

HOW TO PROVIDE

SUPPORT

TO SURVIVORS OF SEXUAL VIOLENCE

Listen

without interruption or judgement.

"If you ever want to talk, I'm here to listen."

"It shows strength to share that. Thank you."

Believe

their story, no matter the circumstances.

"You don't need to justify anything. I believe you."

"You didn't deserve that. It's not your fault."

Validate

their feelings and experience.

"There's nothing wrong with you; that's normal."

"You're entitled to whatever you're feeling."

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Empower

them to make their own choices by sharing resources.

"If you're interested, there's a National Sexual Assault Hotline: 800-656-4673."

"You know what's best for you. I support your decision."

Respect

their right to confidentiality & privacy.

"It's your choice if anyone else gets to know."

"If you don't want to tell me, that's okay."

Provide

a safe environment & continued support.

"Hey, just checking in. How are you doing?"

"What can I do to support you?"