

## TIPS FOR

# Supporting a Survivor

## Listen

If someone comes to you because they've been assaulted it is likely they just want you to listen. Don't rush them or ask digging questions. Being present for someone has so much power.

Things to say:

"I'm here for you"

"Thank you for sharing this with me"

## Believe

Believing a survivor and reminding them that the assault was not their fault is so important in this world where survivors are often faced with disbelief and experience victim-blaming.

Things to say:

"I believe you"

"I'm so sorry this happened"

"This was not your fault"

## Refer

If they sound interested, offer to help them find additional resources (or bring them to AVP for resources). It is crucial that you do not pressure them to take any further action. It is their choice what they do next.

Things to say:

"It sounds like you might want some support right now, I know of some places that might be able to help"

## Care

Showing empathy by staying out of judgement, and honouring someone else's emotions is one way to practice care. Setting your own boundaries and being realistic about the support you can provide is also an important part of taking care of yourself.

Things to say:

"Thank you for coming to me, I'm so sorry this happened. I don't think I can support you right now but can I help you find someone else to talk to?"



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SUPPORT - EDUCATION - RESOURCES

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