

How to help a friend experiencing domestic violence and abuse



A guide for family and friends





Someone who is **abusive** is a bully. A bully might do these things:

- Hit their girlfriend or boyfriend, husband or wife
- Be nasty to their girlfriend or boyfriend, husband or wife.

A **victim** is the person that gets hit

A **victim** is the person that gets called nasty names.



People find it embarrassing to talk about their problems

Sometimes people do not want to talk if they are a victim of bullying



If we think our friends are victims of bullying we should ask them:

- Are you happy?
- Is someone making you cry?
- Has someone hit you?

The victim might think they deserved to be hit or called nasty names

You can tell them:

- I believe you
- It's not your fault
- I will help you

What to say

Three things to say to a friend

I believe you

It's not your fault

I will help you



Give this leaflet to your friend

Show them the telephone number in the back of this leaflet

This number is answered by people who can help your friend

How you can help



Listen and believe what they tell you



It can be hard for victims to talk about how they feel

By listening and understanding you are helping them to feel better



Your friend might be scared that the bully will hit them badly when they go home



Go with your friend to a police station and tell the police

How to help



The bully might try to stop you from going out with your friend



Ask your friend to come out with you. Keep asking even if they always say no

Tell them you like them and want to be friends



If the bullying makes you feel scared as well, you should:

- speak to someone you trust or
- call a helpline at the back of this leaflet



Don't tell your friend that the bullying is their fault



Do tell them you believe them and it is not their fault



Do talk to your friend and ask them what they want to do next

They need someone to talk to

They need to feel safe.

Where to get help

National Domestic Abuse Helpline



0808 2000 247

Call anytime day or night

Websites with more information



www.bdaf.org.uk

www.womensaid.org.uk

www.hideout.org.uk

www.refuge.org.uk

This version has been adapted to meet the needs of those with learning difficulties. If you would like more copies of this leaflet please contact the Knowledge, Resource and Information Service (KRIS) on 0117 323 5463.

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