I am so glad you have found this page. If you are here, it means you or someone you know has experienced sexual abuse or sexual violence. The first thing I want you to know before you read further is that what happened is not your fault! The other thing I want you to know is that we are not here to judge; we only want to provide you with information that will help.

If I'm ready to tell what am I supposed to say?

It is so hard to decide what to say when you are ready to share your story. Below is a list of questions survivors are often asked:

- Is anything happening now? If not how long ago?
- If you don't remember how long ago using days or dates do you remember the month, the season, your age or grade in school, or any special events or holidays around the assault or abuse?
- Where did the abuse or assault take place?
- If someone has abused or assaulted you, do you know who the person is?
- If it is someone you know when is the last time you saw or spoke to that person?
- Does that person live with you, near you, or do you visit them?
- Based on what happened to you, do you think you need an exam by a doctor, need to go to the emergency room, or have a rape exam?
- Are you being threatened by someone?
- If you are being threatened do you have any saved messages, pictures, or notes (it is ok if you don't).
- Have you shared your story with anyone else?

If you can provide any of this information, it will help the person you tell know how best to help you. If you are worried you might be nervous or might forget what to say; you can write your story out on a piece of paper, type some notes into a phone or take a video of yourself talking, and share.

You don't have to share specific details of the abuse or assault if you are not ready. Don't feel bad if you don't remember all the details. Memories of abuse and assault can be hard to remember. The immediate priority is making sure you are safe and prevent anything else from happening.