HOW TO HELP A FRIEND

If you know someone who's being abused...

- Be there. Listen without giving advice, unless it is asked for.
- Acknowledge your friend's confused feelings. Recognize that it is still possible to love someone who hurts you.

Offer to go with your friend to get help.

- Don't make victim-blaming statements like "Why do you let him/her treat you like this?"
- Allow your friend to make his or her own decisions, even if you don't agree with them.
- Contact the police if you witness physical violence.

If you know someone who's abusing...

Tell your friend very clearly that his or her behavior isn't cool.

Encourage your friend to get help and offer to go with him or her to meet a trusted adult.

Be supportive of your friend's partner.

- Be a role model for healthy relationships by treating people with respect.
- Speak up when peers make disrespectful remarks or jokes.
- Contact the police if you witness physical violence.



Education

Froject

EDUCATING OUR PEERS ABOUT HEALTHY RELATIONSHIPS

A project of the East Youth Action Network, Part of the Snohomish County Health and Safety Network

KNOW THE STATISTICS

- 9% of teens have been verbally or physically abused by a boyfriend or girlfriend who was drunk or high.
- 14% of teens report having been threatened with physical harm –either to themselves or self inflicted by their partner- to avoid a breakup.
- 15% percent of teen girls and boys have reported being victims of severe dating violence (hit, thrown down, or attacked with a weapon).
- Young women ages 16 to 24 experience the highest rates of relationship violence.
- One in three girls are sexually abused before age 18, and one in six boys are sexually abused before age 16.





Produced by the Snohomish County Health and Safety Network in conjunction with the National Crime Prevention Council and the National Center for Victims of Crime and supported by Grant No. 2009-SZ-B9-K007 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice RELATIONSHIP VIOLENCE: is a pattern of abuse (emotional, verbal, psychological, physical, sexual, and social/ environmental) that exists when one person tries to control or dominate another person or group of people.

What Is Power Plays?

Since 1994, the Snohomish County Health and Safety Network has been working to prevent youth violence and substance abuse by working in and with communities to strengthen families and increase positive development. Beginning in July 2002, the East Affiliate developed a peer-education program called Power Plays with the goal of educating adolescents on the dynamics of victimization. Power Plays trains high school students as peer-educators to present to 8th grade students on healthy and unhealthy relationships. Students who receive presentations are able to define teen relationship violence, recognize warning signs and healthy behaviors, and learn about resources available to teens. High school students who participate have the opportunity to work with a team of peer-educators

Myths and Facts:

MYTH: DOMESTIC VIOLENCE USUALLY HAPPENS AMONG MARRIED ADULTS.

FACT: AS MANY AS ONE-THIRD OF ALL HIGH SCHOOL AND COLLEGE-AGE YOUNG PEOPLE EXPE-RIENCE VIOLENCE IN AN INTIMATE OR DATING RELATIONSHIP.

MYTH: IF A PERSON IS REALLY BEING ABUSED IT IS EASY TO JUST LEAVE.

FACT: PEOPLE IN ABUSIVE RELATIONSHIPS OFTEN FIND IT DIFFICULT TO LEAVE BECAUSE OF FEELINGS OF LOVE, HOPELESSNESS, GUILT, SHAME, AND FEAR.

MYTH: MOST RAPES ARE COMMITTED BY STRANGERS WHO ATTACK WOMEN AT NIGHT ON THE STREETS.

FACT: OVER EIGHTY PERCENT OF INCIDENTS OF SEXUAL ASSAULT ARE COMMITTED BY A PARTNER, FRIEND, OR ACQUAINTANCE OF THE VICTIM.

MYTH: BOYFRIENDS AND GIRLFRIENDS SOMETIMES PUSH EACH OTHER AROUND WHEN THEY GET ANGRY, BUT IT RARELY RESULTS IN SERIOUS INJURY.

FACT: DOMESTIC VIOLENCE IS THE NUMBER ONE CAUSE OF INJURY TO WOMEN BETWEEN THE AGES OF 15-44 IN THE US.



Resources:

KNOW WHERE TO TURN!

IF YOU OR SOMEONE YOU KNOW IS IN NEED OF HELP:

In the case of an EMERGENCY, please call 911

CARE CRISIS LINE: 425.258.HELP

Family or individual mental health counseling.

DOMESTIC VIOLENCE SERVICES : 425.25.ABUSE

Services include shelter, legal referrals and support groups.

COCOON HOUSE: 425.259.6042

Shelter that helps teens to reclaim their youth and discover their values, strengths and talents.

National Center for Victims of Crime

Helpline: 1-800-FYI-Call

Email: Gethelp@ncvc.org

TEEN LINE: 1.800.562.1240

Peer counseling for young adults experiencing personal crisis.

POLICE DEPARTMENTS:

CITY OF MONROE: 360.794.6300

CITY OF GOLDBAR: 360.793.8986

CITY OF SNOHOMISH: 360.568.0888

For more information on Power Plays and how to become involved, please call The Health and Safety Network at 425.252.2668