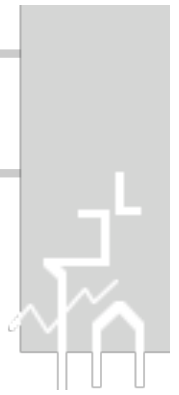


## ***HELPING A FRIEND*** ***WITH A PROBLEM***



1. Believe your friend.  
He/she will need your support.  
If the problem is abuse or assault, some people may think your friend has lied or done something wrong.
2. Listen carefully and don't laugh.  
People often laugh if they are embarrassed or nervous.
3. Help your friend to talk to someone who can help:  
a counselor, school nurse, parent, Child Protective Service worker, teacher, crisis center or police officer.
4. Help your friend get medical attention, if necessary.  
If the problem involves sexual activity, it could mean the possibility of STD, unwanted pregnancy, AIDS or bodily injury.
5. If the problem is abuse or assault,  
let your friend know that the abuse is not his/her fault.  
Sexual abuse victims often feel that they have done something wrong.
6. Be confidential and protect your friend's privacy.  
Don't let it get all over the school.  
If the situation is bothering you, talk to a trusted adult about it.
7. Let your friend know that you care.  
Personal problems (particularly abuse and assault) are difficult to talk about.  
Support him/her for making the decision to get help.