***Your sexual assault support center name***

**RESPONDING TO DISCLOSURES**

**DO**

* Listen, authentically.
* Explain what you are able to do to support them.
* Explain the limits of your role to support them (including if you are a mandated reporter).
* Use the language and pronouns that they are using.
* Ask clarifying questions in order to identify what they need next.

**DO NOT**

* Ask questions that begin with ‘why’.
* Make promises of what might happen in the future.
* Assume they will want to take any sort of action beyond telling you what happened.

**WHAT TO SAY**

Your own authentic version of:

* I am so sorry that happened to you.
* Thank you for telling me.
* How is this impacting you right now?/What is your biggest worry right now?
* I can help you by \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (listening, sitting with you, calling a helpline with you, offering health care).
* If you want to know more about what can happen next, an advocate can have a private conversation with you. Would you like someone to call you?/Would you like their text number?
* You can talk to me about this anytime.

**MAKING A REFERRAL**

* 24-hour statewide helpline – 1-800-871-7741.
* Daytime text and chat helpline – [www.mecasa.org](http://www.mecasa.org) or text 1-800-871-7741.
* Hand someone a card with the phone number.
* Call with someone.
* Call yourself to get ideas for supporting someone.
* Call yourself for support for you.