If you have a friend who needs support, here are four simple things you can say...

1. I am so sorry this is happening to you, you are not alone.

2. What is the best way I can support you right now?

3. Are there any adults you trust enough to talk about this with? Can we tell them together?

4. I hate to see you in pain, but I am so glad you are talking about how you are feeling.

For more support resources, visit nvcf.org/endthesilence

By saying these simple things, you are providing valuable support & encouragement.