

If a friend tells you they have experienced any kind of violence, here's what you can do:

Listen

Hear what they say and show them you are listening.

Believe & Validate

It's important that your friend trusts you and sees you're on their side and that you support them.

No blame

Never make your friend think they're responsible for what happened.

Ask

Ask your friend what sort of help they'd like from you. Asking will also help your friend think about what to do next.

Get help

Encourage your friend to tell a trusted adult who can do something about it, such as a relative or a teacher.



Buddhist Council of Victoria

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Content adapted from the Victorian curriculum for Respectful Relationships



Break the Cycle

END VIOLENCE NOW.

Violence: What is it?

Physical violence - When a person slaps, pushes, kicks, throws objects, or uses objects to hurt a person; or when a person damages someone else's belongings.

Verbal violence - Saying or writing or posting or texting mean, hurtful or untrue things about a person so as to put them down.

Psychological violence. Purposely excluding people, making rude or threatening facial expressions or gestures, stalking people, threatening or scaring people, humiliating, shaming or embarrassing people.

Sexual violence- Unwelcome and unwanted sexual behaviour or contact that offends, humiliates, intimidates, upsets or hurts a person.

Non-violence is at the heart of Buddhist thinking and behaviour. The first of the five precepts that all Buddhists should follow is "Avoid killing, or harming any living thing."

