

Helpful or Unhelpful Statements

Practical Exercise - Large Group/Staff meeting

Consider the following statements and questions as a response to a disclosure of sexual assault

1. Assess whether each statement is helpful, somewhat helpful or unhelpful
2. Discuss why you have made that assessment

Statements and questions	Helpful	Somewhat helpful	Unhelpful
What were you doing with him in the first place Why didn't you tell me before People who have had that experience often feel that way. Do you want to talk about it I think you should report it to the police. How do you feel about it now That must have been terrible! What do your friends think That would be really hard to prove in court. It sounds as though you might be afraid. <i>You</i> seem very distressed. That happened to <i>a</i> friend of mine. What would you like to happen now Oh yes. I know how you feel. Are you worried about making trouble for others It's often difficult to talk about these experiences. Is there any point in making a fuss about this It's difficult when someone you trust hurts you.			