When a colleague or someone close to you discloses that they have experienced sexual violence, you may not know what to say. The "TALK" method can help you remember how to respond with empathy.

1. **T**hank them for telling you
2. **A**sk how you can help
3. **L**isten without judgment
4. **K**eep supporting

Visit RAINN.org to view RAINN's complete "Friends and Family Toolkit for Supporting a Loved One After Sexual Violence"