

START HERE

**Disclosure tips to support
your friend if they've
had an unwanted or
non-consensual sexual
experience**

**ACTIVE*
CONSENT**



@ACTIVECONSENT

Rape Crisis Helpline

1800 77 8888

www.rapecrisisireland.ie

Sexual Assault Treatment Units

<https://www2.hse.ie/services/satu/>

Report Image Based Sexual Abuse

www.hotline.ie

An Garda Síochána

www.garda.ie/en/crime/sexual-crime/

In an emergency contact 999 or 112

**For more support and information
visit WWW.CONSENTHUB.IE**

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DO

DO listen, let them know you believe them

Opening up about an unwanted/non-consensual sexual experience is stressful. Let the person know you are listening, you believe them and will support them.

DO ask "What do you need right now?"

They might not know what they want to do right away, but what happens next needs to be their choice.

DO ask "How can I help?"

You could offer to find out about support services, like the ones on the back of this card, for when the person feels ready[†].

DO look after yourself

Hearing about someone's experience can be very difficult. Make time for your own self-care and wellbeing.

DON'T

DON'T ask questions like "Were you drunk?/ Are you sure?/ Why did you go there?"

That sounds like you think it's their fault. Try to listen without judgement.

DON'T react in the moment

Hearing about someone's unwanted/non-consensual sexual experience can be upsetting – try to focus on their feelings, instead of your own.

DON'T rush them into sharing anything they don't want to

They might not feel ready to tell you the whole story.

DON'T say "You have to report it!"

Pushing someone to take action they're not ready to take can be disempowering and re-traumatising[†].

[†]If the person disclosing is under 18 reporting is mandatory in Irish law