

Communicating With a Survivor of a Sexual Crime

1. Don't tell us how we could have avoided it.

Believe me, if we could have prevented it we would have.

2. Don't tell us "its just sex".

Rape is a crime of power, control, and extreme violence where sex is used as a weapon against someone weaker. It is not sex.

3. There's no need to avoid us.

We're still the same person you've come to care about or learned to care about. We've just been unspeakably hurt. We're not contagious.

4. Don't make fun of us.

We have faced an attacker who sometimes is willing to kill and have survived. What's there to make fun of?

5. Don't tell us it would never happen to you and why.

We didn't think we would become statistics either.

6. Don't ask if we liked it.

No one likes being physically overpowered.

7. God isn't punishing us for some misdeed by allowing this to happen.

God helps us heal. God doesn't send someone to hurt people.

8. Don't tell us it was God's will we were raped.

Do tell us it was God's will that we survived!

9. Don't disbelieve us.

According to survey respondents being disbelieved is a survivor's greatest fear.

10. Don't tell us that survivors make up tales for attention.

According to The National Coalition Against Sexual Assault false rape reports only happens 2% of the time. That's a 98% chance that no matter how strange it sounds to you the rape isn't being fabricated.

11. Don't tell me not to talk about it.

Yes it upsets me to talk about it but that is the only way that I can sort through it.

12. Don't say, 'it happened on a date, that's common'.

When you say that, it belittles me and my feelings about the assault. It's not common because it happened to me and I'm not just a statistic.

13. Don't say "other people have it worse off than you".

I'm not "other people." I'm me.