

# When a Survivor Discloses to You...

## TAKE A BREATH!



Having someone disclose to you can be overwhelming, and that's ok! Take a breath to gather your thoughts and feelings after hearing a discloser.



After taking that breath...

Phrases you  
**CAN** say



- ✓ Thank you for sharing this with me.
- ✓ I believe you
- ✓ It wasn't your fault
- ✓ You didn't deserve for this to happen to you.
- ✓ Can I connect you with someone who can tell you more about your options?
- ✓ Nothing you did made this happen. The perpetrator is responsible for their own actions. I know it's not okay, but I'm sorry this happened to you

Phrases you  
**SHOULD NOT** say



- ✗ Why didn't you... ?
- ✗ You should have...
- ✗ You have to...
- ✗ I would...
- ✗ I'm sorry
- ✗ I'm sure it was just a misunderstanding
- ✗ Everything will be ok.
- ✗ At least...
- ✗ I just can't see them doing that.
- ✗ I told you to/not to...
- ✗ What were you wearing?
- ✗ How much did you have to drink?
- ✗ I'm going to kill/hurt them
- ✗



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