

HOW TO SUPPORT A VICTIM/SURVIVOR OF SEXUAL VIOLENCE.

A RESOURCE FOR THOSE UNSURE WHAT TO DO NEXT.

BELIEVE VICTIMS/SURVIVORS

WHAT SHOULD I KNOW IN ORDER TO SUPPORT VICTIMS/SURVIVORS?

- The term Victims/Survivor shows support for all individuals in each stage of their journey.
- It takes bravery and strength to share their experience of sexual violence.
- A Victim/Survivor may not have all the words or terms for their experience.
- Their reaction may not be what you think it should be. Victim/Survivors all respond in various ways.
- A Victim/Survivor may not remember every single detail immediately following the assault.
- They may not want to tell you everything; or they may tell you everything.
- Remember, it is not your place to judge or question how they were assaulted.

WHAT CAN I DO TO IMMEDIATELY SUPPORT A VICTIM/SURVIVOR?

- Support looks different for everyone but may include:
 - Actively listen and be present as they tell their story.
 - Reassure them that they are not to blame for this experience.
 - Go with them to an appointment with a medical or counseling professional.
 - Remember that support looks different for every Victim/Survivor.

WHAT SHOULD I SAY AFTER A VICTIM/SURVIVOR DISCLOSES TO ME?

- Responses may look different, but should include:
 - I believe you.
 - This is not your fault.
 - Thank you for telling me.
 - I can only imagine how this feels.
 - You are brave.
 - If you want to talk, I am always here for you.

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WHAT RESOURCES SHOULD I KNOW?

- National Sexual Assault Hotline
 - 800.656.HOPE(4673)
 - Chat with them live: online.rainn.org
- [Stop It Now](#)
- [National Sexual Violence Resource Center](#)
- If you are a college or university student, you can access free counseling and other services on your campus.
- Canadian Chapters and Organizations can visit [The Canadian Association of Sexual Violence Centres](#).

WHAT ARE SOME OTHER RESOURCES?

Go to you university website and find the contact information to the offices listed below. Please note, some of these resources may be a mandatory reporter.

- **Counseling Services:**
- **Survivor resources:**
- **Title IX/Dean of Students office:**
- **Fraternity and Sorority Life:**
- **Local Resources:**



When pottery is
broken in
Japan, the
artist will
collect the
pieces and fill
the cracks with
gold. You are
not broken.
Your story is
beautiful.

*be
the
gold*

WWW.BETHEGOLD.ORG