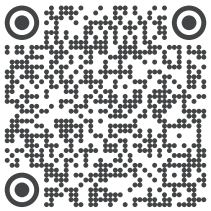


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**ALL WELCOME  
TODXS SON BIENVENIDXS**



## How to respond to a sexual assault disclosure



# Help a survivor recover by knowing what to say

It can be difficult for a sexual assault survivor to tell you about their experience, and it's not always easy to know what to say. The best thing you can do is simply be a supportive, non-judgmental listener.

## **BELIEVE**

When a survivor is believed, they are much more likely to continue seeking the support they need to heal.

## **AFFIRM**

It's important to counter any internalized self-doubt. Let the survivor know that telling you was a good choice.

## **SUPPORT**

Avoid questions or comments that may be perceived as victim-blaming. Let the survivor choose what details to share right now, and offer non-judgmental support.

## **EMPOWER**

Survivors often feel a loss of control over their situation. Depending on your role\* and relationship to them, follow their lead on what, if any, actions they'd like to take.

## **REFER**

You're not expected to have all the answers or solutions for the survivor. But you can point them to resources like KCSARC, or offer to find resources together.

*\*If you are a mandated reporter working with a minor, it can be empowering to provide age-appropriate choices, if possible.*

**Here's what you can do and say that's helpful.**

I believe you.

How can I best support you?

It's my job to help keep you safe, so I need to talk to someone about this. Would you like to be here while I make this phone call?

I'm sorry this happened to you.

There are resources available.

Thank you for telling me.

Remember to take care of yourself. It's normal for feelings to come up after hearing a disclosure.