

How do I end a relationship

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- Communicate your reasons for ending the relationship clearly
- Do not break up with someone as a way of manipulating them to do something that you want
- Give both of you the time and space to talk about your feelings
- Choose a public space to end the relationship
- Make sure people are near in case things get out of control
- Get help from your parent or another adult if anyone talks about or hints at harming his/herself

If the relationship is over. am I safe?

Just because a relationship is over does not mean you are safe.

- Avoid isolated areas at school and don't walk home alone
- Stay away from situations where you could be confronted by your former partner
- Ask friends to get involved, stay nearby, and let someone know if there is any danger
- Let the adults around you know that you are at risk
- Know where to go when you need to be safe
- Keep hotlines and phone numbers for support nearby
- Think through ways to stay safe

STAND UP
SPEAK UP
ALASKA

For more information
on ending a relationship visit:

www.standupspeakupalaska.org

Respect Yourself

