

# Listen

# Believe

# Act

**How to help someone who has experienced sexual assault or sexual harassment.**



THE UNIVERSITY  
of ADELAIDE



Scan the QR code and be taken to the **Safer Campus Community** website for more support and reporting options, information, resources and contact numbers.

- Create a welcoming space by using open body language (uncrossed arms and legs, face person, gentle eye contact)
  - *'Do you feel safe?'*
- Listen without judgement
  - *'I'm glad you told me', 'It's not your fault'*
- Validate their experience by not asking 'why' questions
  - *'I'm sorry this happened', 'I believe you'*
- Help them explore options if they want you to (visit **Safer Campus Community** for details)
  - *'How can I help you?', 'We can look at the options available to you'*
- Let them know it is their choice what they do next
  - *'It's your choice - there are options for support or reporting this'*

If you are not in a position to provide support yourself, encourage the person to visit the **Safer Campus Community** website for support options.

[adelaide.edu.au/safer-campus-community](https://adelaide.edu.au/safer-campus-community)