

Parent Wellbeing Tip Sheet



Supporting a Partner who has been Sexually Assaulted

Sexual assault can have a devastating impact on its survivors, their partners and their families.

If your partner has been sexually assaulted, it is important for you to be supportive. Your support can help them to overcome the trauma of the assault.

Here are some simple tips:

- be non-judgemental
- believe them
- treat them like an expert on their own needs
- encourage them to talk about their feelings and listen to what they have to say
- let them control how things proceed
- tell them that it is not their fault
- ensure their safety

You may feel some powerful emotions yourself, including:

- grief
- frustration
- confusion
- guilt
- a desire for revenge
- anger

If you need to discuss your feelings with someone, consider contacting a counsellor.