

# 7 Hacks to help a friend...

# 1



Being a friend often means **just being there**. It helps to have someone to listen to concerns.

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# 2

**Talk to someone** you trust and get ideas on how to help your friend.

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# 3



**Think ahead of time** about what you want to say to your friend. Do you want to ask them about what is concerning you? Do you want to tell them you are concerned?

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**Talk to them in private** – try to find a comfortable place where you can both talk.



# 4

# 5

**Tell them you care!**

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**Keep it simple** – try to open the conversation and see where it goes. You might not have a long talk, but you have started the conversation.

# 6



# 7

**Involve others if needed.** Sometimes kids and teens can't solve problems by themselves. Bullying, conflicts and arguments happen, and sometimes help is needed to resolve the situation. Think about someone you trust who might be able to help – a family member, a teacher, a helper – any of these might be very helpful.

**A word about secrets** it's ok to keep most secrets when a friend asks, as long as someone's safety isn't at risk. If your friend talks about hurting themselves or someone else, there's a risk of harm. You will want to keep safety at the top of your priority list, so you will need to tell a trusted adult if this is the case. The same is true if someone else is hurting your friend – by abusing or bullying, or another type of harm. Keeping secrets like this leads to more harm, so make sure you tell someone who can help.

**STRESS [HACKS]**