breathe
listen
think

steps for hard conversations about problematic sexual behavior
Having a conversation about problematic sexual behavior can be difficult.

whether you are telling someone they hurt you, talking to a peer about why their behavior is problematic, or learning that you yourself have crossed a line...
remember to:

**breathe**
Your body might start to feel panicky. That's ok. Take deep breaths.

**listen**
Try to understand what the other person really means. Don't interrupt and don't assume.

**think**
This is serious, and it is natural to want to respond immediately. Take the time to digest what you just heard before responding.