

Show C-O-N-C-E-R-N

C Concern	Saying “I’m concerned about you” is a good way to open the conversation. Don’t start by criticizing the relationship.
O Observations	Be clear and specific about what you saw and how it made you feel. Openly and honestly describe what happened and your reaction.
N No one deserves to be abused	Abusive and controlling behavior is hurtful and has consequences. Make sure your friend knows that no one deserves to be abused. Help them to recognize the behaviors that are harmful. There is no excuse for hurting another person emotionally, verbally, sexually or physically.
C Confidentiality	Let your friend know that you respect their need for privacy and won’t gossip about the relationship. But, explain that you are concerned about their safety and their partner’s safety. If you feel they are in danger, explain that you may need to reach out to a parent, counselor or another trusted adult for help.
E Empathize	Don’t judge your friend. Empathize with the complexity of feelings that you can have in a relationship. Share your knowledge of warning signs of potential abuse.
R “R” you safe?	Safety has to be a top concern anytime you think there is abuse, especially during a breakup. Help your friend see why the abuse could get worse and why help is needed. Let them know that there are confidential resources to help them. Visit our website www.No2DatingAbuse.org or call our 24-hour Helpline for safety tips.
N Name the problem	Your friend may think they don’t have a problem and nothing needs to change. Naming the problem as “unhealthy or abusive” can help direct them to appropriate resources.