

# How to **talk** with a loved one about sexual violence

---

# T

## Thank them for telling you

It's important to acknowledge how incredibly difficult it can be to tell someone about this type of trauma. Showing your appreciation for their trust may help your loved one feel more comfortable.

**You can show your support by saying something like: "Thank you for trusting me. It takes a lot of courage to come forward."**

# A

## Ask how you can help

Even though your first instinct may be to try to give your loved one advice on what to do, it's important to let them make their own choices about what to do next. You don't have to have all the answers—you just have to listen and let them know that you are there for them to help in any way they need.

**Simply saying something like, "I care about you a lot, and I want you to know that I am here to help in any way I can," can mean a lot to your loved one.**

# L

## Listen without judgement

While it's normal to have reactions like anger or shock when someone you care about shares an experience of sexual violence, sometimes those reactions can make a survivor feel like they are responsible for your feelings and discourage them from feeling that they can open up.

**Non-judgmental reactions can look like giving your undivided attention when they share and focus on their feelings.**

# K

## Keep supporting

Healing takes time, and it's crucial that survivors have the ongoing support and love they deserve throughout this process. Every survivor's healing journey is a unique and ongoing process, so continued care will look different for every person.

**You can scan the QR code below for Title IX.**

