TRY IT / IN MY OWN WORDS

WORDS FOR GETTING BACKUP

You can talk to an adult outside the conflict. You do not have to share every detail to say you need support.

What I want someone to understand:

The support I want to ask for:

Who I could contact, and when:

"I keep getting caught in the middle. Can you help me make a plan?"

SUPPORT / RESPECT / SAFETY

SAFETY BEFORE SETTLING IT.

Threats, violence, or fear that someone will be hurt need safety support. Immediate danger? Call 911.

**"I do not feel safe.
Here is what is happening.
I need help with my next step."**

Do not physically intervene in a fight. Move away if safe. A trusted adult or professional can help make a safety plan.

A safe adult outside the conflict:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support. Immediate danger? Call 911.

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YOU DON'T HAVE TO BE THE REFEREE

Family conflict affects you. Fixing it is not your job.



YOUR SAFETY AND YOUR NEEDS COUNT.

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Mile or a Millimeter

01 / NOTICE WHAT IS HAPPENING

WHAT AM I CARRYING?

Being a messenger, peacekeeper, or someone's emotional support can feel heavy. You are allowed to need care.

The role I keep getting pulled into:

How it is affecting my day:

What I need help with:

You can care about family members and still need boundaries and support.

02 / WHAT I NEED

MY PART. THEIR PART.



Adults are responsible for their own behavior. You do not have to resolve their relationship or choose a side.

Something that is not mine to solve:

A limit I want help protecting:

Someone safe I can plan with:

A boundary is not a promise of safety.

03 / ONE REALISTIC NEXT STEP

SAFETY COMES FIRST

Plan with a safe adult or professional. Skip direct boundary conversations when they could put you at risk.

- ☐ Choose an adult outside the conflict.
- ☐ Plan a safer place and way to reach it.
- ☐ Practice a request for support.
- ☐ Know when to call urgent help.

Who I will contact:

What I want help planning:

I can ask for help without being responsible for the outcome.