



YOUTH SUPERHERO POWERS

you can help a friend! know the signs



Warning signs your friend maybe getting abused:

- Physical injuries unexplained
- Failing school, dropping out of school
- Scared to be around certain people
- Avoiding specific areas, locations
- Feeling lonely
- Drugs or alcohol abuse
- Self-harm
- Fear of being alone with adults or certain individual
- Over compliance or under compliance
- Makes excuses or apologies for a person
- Aggressive or Disruptive
- Chronic Runaway
- Over Achievement
- Attentions getting behavior
- Mood Swings
- Feeling guilt or shame
- Fear of being touched
- Lack of trust



How to help a friend experiencing Child Abuse:

- Tell a friend you are worried: Talking about the problem can make a big difference.
- Express your concern for your friend's safety: Explain what you have noticed and how it made you feel. Sharing these feeling may help your friend understand that this behavior is not normal.
- Be a good listener: Offer support and friendship. You are helping your friend feel heard.
- Don't be Judgmental: Just listen, this step maybe the hardest but offering the time to listen to your friend can make the biggest difference in what they are going through.
- Encourage your friend to seek help: Provide any information you may have to assist your friend. Stress the importance on educating yourselves on the issue. Offer to go with your friend to talk to a trusted adult to seek assistance.
- Don't turn you back on your friend: Though the topic may be difficult to listen to or understand, try to acknowledge their fear and assist in getting help or counseling.



How to help keep a friend safe:

- Educate yourself: Learn about child abuse. Ask your school or local library for any resources available. Help create an awareness program in your school to provide a safe place to talk.
- Seek Help: Talk to people you trust to get assistance, not to spread gossip. Think about a teacher, parent, coach, nurse, or relative you trust to guide you in assisting your friend.
- Call 911: Never underestimate your gut feeling...stay safe and get help immediately!

For more information, call (847)377-3155
or visit our website:
www.friendsoflccac.org

