

Celebrity News: Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16



By [Rachel Sparks](#)

Spurred by the onslaught of sexual harassment confessions from thousands of women this past week, [Reese Witherspoon](#) admitted that her first experience happened when she was 16, and it hasn't stopped. [UsMagazine.com](#) reports that Witherspoon spoke up during the Ell Women in Hollywood event, which was hosted by Calvin Klein and L'Oréal, on Monday night, October 16. In recent [celebrity news](#), thousands of women from just as many industries shared their stories on Twitter, using #MeToo.

This celebrity news is very disheartening. What are some ways to support a partner who has been sexually assaulted?

Cupid's Advice:

Unfortunately, it is a distressing reality that you or someone you know has been sexually assaulted at some point. Younger people especially lack the tools in which to deal with this; however, no matter how old you are, it is difficult to process and heal from this kind of trauma. Cupid has some [relationship advice](#) so you can support your partner:

1. Open up: Silence welcomes our inner demons. Don't allow yourself or someone you know to suffer alone. We all speak up at different times and in different ways, but sharing our pain helps ease the weight.

Related Article: [Parenting Tips: Way to Talk to Your Kids About Sexual Abuse](#)

2. Be there: You may not be able to do much, but staying by someone's side has a lasting impression. They may not say much, and it can be discouraging to feel like you aren't helping, but stick it out with them. Your presence could be the strength they need.

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3. Bump it up: Sometimes you won't know what to do, but you know the situation is bad. Whether someone is suffering so much they present a harm to themselves or you're worried it could happen again, seek out someone you trust. Even if they only offer another safe place, building that support network

is critical to healing.

It's an extremely difficult topic, but creating a sense of community helps others heal. What advice do you have to offer others? Be brave. Be strong. Share below.