

You are completely justified in breaking up in any way that feels safest to you

Advocates at WISE can help you plan to stay safe before, during, and after the breakup

When considering breaking up with an abuser...

You don't have to explain yourself

You get to decide the level of future contact

You don't have to do it in person (phone call, text, or other virtual messaging is totally acceptable)

You don't have to "stay friends" in person or on social media

@WISEuv

end violence
wise
share hope ♦ change lives

every hour, every day 866-348-WISE
chat online at wiseuv.org

You are not alone. We're here for you.