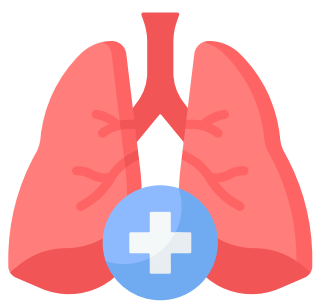


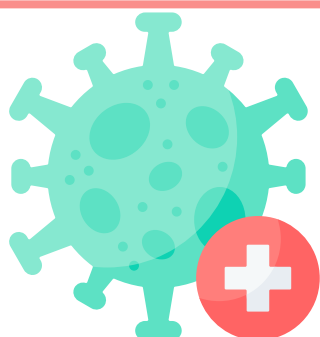
SUPPORTING A VICTIM OF SEXUAL ASSAULT



Listen to the Person

Speaking about an incident of sexual assault or harassment is incredibly vulnerable.

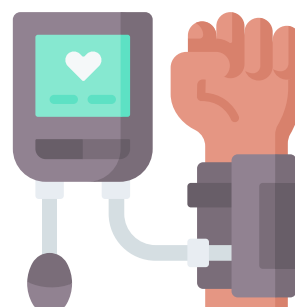
It is important to listen patiently and with respect for the person sharing their story.



Believe the Person

In a situation where someone is making a disclosure to you, show that you believe what they are telling you.

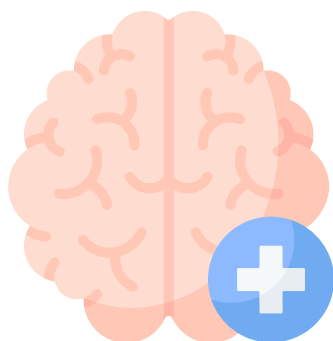
Your role is not to make the person feel safe and comfortable.



Give it Time

Speaking about an instance of sexual assault and harassment can be very challenging.

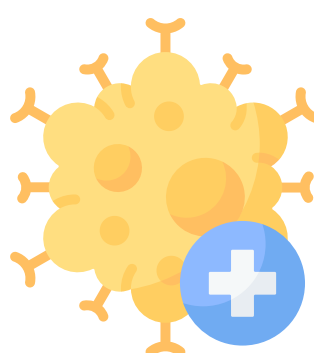
Let the person take their time.



Silence is Golden

You don't need to know all of the right things to say.

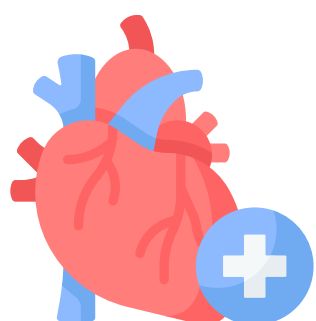
It can be powerful to just sit with silence as well.



Check Safety

Ensure that the person will be able to be safe once the conversation is over.

You might suggest some options to help them to decide how to best manage their physical safety.



Be Clear

It can be helpful to know the details of professional counselling services, such as:

ANU Counselling, or 1800 RESPECT, as an option for referral for further support beyond what you can provide.

Christos Counselling

