

Here are some signs to look for that might mean someone you know is in trouble and needs help:

- You notice their partner calls them names or puts them down in front of other people.
- If they talk to other people, their partner gets extremely jealous.
- They apologize for their partner's behavior and make excuses for it.
- They frequently cancel plans at the last minute for reasons that sound untrue.
- Their partner is always checking up, calling or texting and demanding to know who they're with and where they've been.
- You've seen fights escalate to breaking or hitting things.
- They're constantly worried about upsetting their partner or making them angry.
- They give up things they used to enjoy such as spending time with friends or other activities.
- Their weight, appearance or grades have changed dramatically. These could be signs of depression, which could indicate abuse.
- They have injuries they can't explain or the explanations they give don't make sense.

SAFE SAN JUANS CURRENTLY OFFERS THE FOLLOWING FREE & CONFIDENTIAL SERVICES:

- ADVOCACY
 - LEGAL ADVOCACY
 - MEDICAL ADVOCACY
 - SAFETY PLANNING
 - SUPPORT GROUPS
 - THERAPY
 - COUNSELING
 - SCHOOL PREVENTION
 - COMMUNITY PREVENTION
- SHORT-TERM EMERGENCY SAFE HOUSE

24/7 HELP LINES

San Juan 360-378-2345

Orcas 360-376-1234

Lopez 360-468-4567

Office Locations:

San Juan Island

Orcas Island

570A Guard Street

296 Main Street, 201

360-378-8680

360-376-5979

Lopez Island

Please call for office hours

and Location

360-468-3788



Helping a Friend



1 in 3 women and 1 in 4 men will experience some form of domestic violence in their lifetime.

Only a fraction of those will seek professional intervention.

Most will TELL A FRIEND. Will you be ready?

**LISTEN TO YOUR FRIEND.
LET THEM KNOW YOU CARE.**

Listen without judgment.

They may feel responsible, ashamed, inadequate or afraid.

Tell them that it is NOT their fault.

Explain that domestic violence is a crime. They can seek protection with the police, courts, and domestic violence advocacy programs, such as SAFE San Juans.

Suggest they develop a safety plan for themselves and/or their children.

A safety plan is helpful in case of an emergency. Keep money, important documents, a change of clothes and an extra set of keys in a safe place, such as with a friend or neighbor. Encourage them to set aside money, and develop a plan of escape.

You can find examples of safety plans at the National Domestic Violence Hotline website. <https://www.thehotline.org/?s=SAFETY+PLAN>

Decide how you can help.

If they decide to leave, they may need money, assistance finding a place to live, a place to store their belongings, or help finding a safe home for their pets.

Encourage your friend to keep a log or diary of the abuse.

This log should be kept in a safe place and include evidence, such as letters, emails, voicemails, texts or social media posts that are threatening or harmful.

**CONTACT OUR 24 HOUR
HELP LINES:
SAN JUAN 360-378-2345
ORCAS 360-376-1234
LOPEZ 360-468-4567**

**WHAT IF YOUR FRIEND DECIDES TO
STAY IN THE RELATIONSHIP?**

In many cases, people experiencing domestic violence may want to stay in the relationship. They may fear for their life if they leave, they may want their children to grow up with both parents, they may feel trapped financially or because of their belief system, or they may just want the violence to end and not the relationship.

Help your friend identify resources.

Make a list of resources to help them take care of themselves, get emotional support, and build their self-esteem.

Suggest they tell a doctor or nurse about the violence.

A doctor or nurse can document the abuse in their medical records and take photographs of any injuries, which will be helpful if they decide to take legal action.

**ENCOURAGE YOUR FRIEND TO
CALL SAFE SAN JUANS**

If your friend reveals they are experiencing domestic violence, SAFE can help establish a safety plan and provide information about protection orders and how to possibly obtain one.

**Stalking, as well as
domestic violence, is
against the law.**

**WHAT IF YOUR FRIEND DECIDES TO
LEAVE THE RELATIONSHIP?**

Leaving a domestic violence situation can be the most dangerous time. If you or your friend need additional help navigating this difficult process, SAFE San Juans has resources, advocates and therapists available.

**LET YOUR FRIEND KNOW THEY
DO NOT HAVE TO REPORT TO
LAW ENFORCEMENT OR TAKE
LEGAL ACTION TO RECEIVE OUR
FREE AND CONFIDENTIAL
SERVICES.**

**What if you see an assault in
progress?**

CALL 911. Write down all the information you can remember, including any license plate numbers and the location of the assault.

Be sure to keep yourself SAFE.



SAFE
— San Juans —