



Possible Responses

Approaching a friend/resident about relationship abuse can be difficult, but showing that you care can make a huge difference. If you think your friend is being abused, talk about it. The following are some statements and questions you can say to help your friend work through what s/he is feeling. Listen. Let your friend know you care. You don't have to be an expert. You just need to be there.

- I'm really concerned...
- It sounds like your partner is being really controlling...Do you feel like you can be yourself?
- I just want to make sure you're safe...Do you feel safe right now?
- I want you to know that this isn't your fault...
- You don't deserve to be treated like this...
- That sounds like it would be really difficult to deal with...
- Thank you for sharing this with me...I know it must be really hard to talk about this...
- I'm just going to give you some resources in case...
- I want you to know that no matter what you decide to do, I'm here for you.

Remember: Change doesn't happen right away! The most important thing you can do is provide resources and be available.