

**CHECKLIST · FOR ADULT SURVIVORS**

BEFORE YOU CALL

NOTHING HAPPENS UNTIL YOU SAY SO.

This list is for adults considering a call about abuse at a school, whether it was years ago or recent. You can read it without contacting anyone. If you do call, you can give any name, and nothing happens until you say so. None of it has to be complete. What you remember is enough to start.

FACTS YOU ALREADY HOLD

- ☐ **The name of the school, and the district if it was public**
The school is where the records live. If it was a public school, the district is the body that stands behind it. If you only know the school, that is enough.

 - ☐ **The years you were there, or the grade you were in**
A grade or a rough age is enough. Exact dates are not needed now, and they can be worked out later from school records.

 - ☐ **The adult's role, such as teacher, coach, aide, or counselor**
A role and a description are enough if the name is gone. The role shows who was supposed to be supervising, which is one of the first questions a case asks.

 - ☐ **Roughly when it happened**
A season and a year is enough. The date decides which rules apply under Code of Civil Procedure 340.1. For abuse on or after January 1, 2024, the statute sets no time limit. For earlier abuse, the limits are longer than most people expect and have changed more than once, so an approximate date lets us check the current rule.
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RECORDS THAT MAY EXIST

☐ **Yearbooks and report cards**

They place you and the adult at the same school in the same years, and they carry names you may have forgotten. You do not need them in hand. Knowing they exist is enough.

☐ **Class, team, or club photos**

A photo shows who was in the room and who was in charge of it. A copy held by a relative or a classmate counts.

☐ **Messages, emails, or social media posts, from then or since**

Anything written to you, by you, or about it, including a message to a friend years later. You do not have to go looking for it now. Note that it exists.

☐ **Friends who knew at the time**

A person you told then, even in passing, can confirm when you first spoke of it. First names are fine.

☐ **A counselor, coach, or other adult who was told**

School staff are mandated reporters under Penal Code 11166. If an adult at the school was told and nothing happened, that is worth noting. It is not your job to prove what they did with it.

STEPS TO AVOID

☐ **Do not contact the person**

Anything said in that contact can be used later to argue about what happened. There is no reason you have to speak with them, and a lawyer can if it ever becomes necessary.

☐ **Do not contact the school or the district**

The school or district will be represented by its own lawyers and insurer, and an early call or email tends to go to them. When it is time to request records, we do it in writing on your behalf.

☐ **Do not post details online**

A public post can be read by the school's lawyers and by the person, and it cannot be taken back. A private note, written for yourself, is different, and can help.

☐ **Do not delete anything**

Including messages you would rather not see again. Move them to a folder, hand the device to someone you trust, or leave them where they are. A deletion is hard to undo and can be questioned later.

PEOPLE SAFE TO TELL

☐ **A licensed therapist**

A therapist is trained for this conversation and can explain the confidentiality rules that apply before you say anything. Many people start here, and you do not have to be ready for anything else.

☐ **One person you trust**

A partner, a sibling, a friend. Not to do anything, just so you are not the only one who knows. You choose how much to say.

☐ **The National Sexual Assault Hotline, 800-656-4673**

Free and confidential, run by RAINN. You do not have to give your name or decide anything. Trained staff listen, and they can point you to local support if you want it.

☐ **Our confidential line**

Call, text, or use the form with any name you like. We listen, tell you what the law allows, and do nothing further until you say so.

YOU DECIDE EACH STEP

You can read this without contacting anyone. You can contact us without giving your name. Nothing happens, no letter, no call to the school, no filing, until you say so, and you can stop at any point.

General information, not legal advice for your situation. Contacting us does not create an attorney-client relationship, which is formed only by a signed written fee agreement. If you want to talk with someone now, the National Sexual Assault Hotline is 800-656-4673, free and confidential.

Free case review: (424) 235-7879. No fee unless we recover. If there is no recovery, you owe no fee and no case costs. Se habla español. The web version saves your progress: <https://www.wiseinjuryfirm.com/library/tools/before-you-call-checklist/>

Written and reviewed by Josh Kohanim, Esq., California Bar No. 328609. Reviewed September 23, 2026. This website is for general information and is not legal advice. Contacting us does not create an attorney-client relationship, which is formed only by a signed written fee agreement. No attorney's fee unless we recover. If there is no recovery, you owe no fee and no case costs. The written fee agreement explains this before representation begins. Prior results do not guarantee a similar outcome.

Josh Kohanim, Esq., Wise Personal Injury & Accident Law, APC, 18653 Ventura Blvd., Suite 361, Tarzana, CA 91356. (424) 235-7879. Licensed by the State Bar of California, Bar No. 328609.