



# WHAT DO I DO IF THIS IS HAPPENING TO ME OR A FRIEND?

## HOW DO I LEAVE A RELATIONSHIP SAFELY?

*Leaving an unhealthy or harmful relationship can be tricky. Always take safety precautions before you make any big steps.*

- Break up in a public place.
- Tell a friend or family member that you plan to break up and when.
- Let them know where you will be or bring them with you.
- Arrange to call a trusted friend(s) after the breakup and share how it went.
- Consider blocking or “unfriending” on all social media and stop responding to any attempt at contact.
- Know and understand that the violence is not your fault.
- Don’t be afraid to get the police involved.

## HOW DO I HELP A FRIEND LEAVE A RELATIONSHIP SAFELY?

*If you have a friend in a bad relationship, they may not realize they need help. It's important to make sure you listen and support them. Never turn your back on friend who needs help.*

- Listen, pay attention and trust your instincts. Don’t be afraid to ask questions.  
After all, that person is your friend.
- Be clear that they (your friend) is not to blame.
- Be supportive without making them feel guilt or shame.
- Offer your friend information or help.
- Remember that not all secrets are meant to be kept.
- Recognizing sexual exploitation and trafficking can often be surprisingly difficult for someone to “see” when it is happening to them.
- Leaving can be difficult. Remember to be patient with your friend.

## WHAT DO I DO IF IT'S HAPPENING ONLINE?

*If something feels wrong, it most likely is. Trust your gut and don't let anyone convince you to do something you're not comfortable with.*

- Stop responding.
- Keep the evidence and record the dates and times.
- Block the individual.
- Tell a parent or trusted adult.
- Review the “Terms and Conditions” section of the online platform that you are using and then follow procedure for reporting.