

The image features a central text graphic. The text is in a bold, black, sans-serif font. The words "SAY IT OUT" are on the top line, and "LOUD" is on the bottom line, centered under the first line. The text is enclosed within two large, purple, curved brackets that resemble parentheses, one on the left and one on the right. The background is a soft, multi-colored gradient transitioning from light blue on the left to light pink on the right, with a yellowish-green glow behind the text.

**SAY IT OUT  
LOUD**

# HELPING A FRIEND WHO HAS EXPERIENCED SEXUAL VIOLENCE

Responding to someone who has disclosed sexual violence can be tough. You can make a difference in their recovery journey!



SCAN  
TO  
WATCH  
OUR  
VIDEOS

# 1

## VALIDATE

NOT THEIR FAULT  
USE THEIR LANGUAGE  
OFFER SUPPORT

# 2

## LISTEN

STAY CALM  
DON'T INTERRUPT  
BELIEVE THEM

# 3

## RESPECT DECISIONS

SUPPORT THEM  
TO MAKE THEIR OWN  
DECISIONS, RESPECT  
THEIR CHOICES

# 4

## OFFER RESOURCES

ASK HOW TO HELP  
FIND SEXUAL  
ASSAULT HOTLINE  
OR ORGANISATION

**( SAY IT OUT  
LOUD )**

