Hi! My name is [your name], and I'd like to share a resource called The Tell Someone Project in case you'd be willing to help spread awareness.

It provides a combination of guidelines and guide questions to help people who have experienced sexual violence reach out to the people around them for help through a safe, structured conversation. Sharing information about this would help more people know it's an option for them if they're struggling to ask for help.

You can find more information about it at www.tellsomeoneproject.org if you'd like to help share this. Thanks for your time!