

## First Response: A Guide for Sexual Assault Disclosures

**S**afety  
**E**mpowerment  
**E**mpathy  
**K**nowledge

**The goal of the First Responder is to provide a safe place that empowers a survivor to seek what they need.**

### Safety

- Immediate physical concerns
- Immediate emotional concerns
- Privacy
- Confidentiality

### Empowerment

- Let the survivor decide what to talk about
- Help the survivor understand what they might experience emotionally
- Help the survivor understand what their options are and how to access them
- Be respectful of their decisions
- Use empowering language

### Empathy

- Believe the survivor
- Put yourself in their shoes
- Validate their experiences

### Knowledge

- Know your role
- Be prepared
- Utilize what is available

dedicated to healing.  
advocating for change.

{[www.barcc.org](http://www.barcc.org)}

**Empowerment 101:** *Change these sentences into empowering sentences*

1. You should go to the hospital.

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2. When are you going to report it?

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

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4. Obviously, you'll want STI prophylaxis.

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

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

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

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

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9. Its great that you want to help, but your friend really needs counseling.

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10. Let me tell you how I can help.

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