

## HOW TO HELP A FRIEND

- **Listen** and **believe** what they tell you.
- **Acknowledge** your friend's feelings. Don't tell them how they should feel.
- **Let them know** if you are concerned for their safety.
- **Do not judge** or make victim-blaming states like "Why did you let them treat you like this?"
- **Empower** your friend to make their own decisions and support them through this difficult process.
- **Ask your friend** if they want to talk about ways to break up safely
- **Offer** to help them find a counselor, teacher, coach, or parent they can trust. Offer to go with them to offer support.

## NEVER TELL SOMEONE TO END A RELATIONSHIP!

This may drive your friend away when they need you most and it could be dangerous.

## RESOURCES

### JCADA Confidential Helpline

1-877-88-JCADA(52232)

### Local 24 Hour Hotlines

Montgomery County: 240-777-4000  
Prince George's County: 301-731-1203  
Alexandria: 703-746-4911  
Arlington: 703-228-4848  
Fairfax: 703-360-7273  
DC: 844-4HELPDC(435732)

### National Dating Violence Helpline

1-866-331-9474

### Crisis Text Line

Text "LISTEN" to 741-741

### Websites

[www.loveisrespect.org](http://www.loveisrespect.org)  
[www.nnedv.org](http://www.nnedv.org)  
[www.breakthecycle.org](http://www.breakthecycle.org)  
[www.jcada.org](http://www.jcada.org)

## FOLLOW US!



@AWARENow



*A JCADA Prevention Initiative*

**1-877-88-JCADA(52232)**

Abuse is a pattern of behavior in which one person seeks to maintain power and control over another person.

## TYPES OF ABUSE:

Emotional/Verbal  
Physical  
Sexual  
Financial  
Technological

AWARE® is a prevention initiative of



JEWISH COALITION AGAINST  
DOMESTIC ABUSE  
support • educate • prevent

## DOES YOUR PARTNER OR SOMEONE CLOSE TO YOU...

- criticize or humiliate you?
- isolate you from others?
- manipulate you or lie to you?
- threaten to hurt you?
- force you to do things you do not want to do?
- constantly text you or call you?
- use your money or force you to buy things?
- touch you in a way that makes you feel uncomfortable?
- fault you for everything?
- prevent you from getting your school work done?

If you answered “**yes**” to any of the above questions, you may be in an abusive relationship. Consider contacting one of the resources found on the back of this card.

## YOU HAVE THE RIGHT TO:

- say “**no.**”
- **change** your mind.
- **have control** over your own body.
- **set your own boundaries** and have those boundaries respected.
- **keep your passwords** to your phone, social media, and other devices **private**.
- **enjoy activities** with or without your partner.
- **take time** to be alone or do things without your partner.
- **have friends** outside your partner of any gender or sexual orientation.
- **make decisions** for yourself.
- **not be physically, sexually, verbally, or psychologically hurt** by ANYONE - friends, family members, co-workers, dates, or strangers.