

Sexual Violence Awareness Month

HELP

The most helpful thing you can do when someone tells you they've been sexually assaulted is Start By Believing.

HOPE

Validate how the survivor is feeling. Normalising their experience so they know they aren't alone can provide hope that there is healing.

CHANGE

Encourage decision-makers, including governments, parliaments and organisations, to actively consult with survivors and let their voices be heard.

I'm sorry that happened to you

It's not your fault

Start By Believing

I believe you!

What can I do to support you?

MYTH BUSTING

Sexual assault can happen anywhere and anytime. Most sexual assaults occur in private spaces such as homes of the victims or perpetrators.

The most common response during an assault is tonic immobility or a "freeze response" where they physically cannot move, speak, or fight back.

Many people who have been sexually assaulted don't tell anyone straight away, or ever. Just because someone discloses later doesn't mean they are making it up.

Everyone responds differently to trauma- some people laugh, some may cry, and others will not show any emotions. All of these responses are normal and valid.

