DOMESTIC VIOLENCE AWARENESS MONTH

SEE SOMETHING WRONG? SPEAK UP. CHECK IN.

YOUR VOICE CAN MAKE THE DIFFERENCE.

1 NOTICE THE SIGNS:

IS YOUR FRIEND ALWAYS ANXIOUS, WITHDRAWN, OR UPSET AROUND SOMEONE?
ARE THEY BEING PRESSURED, ISOLATED, OR DISRESPECTED?

2 START THE CONVERSATION:

USE CARE: "I'VE NOTICED YOU DON'T SEEM HAPPY. I'M HERE IF YOU WANT TO TALK."
AVOID JUDGMENT: FOCUS ON LISTENING, NOT BLAMING.

3 SUPPORT THEM:

LET THEM KNOW THEY DESERVE RESPECT .
OFFER TO GO WITH THEM TO TALK TO A COUNSELOR, TEACHER, OR TRUSTED ADULT.
REMIND THEM: "YOU'RE NOT ALONE.".

24/7 CONFIDENTIAL SUPPORT
Text LOVEIS to 22522
loveisrespect.org
1-866-331-9474

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