First Response:
A Guide for Sexual Assault Disclosures

Safety

Empowerment

Empathy

Knowledge

The goal of the First Responder is to provide a safe place that empowers a survivor to seek what they need.
Empowerment 101: Change these sentences into empowering sentences

1. You should go to the hospital.

2. When are you going to report it?

3. What did your mother say when you told her?

4. Obviously, you’ll want STI prophylaxis.

5. What I think you should do first is call the hotline.

6. I don’t think this can be reported.

7. How can you avoid the perpetrator from now on?

8. Let’s talk about making your situation safer.

9. It’s great that you want to help, but your friend really needs counseling.

10. Let me tell you how I can help.