

# DON'T DO NOTHING!

“There’s a reason I don’t  
come out anymore...”

An **abusive relationship**  
is not ok.



**Step up** and check if they’re ok

**Say something** and support a friend

**Tell someone** who can help

Because the **behaviour you ignore,**  
is the **behaviour you accept!**

**Only do something if safe to do so.**

Being an **active bystander** can help someone in an  
abusive relationship to reach out for support.

In an emergency, call 999.

**#dontdoanything**  
**dontdoanything.co.uk**

