

如果一位友人告诉你他受到了性虐，  
你会如何相助？

聆听。

相信。

接受他对你的信任。

理解他作为男人所面临的压力。

鼓励他去获取帮助。



**living  
Well** 

livingwell.org.au provides information and support to men who have experienced sexual abuse, to partners, friends and family.



**Anglicare**  
Southern Queensland