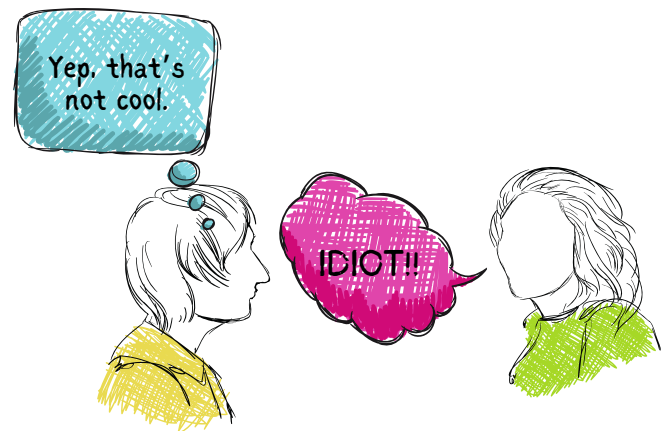
Now that you know about unhealthy dating behaviors, you might notice a friend dealing with some of these things in their relationship.

You want to say something to your friend but are afraid that they might shut you out completely. How do you approach a friend in a way that is supportive?



- Your friend might not recognize that their relationship is unhealthy or abusive. In a private, quiet moment - Let your friend know that you've noticed some unhealthy behaviors from their partner and you just want to make sure they are okay and let them know that you will be there to listen, without judgement, whenever they need you. Then, be patient.

- Just by gently pointing out the behaviors you've noticed. You will give your friend the ability to start noticing these behaviors themselves. Because of your invitation to be heard without judgement, your friend knows that they have support if/when they need it. They will be more empowered to act in their own best interest.



Your friend will most likely end the relationship in time. If your friend confides in you that they are afraid to break-up with their partner, point them to FavorHouse.org or LovelsRespect.org for resources to help. If you notice evidence of physical or sexual violence, talk to a trusted responsible adult about your suspicions. Your friend could be in danger and in need of additional resources for their safety. Learn more at www.FavorHouse.org or www.LovelsRespect.org.