

DISCLOSURE OF SEXUAL VIOLENCE

How to Respond

DO

- Believe
- Respect
- Support
- Assist

DON'T

- Doubt
- Judge
- Blame
- Punish

Information

Rape Crisis Hotline:
800-656-4673

www.dhs.state.il.us
www.icasa.org

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SAY: I believe you. I'm sorry this happened to you.

ASK: How can I help you? What do you need right now?

TELL: We have a crisis center in town that can help you - on the phone or in person.

HELP: Would you like to call them? I can help you with that.

PROTECT: What would make you feel safe right now?
Let's make a safety plan.