

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