

# 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.