

A sk B elieve C onnect

Let your friend know it's safe to talk with you. Choose a quiet, safe place. You might say:

Listen to your friend and let them know you believe them. You don't need to ask lots of questions. You might say:

Focus on what your friend needs- not on how you're feeling. You can't undo the past, but you can be there for your friend now. You might say:

"I'm worried about you. Has someone hurt you?"

"I'm sorry this happened to you - it shouldn't have."

"What do you need me to do now? What do you want to happen?"

Are you worried someone you know may have been affected by sexual violence?

To learn more or talk with someone contact:

1800 Respect 1800 737 732, 24 hour sexual assault and domestic violence support

www.1800respect.org.au