

▶ **If a friend told you he was sexually abused, how could you help?**

**Listen.**

**Believe.**

**Accept his trust in you.**

**Understand the pressures he faces as a man.**

**Encourage him to access support.**



[livingwell.org.au](http://livingwell.org.au) provides information and support to men who have experienced sexual abuse, to partners, friends and family.

