



I believe you.  
I'm sorry this happened.  
How can I help?



## WHEN A VICTIM COMES TO YOU, HOW WILL YOU RESPOND?

Start by Believing is the global campaign designed to transform the way we respond to sexual assault. It prepares professionals and loved ones to respond appropriately to sexual assault disclosures, so victims get the support they need. The campaign was created by End Violence Against Women International (EVAWI), America's leading nonprofit organization dedicated to improving criminal justice responses to sexual assault.

Knowing how to respond is critical. A negative response can worsen the victim's trauma and foster an environment where perpetrators face zero consequences. Rapists often re-offend, so one failed response can mean additional victims.

Start by Believing was created to stop this cycle, by improving our personal reactions. The goal is to change the world, and outcomes for victims, one response at a time.

SEEKING JUSTICE TOGETHER, ONE RESPONSE AT A TIME.

EVERY RESPONSE MATTERS.  
YOUR RESPONSE MATTERS.

## BUT WHAT HAPPENS NEXT?

Explore Your Options is designed to help sexual assault survivors and support people privately gather information and explore options for medical care, supportive services, and reporting to police. Emphasis is placed on answering real-world questions survivors are likely to have, including how to access each option, whether there are costs involved, and whether they can bring a support person with them. There is also information for support people, offering concrete tips for how to respond in a helpful way to sexual assault survivors. All this helps reduce anxiety, increase accuracy, and keeps survivors in the driver's seat.



**Start by Believing**

**Explore Your Options**

[startbybelieving.org](http://startbybelieving.org)