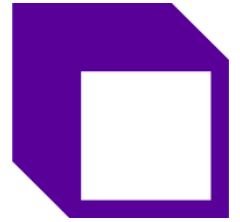


SUPPORTING SOMEONE



You don't need to be an expert to support someone who has experience sexual violence.

Here's a few things that can help make it easier:

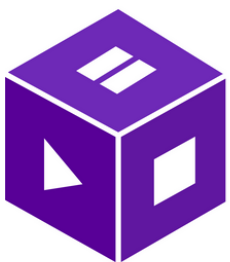
DO

- ✓ listen patiently and try not to interrupt
- ✓ believe them (even if you wish it wasn't true)
- ✓ recognise it must be hard telling you
- ✓ let them be in control of the conversation
- ✓ let them make their own decisions
- ✓ reassure them it isn't their fault

DON'T

- ❌ criticise them (everyone reacts differently)
- ❌ ask why they're only telling you now
- ❌ over-simplify by saying things like *"forget it"*
- ❌ judge what they did/didn't do during or after
- ❌ betray their trust by telling others

Remember: it's natural to worry about saying or doing the 'wrong thing'. But by believing them and being there to listen, you're already helping.



**PAUSE
PLAY
STOP**

#IGetConsent

pauseplaystop.org.uk