

# What To Do If Abused

Page address: <http://www.mnsu.edu/here4you/IPV/whattodo.html>

**If you or someone you know is in an abusive relationship, consider the following tips:**

- Approach him or her in an understanding, open, listening, non-blaming way. Let them know they are **not alone** in the situation, and that **it takes strength to trust someone enough to talk** about the abuse.
- Acknowledge that it is scary and difficult to talk about IPV and convey that they **do not deserve to be physically, sexually or emotionally abused**. Nothing makes the abuser's violence okay. Reassure them that they did the best they could in the situation and made the right decision(s) at the time.
- Be a supportive friend. **Listen and encourage** them to express any feelings, including hurt and anger. **Allow them to make their own decisions, even if that means not leaving the abusive relationship at that time**. Allow them to label and identify their own experience.
- Provide [information](#) about counseling and social services, emergency shelters, and legal advice.
- Help **plan a safe strategy** for leaving the abusive relationship. However, do not encourage anyone to follow a plan they feel may put them at further risk.

**If you have a friend who may be harming someone else, consider the following tips:**

- **Be direct**. Say, "I don't want to see you hurting people."
- **Reference specific instances** of violence and tell them it bothers you.
- **Avoid shaming them**; you care about your friend and want to lead them in the right direction, not turn them away.
- Let them know the [resources](#) to get help and become educated.
- [Contact On-Campus Resources](#)
- [Contact Off-Campus Resources](#)