When a Survivor Discloses to You...

TAKE A BREATH!

Having someone disclose to you can be overwhelming, and that's ok! Take a breath to gather your thoughts and feelings after hearing a discloser.

After taking that breath...

- Thank you for sharing this with me.
- I believe you
- It wasn’t your fault
- You didn’t deserve for this to happen to you.
- Can I connect you with someone who can tell you more about your options?
- Nothing you did made this happen. The perpetrator is responsible for their own actions.

Phrases you CAN say

- I know it’s not okay, but I’m sorry this happened to you

Phrases you SHOULD NOT say

- Why didn’t you... ?
- You should have...
- You have to...
- I would...
- I’m sorry
- I’m sure it was just a misunderstanding
- Everything will be ok.
- At least...
- I just can’t see them doing that.
- I told you to/not to...
- What were you wearing?
- How much did you have to drink?
- I’m going to kill/hurt them