

Talk to Your Friend About Healthy Relationships



A friend in an unhealthy relationship

Warning signs

- Does your friend have suspicious injuries?
- Is your friend becoming more isolated?
- Has your friend become more withdrawn?
- Has your friend's work performance started to suffer?
- Is your friend's partner:
 - Controlling of all her behaviors?
 - Jealous of everyone around her?
- Does your friend's partner embarrass, berate or humiliate her in public?

Here's how to talk to your friend

- **Listen** – hear your friend out without being judgmental and show concern (“I care about you” and “you’re really important to me”).
- **Validate** – you may not understand your friend's decisions, but maybe she's doing everything she can to stay safe (why does she stay).
- **Connect** – don't let your friend get isolated. Be clear on how you're able to help her.
- **Act** – call New Beginnings' Help Line to get information on how to help your friend stay safe.

A friend treating their partner in a troublesome way

Red flags

- Is your friend controlling of all his partner's behaviors?
- Does your friend act jealous of every one around his partner?
- Has your friend cut his partner off from her family and friends?
- Does your friend control all their finances?
- Does your friend embarrass, berate or humiliate his partner in public?

Things to keep in mind

- Before you say anything, ask yourself if you and their partner will be safe if you say something.
- You don't want to make a volatile situation worse (for you or his partner).

