HELP A FRIEND:
What Are My Rights?
A KNOW your RIGHTS GUIDE
EVERYONE DESERVES SAFE LOVE, HEALTHY DATES AND RELATIONSHIPS FREE FROM VIOLENCE, FEAR AND COERCION.

WHEN ONE PARTNER HAS A PATTERN OF HURTING OR CONTROLLING THE OTHER ONE, THAT’S ABUSE. ABUSE HAPPENS IN PUBLIC AND PRIVATE, AND YOU MAY NOT KNOW ABOUT EVERY INCIDENT.

DAY ONE WORKS WITH VICTIMS AND SURVIVORS OF INTIMATE PARTNER ABUSE AGED 24 AND UNDER.

Day One uses the pronoun “they” in place of “he” or “she” in order to respect people of all genders reading these guides.

THE FIRST STEP IS TO KNOW WHAT IS DATING ABUSE?

DATING ABUSE:
A PATTERN OF CONTROLLING, INSULTING AND SOMETIMES VIOLENT BEHAVIOR IN CASUAL OR SERIOUS DATING RELATIONSHIPS.

Helping someone in an abusive relationship isn’t easy. It can be frustrating and confusing, but you can make the difference for a friend experiencing abuse or abusing someone else. See Day One’s guide on Dating Abuse.

Call Day One at 800.214.4150 to talk about options, text us at 646.535.DAY1 (3291) or email us at info@dayoneny.org. IT’S FREE AND CONFIDENTIAL.
HELPING A FRIEND WHO IS ABUSING A PARTNER

REMEMBER YOU CANNOT FIX YOUR FRIEND. Your responsibility is to say that the way they are acting is not right. A real friend tells the truth, especially when someone is getting hurt.

BE CAREFUL WHEN YOU SHARE YOUR CONCERNS. If you think your friend may become violent or hurt you, have the conversation in a public place. Think about when is the best time to talk, and have a third person nearby when you have the conversation.

LISTEN ACTIVELY. Your friend may think it’s sometimes okay to hurt a partner, for instance if their partner is cheating. Ask if hurting a partner will fix the “problem.” Abuse never makes a relationship healthier.

TELL YOUR FRIEND THAT ABUSE IS A CHOICE. Sometimes people think they can’t control themselves when they’re angry, but that’s not true. Help your friend think of things to do when feeling angry, like taking a walk or contacting someone else. Your friend can always make a choice to not hurt someone. Tell your friend that you want to support them to make the right choice.

HELPING A FRIEND WHO IS BEING MISTREATED IN A RELATIONSHIP

REMEMBER YOU CANNOT RESCUE YOUR FRIEND. Even though it’s hard to see someone you care about get hurt, the final decision to end an abusive relationship has to be made by them. Just listening can make a huge difference.

DON’T BE AFRAID TO SHARE YOUR CONCERNS. Help your friend recognize the abuse and be honest about what you see happening. Try taking the Healthy Relationship Quiz with your friend.

LET YOUR FRIEND KNOW THAT IT IS NOT THEIR FAULT. The person being abusive is the only one who is RESPONSIBLE for the abuse. Acknowledge that abusive relationships are complicated, but that nobody deserves to be hurt.

BE PATIENT AND DON’T JUDGE. People stay in abusive relationships for a lot of reasons. They may break up and go back to the abuser many times. Don’t criticize or make your friend feel bad for any choices, even if you disagree.

DON’T CRITICIZE OR MAKE YOUR FRIEND FEEL BAD FOR ANY CHOICES, EVEN IF YOU DISAGREE.
HEALTHY RELATIONSHIP QUIZ

Take this quiz with your friend. If your friend checks YES next to any of these questions, the relationship could be unhealthy or even abusive.

DOES YOUR PARTNER?

☐ YES  ☐ NO  Accuse you of flirting or cheating even though you're not?

☐ YES  ☐ NO  Constantly check up on you or always make you check in?

☐ YES  ☐ NO  Tell you how to dress?

☐ YES  ☐ NO  Try to control what you do and how you spend your time?

☐ YES  ☐ NO  Try to keep you from seeing or talking to people you care about?

☐ YES  ☐ NO  Have big mood swings?

☐ YES  ☐ NO  Put you down or criticize you?

☐ YES  ☐ NO  Make you feel like no one else would want you?

☐ YES  ☐ NO  Shove, grab, punch, slap or yell at you, hold you down, throw things or hurt you in any other way?

☐ YES  ☐ NO  Threaten to hurt you, themselves or someone you care about, including your pet/s?

☐ YES  ☐ NO  Force or pressure you into having sex or going further than you want to?

DO YOU?

Constantly accuse your partner of cheating?  ☐ YES  ☐ NO

Constantly check up on your partner or have them check in with you?  ☐ YES  ☐ NO

Tell your partner how to dress?  ☐ YES  ☐ NO

Discourage your partner from hanging out or talking with people you don’t like?  ☐ YES  ☐ NO

Find yourself yelling at your partner, then feeling bad and trying to make up for it, or apologizing right away?  ☐ YES  ☐ NO

Try to keep your partner from leaving you by saying nobody else would want them?  ☐ YES  ☐ NO

Shove, grab, punch, slap or yell at your partner, hold them down, throw things or hurt them in any other way?  ☐ YES  ☐ NO

Threaten to hurt yourself, your partner or their friends or family, including pet/s, even if you don’t ever plan on really doing it?  ☐ YES  ☐ NO

Try to get your partner to have sex with you or try to go further than they want to?  ☐ YES  ☐ NO

IN HEALTHIER RELATIONSHIPS YOU ➔ SOMETIMES DISAGREE ➔ RESPECT AND LOVE ONE ANOTHER ➔ FEEL SAFE AND COMFORTABLE
Day One helps young people recognize the signs of abusive relationships, so they can make healthier choices from day one of dating.

We provide legal and social services, educational workshops and organizing opportunities to teens and young adults aged 24 and under who are experiencing intimate partner abuse. You do not need the permission of a parent or adult for any of the services that we offer. Everything you discuss with Day One will be kept confidential. If you or someone you know needs help, call us toll free at 800.214.4150, check us out online at www.dayoneny.org, text us at 646.535.DAY1 (3291) or email us at info@dayoneny.org.