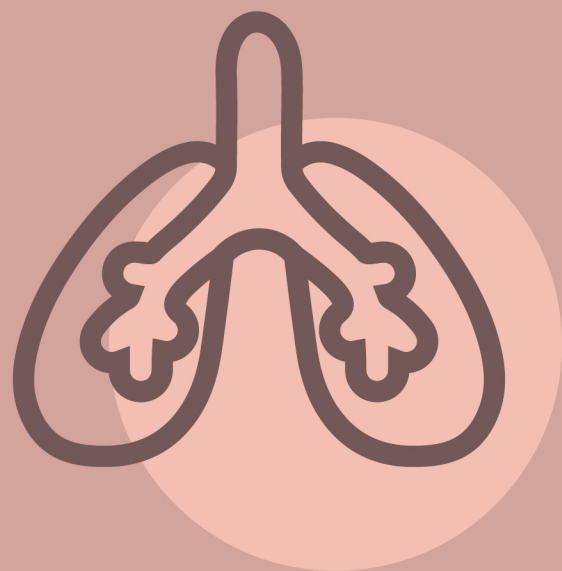


how to respond if someone says you crossed a line

*this might be the harmed
person, or it might be a
concerned third party*

while they are talking:



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.

when they are done talking:

- *acknowledge what you have heard*
- *acknowledge that this must have been hard for them to bring up*
- *acknowledge the impact the incident has had*
- *ask for time to digest what has been said*
- *suggest (if they are interested) finding another time to talk*

things you can say:

“I know this is a lot, and I want to respect your boundaries. If I have questions, would it be OK to reach out to you about this?”

“I know this must have been hard to bring up. Thank you. You have given me a lot to think about.”

“Please let me know if there are any actions you would want to see from me.”

“What can I do to repair this?”

“I can see how hard this has been for you.”



next steps:

Connect with resources on campus and online to help you understand what happened, the choices you made, and how you can act differently going forward.

**for a great place to start,
check out [whatsok.org](https://www.whatsok.org)**

nsvrc

