

# SARSAS

*Listen.  
Believe.  
Support.*

## Support a Survivor

5 ways you can support someone who has experienced **sexual harassment**.



**LISTEN:** be patient and try not to interrupt what they're telling you.



**BELIEVE:** even if you wish it wasn't true, it's important to believe what they say.



**RECOGNISE:** let them know that you understand it must be difficult for them.



**CONTROL:** let them be in control of the conversation and any decisions.



**REASSURE:** let them know they're not to blame and it's not their fault.

[sarsas.org.uk/training](https://sarsas.org.uk/training)