



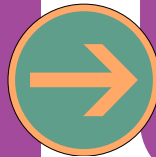
**“It’s OK,
you can
talk to me.”**

**If your friend or someone you
know is in a toxic relationship:**

**START
HERE**

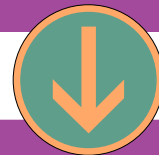
Check in with them.

Ask if they are OK.
Tell them you care
about them.



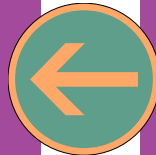
Listen to them.

Don’t judge. Tell them
it’s safe to talk to you.



**Ask what
they need.**

Don’t push. Just be
there and be patient.



Believe them.

Reassure them.
Tell them how
they’re being treated
is NOT OK.



**Need more help?
Visit wechu.org/YRV**

