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.