**What to say to a survivor:**

* I'm sorry this happened to you
* It wasn't your fault
* You survived; obviously you did the right things
* Thank you for telling me
* I'm always here if you want to talk
* Can I do anything for you?
* How can I support you?

**What NEVER to say to a survivor:**

* It was your fault
* You could have avoided it had you \_\_\_\_\_\_\_\_\_ (e.g. been sober, stayed with your friends, locked your door, not led him/her on)
* You should not have \_\_\_\_\_\_\_\_ (e.g. walked alone at night, dressed provocatively, gone to his/her room, had so much to drink, kissed him/her)
* It's been so long! Get over it!
* You wanted it
* It's not that big of deal; it happens to lots of people
* I don't believe you
* He/she is such a nice person and couldn't have done something like that.
* What did you do to provoke him/her?
* If you report him/her, you will ruin his/her future.
* You should have fought back.
* I would have \_\_\_\_\_\_\_\_ (done something differently than the survivor, e.g. fought back, ran away, screamed, called the police).

**DO** respect the survivor enough not to pity him/her.

**DON'T** assume s/he does/does not want to be touched. Some people can't stand a hug at this point. Others can't make it without one. Ask before touching.

**DO** comfort her/him. Make the environment comfortable.

**DON'T** try to solve all of their problems for him/her. S/he has had his/her control taken away. Try to avoid doing that again.

**DO** allow her/him to tell them as much or as little as they need.

**DON'T** assume you know how the survivor feels.