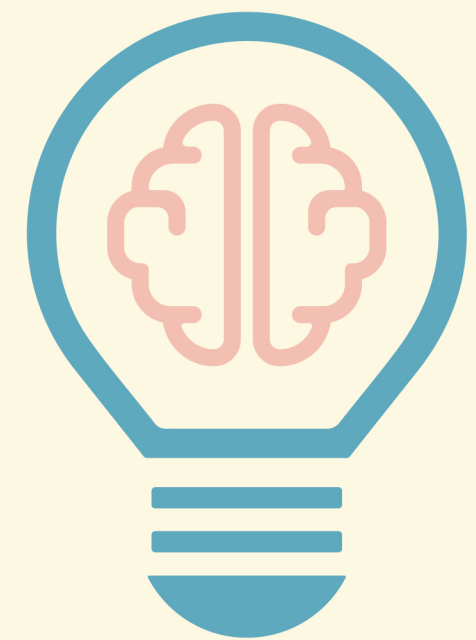


breathe

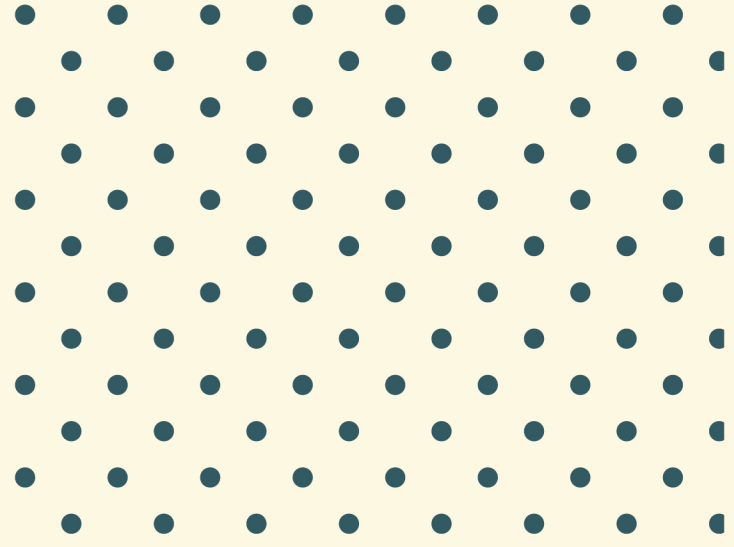


listen



think

*steps for hard conversations about
problematic sexual behavior*

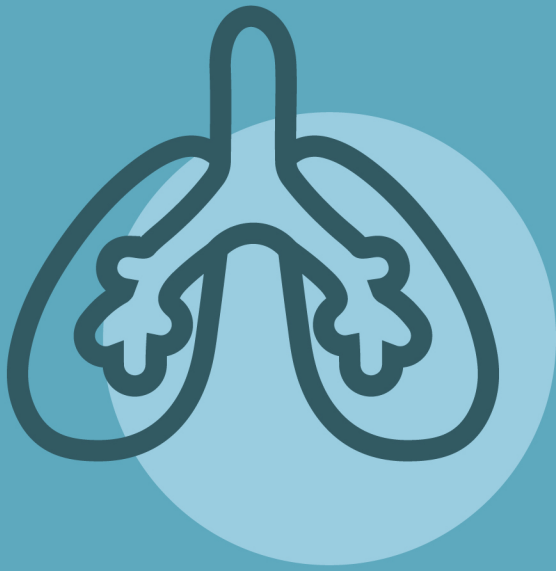


Having a conversation about problematic sexual behavior can be difficult.

whether you are telling someone they hurt you, talking to a peer about why their behavior is problematic, or learning that you yourself have crossed a line...



remember to:



breathe

Your body might start to feel panicky. That's ok. Take deep breaths.



listen

Try to understand what the other person really means. Don't interrupt and don't assume.



think

This is serious, and it is natural to want to respond immediately. Take the time to digest what you just heard before responding.