

# TITLE IX

## Addressing Sexual Harassment/Sexual Violence

### How to Talk with a Helper/Counselor

Getting help when you're dealing with a sexual harassment and/or sexual violence situation is a sign of *great* strength. It shows that you know when to say, "I'm not sure how to handle this on my own and need some help."

You are *never* expected to go it alone! There are multiple people on campus and within the community who are trained to help – and who *want* to work with college students like you. Tap into their knowledge, compassion, expertise and care as you work together to determine your next steps.

When you decide to start talking about what's on your mind, there are some key things to remember when talking with a helper/counselor:

- Offer the truth
- Don't apologize for being there
- Don't think you're wasting anyone's time
- Let go of thinking your problem "isn't a big deal"
- Share your emotions and thoughts
- Answer questions to the best of your ability and comfort

Sometimes you'll strike up a good rapport with a counselor right away. Other times, it'll take awhile. If you don't feel comfortable with one person, find another resource. Your comfort, safety and well-being are the primary concerns as you take this important step.