

## **I think my friend may be abusing his wife. What should I do?**

It's hard to talk to a friend when you think his behavior is out of control. You want to believe him when he says you've got nothing to worry about, and that you're wrong. But if you have seen behavior that makes you think he may be hurting his wife or girlfriend, you owe it to him, to her and to yourself to take a stand. It may be one of the hardest things you've ever done, but it could make a real difference in all of your lives.

- Be specific about what you saw, and how it made you feel. **"I didn't like it when you told your wife she was stupid in front of all of us, and I can only imagine how it made her feel."**
- Take a stand. **"I'm not going to sit here as your friend and watch this happen and not say anything about it."**
- Give him a reality check. His violent actions will have consequences. **"This is a crime, and you could be arrested."**
- Urge him to seek help. He can talk to a counselor, a member of the clergy, or a domestic violence hotline.

**If you see your friend assaulting his partner, be careful and don't put yourself at risk. Call 911 for help.**