Empathic Response

What to do and what NOT to do if someone discloses a sexual assault to you

DO
- Believe them
- Stay Calm
- Listen
- Validate their feelings
- Given them their power back/help them regain control

Be aware that possible medical evidence might be needed (SANE kits can be done up to 96 hours after an assault)
- Things you can say: "What happened wasn't your fault," That must have been tough/frightening/scary for you."
- Reinforce that they are not to blame
- Practice self-care

DON'T
- Make promises you cannot keep
- Press for more details
- Blame
- Pass on information
- Contact alleged abuser
- Hug/touch them without their permission
- Try to play detective

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