CHECKLIST

Before you tell your family: a conversation checklist

- [ ] Write down the core points you want to cover in a few sentences.
- [ ] Choose a quiet time when nobody is rushed or distracted.
- [ ] Prepare to name the harm in concrete terms without softening the words.
- [ ] Know what steps you have taken or plan to take this week.
- [ ] Be ready to listen to their response without interrupting or defending.
- [ ] Agree on a follow-up date if the person needs time to process.
- [ ] Have helpline numbers written down in case they want to know where to turn.