A decorative border of hand-drawn blue floral and leaf patterns surrounds the text. The patterns include various types of leaves, stems, and flowers, rendered in a simple, sketchy style. The colors range from light blue to a darker blue.

When someone tells you they were sexually assaulted, your response is important to them. It can be really hard for survivors to talk about the abuse. What you say should help the survivor feel believed and safe.

Some supportive responses are →



I'm sorry this happened to you.

I believe you.

It was not your fault.

I'm here for you.

What do you need right now?

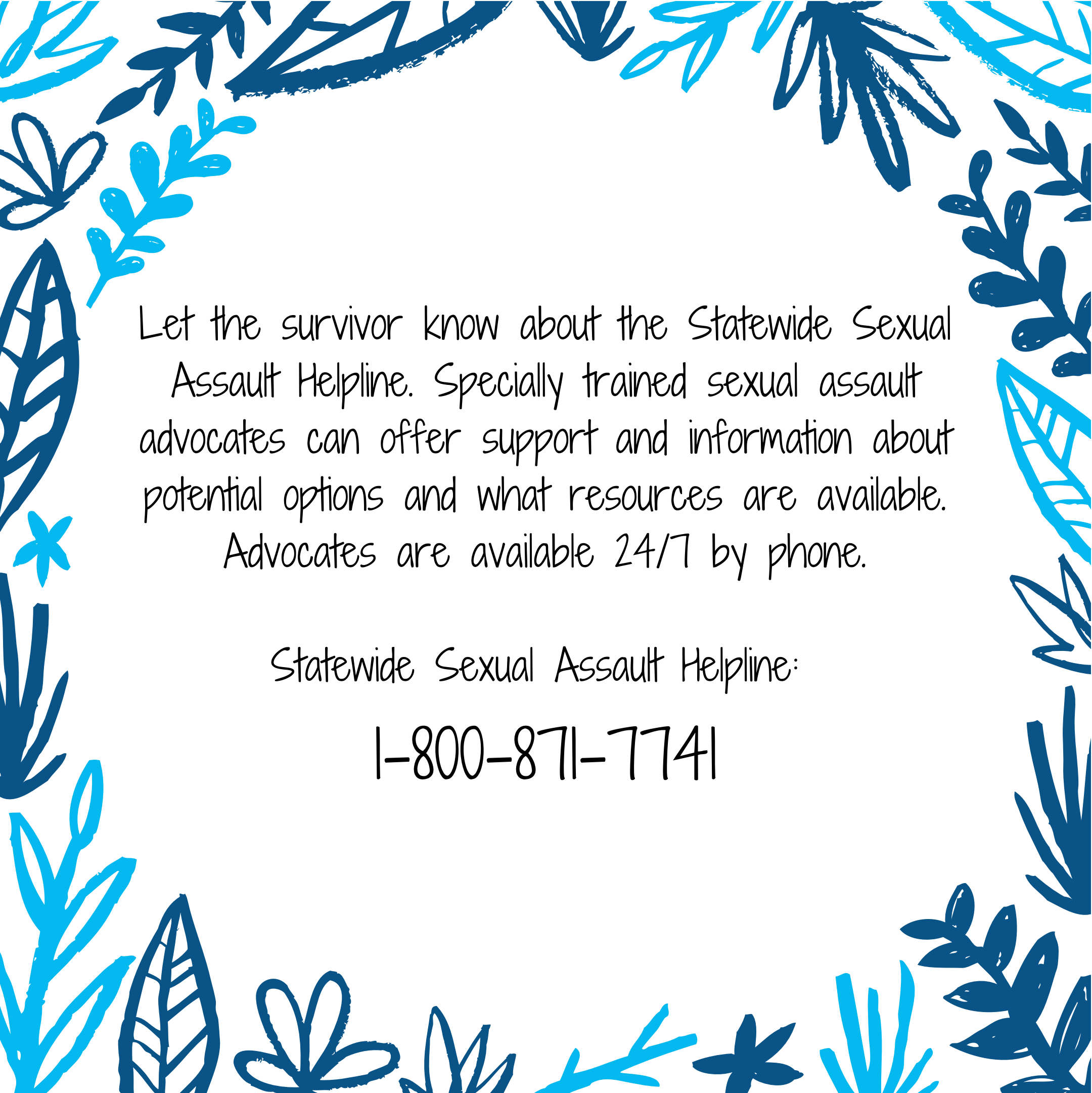
The page is framed by a decorative border of hand-drawn blue floral and leaf motifs. The motifs include various types of leaves, stems, and flowers, rendered in a simple, sketchy style. The text is centered within this border.

Things to keep in mind:

Offer to listen, but don't push them to share.

Stay calm and supportive. Anger, even if towards the person who hurt them, can be isolating for the survivor.

If you would like to offer a hug or another form of physical affection, ask first.

A decorative border of various blue floral and leaf patterns surrounds the text. The patterns include simple leaves, sprigs, and flowers in different shades of blue.

Let the survivor know about the Statewide Sexual Assault Helpline. Specially trained sexual assault advocates can offer support and information about potential options and what resources are available. Advocates are available 24/7 by phone.

Statewide Sexual Assault Helpline:

1-800-871-7741

The image features a decorative border of hand-drawn blue floral and leaf motifs surrounding the central text. The motifs include various styles of leaves, stems, and flowers, rendered in two shades of blue (a darker navy and a lighter sky blue).

At SASSMM, we:

Follow your lead

Listen, believe, and support

Respect your decisions

Are here for you

A decorative border of stylized floral and leaf motifs in various shades of blue, surrounding the central text and image.

SASSMM

Sexual Assault Support Services
of Midcoast Maine

