

Be Her CHAMPION

The following six steps can help you plan what you are going to say when you are ready to intervene.

STEP 1

I care about you

Let your friend know you care. You believe as a true friend, you should be honest with her.

Describe the behaviors that cause your concern. Be as specific as possible and give several examples you have witnessed. State facts as opposed to feelings and avoid labeling the behavior.

STEP 2

This is what I see

STEP 3

This is how what you do makes me feel

Be clear that your friend's behavior has had an impact on you. Use "I" statements such as, "I was scared," "I was angry" or "I was sad." Connect these feelings with the behaviors you described in Step Two. Talk about the behavior rather than the person. Remind your friend that you care and that is why you are bringing this to her attention.

STEP 4

Do you understand where I am coming from?

Provide an opportunity for your friend to respond to what he/she has heard you say. Expect some resistance. It is not easy to hear that our behavior has affected another person or that we might have a serious problem. It is important to recognize resistance as a normal reaction.

STEP 5

*What can we do about this?
Can we discuss some ideas?*

If the person is willing to talk about change, brainstorm possible solutions and harm reduction behaviors. Share the resources available on your campus and in your community.

STEP 6

I will support you if you are willing to try

When you intervene, you start and end by letting your friend know that you care. Let your sister know she can count on you. Let them know that you will support any positive changes they make.