

## What can I say to someone in a situation of immediate harm?

Do you need help?

Do you want me to call someone for you?

What can I do to help you?

Can I walk you home?

Do you want me to talk to so-and-so for you?

Is everything ok?

Are you alright?

Should I call the police?

I'm concerned about you.

I'm worried about you because...



Everyday Initiative

## What can I say to someone who is in an abusive relationship?

You are not responsible for his behaviour.

I want to help. What can I do to help you?

Are you alright?

You don't deserve to be treated that way. A good boyfriend/girlfriend doesn't say or do those kinds of things.

Do you need help?

Do you want me to talk to so-and-so for you?

Is everything ok?

I'm worried about your safety and I'm afraid he will really hurt you next time.

I know this is difficult to discuss, but please know that you can talk to me about anything.

I'm worried about you because...

You are not alone. I care about you and I'm here for you, no matter what.

It's not your fault he/she treats you that way.

## What can I say to someone who has been raped or assaulted?

I believe you.

I'm here if you want to talk.

I'm so sorry this has happened to you.

I'm here if you don't want to talk.

This is not your fault.

You are not alone.

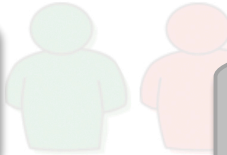
How can I help?

No one ever deserves for this to happen to them.

Would you like me to find a support group for you?

The way you are feeling is normal.

The Intervention



## What NOT to say to someone who has been raped or assaulted or who is in an abusive relationship

Were you drunk?

Why don't you leave him? You should leave him.

You're wallowing.

What were you wearing?

I don't think that was rape.

You shouldn't leave him.

You were leading him/her on.

Men can't be raped.

You're overreacting.

Why aren't you getting over this faster?

It's your fault.

You shouldn't report it – it's only going to make it worse for you.

Don't make a fuss.

It's a normal part of your culture, it's shameful to talk about it.

Acknowledgements: phrases drawn from a number of sources including:

UWE Student Committee

National Domestic Violence Helpline: <http://www.nationaldomesticviolencehelpline.org.uk/support-a-friend-or-family-member-experiencing-domestic-violence.aspx>

Tell a Gal Pal: <http://www.clicktoempower.org/domestic-violence-facts/what-to-say-when-you-think-someone-is-being-abused>

NSVRC SAAM (2010) Making a Difference facilitator guide:

<http://www.nsvrc.org/sites/default/files/file/SAAM/SAAM-2010-Campus%20Making%20a%20Difference%20Workshop%20Facilitators%20Guide.pdf>

Band Back Together: <http://www.bandbacktogether.com/How-To-Help-Someone-Heal-From-Sexual-Assault/>