

## WHEN YOU SUSPECT ABUSE



### STEP ONE: BECOME EDUCATED

### STEP TWO: SHOW C-O-N-C-E-R-N

- C** **CONCERN** Open the conversation with “I’m concerned about you.” Don’t begin by criticizing the relationship.
- O** **OBSERVATIONS** Be clear and specific about what you saw and how it made you feel.
- N** **NO ONE DESERVES ABUSE** There is no excuse for hurting another person emotionally, verbally, sexually or physically. The person using abuse is solely responsible for their actions.
- C** **CONFIDENTIALITY** Let your friend know that you respect their need for privacy and confidentiality. The decision to stay with a partner or to seek help is up to them.
- E** **EMPATHIZE** Don’t judge your friend. Empathize with the complexity of feelings that you can have in a relationship.
- R** **R U SAFE** Safety has to be a critical concern anytime you suspect abuse. Let them know the warning signs of the potential escalation of abuse.
- N** **NAMING THE PROBLEM** as unhealthy or abusive can help direct them to the most appropriate resources.

### STEP THREE: MAKE A REFERRAL



1-877-R-U-ABUSED  
jbws.org or morrisfjc.org

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