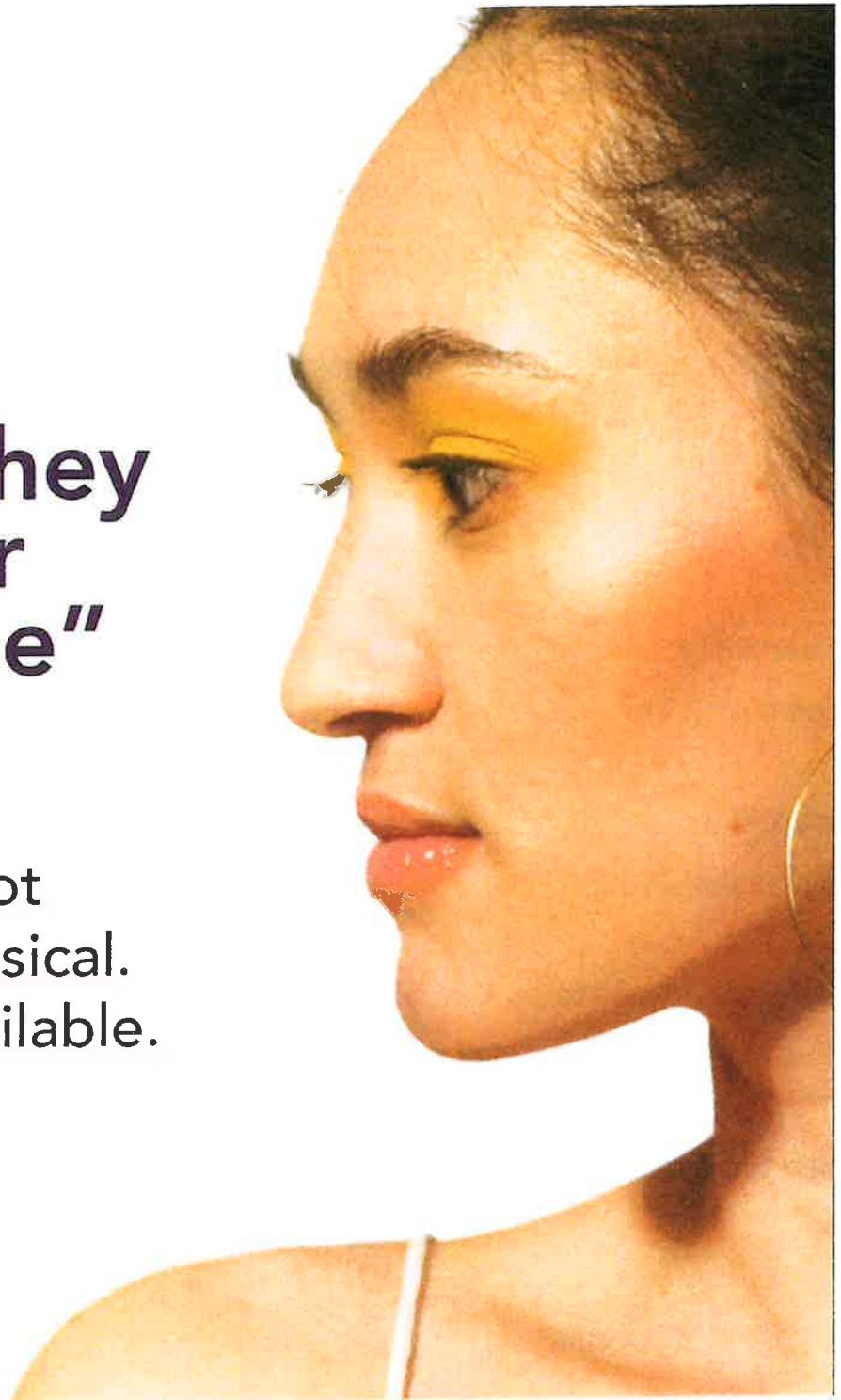


**“But they  
never  
hit me”**

Abuse is not  
always physical.  
Help is available.



### **How to Express Concern**

When you think someone might be in an abusive relationship, follow these three steps to express concern for their wellbeing.

**Step 1:** Become educated about domestic violence

## **Step 2:** Show C.O.N.C.E.R.N

**Concern:** Open the conversation with "I'm concerned about you." Don't begin by criticizing the relationship.

**Observations:** Be clear and specific about what you saw and how it made you feel.

**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.

**Confidentiality:** Let your friend know that you respect their need for privacy and confidentiality. The decision to stay with a partner or seek help is up to them.

**Empathize:** Don't judge your friend. Empathize with the complexity of feelings that you can have in a relationship.

**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.

**Naming the problem:** as unhealthy or abusive can help direct them to the most appropriate resources.

## **Step 3:** Make a referral