

What to Say



START BY BELIEVING



"I believe you."

"I'm sorry this happened."

"I am here for you."

BE SUPPORTIVE



"You can tell me as much, or as little as you want."

"It's not your fault."

"I'm glad you told me. I'm so proud of you."

ASK HOW YOU CAN HELP



"What can I do to support you?"

"I can stay with you tonight. Would that help?"

"Do you want me to go with you to the hospital or police station?"

AVOID WHY QUESTIONS

Even with the best of intentions, "why" questions can sound accusatory and make survivors blame themselves.