

**BELIEVE**



**believe.  
ask.connect.**

To show someone you **BELIEVE** them  
about what they are telling you, you can:

- Tell them you believe them
- Listen and let them share everything they wish to say before you respond
- Listen calmly and quietly
- Repeat back to the person in your own words what they have said to you to be sure you have understood what you were told correctly
- Not repeat what you are told to others as gossip
- Only tell others who may be able to help, like a nurse or social worker, with the permission of the person who confided in you
- Comfort them with caring gestures like a hug or holding their hand
- Remember that it takes courage for someone to trust you



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**PAUKTUUTIT**  
INUIT WOMEN OF CANADA

[pauktuutit.ca/abuse-prevention](http://pauktuutit.ca/abuse-prevention)