

Responding to Sexual Assault Disclosures Reference Sheet

Safety
Empowerment
Empathy
Knowledge

The goal of the First Responder is to provide a safe place that empowers a survivor to seek what they need.

Safety

- Immediate physical concerns
- Immediate emotional concerns
- Privacy
- Confidentiality

Empowerment

- Let the survivor decide what to talk about
- Help the survivor understand what they might experience emotionally
- Help the survivor understand what their options are and how to access them
- Be respectful of their decisions
- Use empowering language

Empathy

- Believe the survivor
- Actively listen
- Validate their experiences

Knowledge

- Know your role
- Be prepared

dedicated to healing.
advocating for change.

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