Things you can say to people who have experienced harm:

- I believe you.
- I am so sorry this is happening to you.
- Thank you for sharing this.
- I don't even know what to say right now, but I am so glad you told me.
- I am just so sorry you've experienced all of this.
- Thank you for telling me.
- It's not your fault.
- You are not alone.
- You get to choose what you do next.