

Northwest CASA

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What Can You Say or Do For a Survivor of Sexual Assault During a Disclosure?

What to Do

Ask permission before you do anything and everything.

Respect their personal space.

Be aware of your facial expressions and body language.

Mimic their wording: “the assault,” “the bad thing,” etc.

Direct the survivor to services at the NWCASA.

What to Say

“I am sorry that happened to you.”

“I BELIEVE YOU.”

“Thank you for telling me.”

“I am glad you are alive.”

“You did what you had to do to survive.”

“IT IS NOT YOUR FAULT.”

“You are brave for telling me.”