

# What to Say



If someone you know has shared their story of sexual assault and you would like to say the right things, these cards might help

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# don't say

Warning: this 'What to say' series, makes a mention of insensitive and hurtful questions that survivors of sexual assault are often asked. While this may or may not be triggering we're leaving this little note here for you



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## don't say

"What were you doing there?"



## say

"There is nothing you did to deserve this"



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**don't say**

"Did you say no?"



**say**

"This is not your fault"



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## don't say

"You've slept with  
so many people  
though.."



## say

"This should not have  
happened"



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## don't say

"But you're married/ in a relationship with them"



## say

"I'm so sorry this happened to you"



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## don't say

"Weren't you drunk? How can you be sure you didn't want it?"



## say

"Speaking about this shows your inner strength"





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## don't say

"How could you even put yourself in that position?"



## say

"I'm here for you, please tell me how I can support you"



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**don't say**

"Don't tell anyone,  
it can ruin your  
future"



**say**

"I care for you"



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**don't say**

"Just move on"



**say**

" I'm here to talk, not  
talk, whatever you  
need"



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**don't say**

"I told you there was something off about them"



**say**

"I believe you"



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## don't say

"How many times  
did this happen?  
Why did you stay?"



## say

"You are more than  
what was done to you"



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## don't say

"Men don't get raped. Come on!"



## say

"You can tell me as much or as little as you want"



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## don't say

"Sounds like bad sex.."



## say

"This must have been such a scary situation for you"



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**don't say**

"What were you wearing?"



**say**

"Nothing you did 'asked' for this. Nothing."





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**don't say**

"What were you wearing?"



**say**

"Nothing you did 'asked' for this. Nothing."



**When you're talking to someone  
who has shared their story of  
sexual assault, do not invalidate  
their experience**

**remember to:**

- ♥ **listen with empathy**
- ♥ **suspend judgment**
- ♥ **talk from a place of love**
- ♥ **get the right kind of help**



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