10 Ways to Help a Friend Who Discloses to You

1. Avoid judgement
2. Check in periodically
3. Know your resources
4. Remind them that it is not their fault
5. Honor your friend's autonomy
6. Help to establish safety
7. Take care of yourself
8. Ask how you can help
9. Don't share information without permission
10. Don't ask for details

For more information please visit:
♥ http://www.loveisrespect.org ♥
♥ http://sexualviolence.ucdavis.edu ♥

(530) 752-3299 ♥ http://care.ucdavis.edu