



## **WHAT TO SAY**

**TO A FRIEND WHO SHARES THEY  
HAVE BEEN ASSAULTED**

**VS**

## **WHAT NOT TO SAY**

- "I'm so sorry this happened to you."
- "You are not alone. I know there are people that can help."
- "How can I support you?"
- "It's not your fault."
- "I'm glad you felt safe to tell me so I can be here for you."

- "Why were you there/ why didn't you just leave?"
- "It's going to be fine; just move on."
- "If you kissed, you should have known something was going to happen."
- "Were you drinking?"
- "What were you wearing?"