

### ***5 things you can say to a domestic violence survivor***

- 1) You don't deserve to be physically, emotionally or verbally abused.
- 2) This is not your fault.
- 3) I'm afraid for your safety and the safety of your children/family.
- 4) I am here to believe and support you.
- 5) There are places to call for help.



### ***5 things you can do to prevent sexual assault***

- 1) *Be a myth-buster.* Most sexual assaults are perpetrated by a family member or acquaintance, not a stranger.
- 2) *Roles-schmoles.* Question assigned gender roles and stereotypes.
- 3) *Rape isn't funny.* Challenge sexist jokes and comments when you hear them.
- 4) *Analyze this.* Think critically about the portrayal of violence in the media.
- 5) *Believing is supporting.* Believe someone when they say they have been assaulted.

If you need more information about sexual assault or domestic violence, or what to say to someone in this situation, SafePlace services are free, confidential and available 24-hours a day.

**Talk to us anytime at:**  
(360) 754-6300 (voice),  
(360) 973-6703 (TTY), or  
[help@safeplaceolympia.org](mailto:help@safeplaceolympia.org)

**Visit us at:**  
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