

How to help a friend...

TOGETHER WE CAN END
DOMESTIC VIOLENCE &
SEXUAL ASSAULT



#UKSAYSNOMORE

Believe what the victim is telling you

You may feel surprised, shocked or even find it difficult to understand how someone you know is abusing your friend or family member. It's okay to feel this way – many abusers are masters at hiding their abusive behaviour. However, it's important that you do not share your shock with the victim as it could be interpreted as disbelief.

Listen without judgement

It's important to remember that the first step for anyone leaving a violent relationship is being able to tell someone what they are experiencing. If the individual experiencing a violent relationship feels they are being judged by their friend or they dismiss the behavior as an excuse, they may remain in the relationship and no longer reach out for specialist support.

Signpost to support

If you suspect someone you know may be in danger, *Bright Sky* can help you. This free mobile app provides information to help you determine if you are witnessing a violent relationship. Using your Global Positioning System (GPS) you can locate the address and telephone number for the nearest specialist support centre.

Search *Bright Sky* in your app store today.



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NO MORE

For more information, please visit:
[UKSAYSNOMORE.ORG](https://uksaysnomore.org)