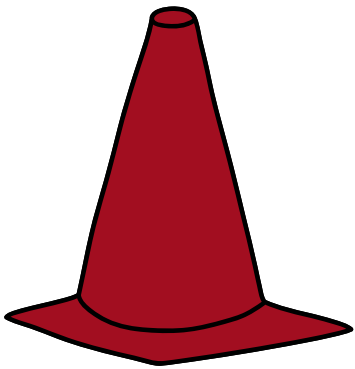


HOW TO SUPPORT A FRIEND

Supporting a friend who is experiencing sexual violence can be very difficult. It is important that you are aware of the numerous resources that are available to support you and your friend

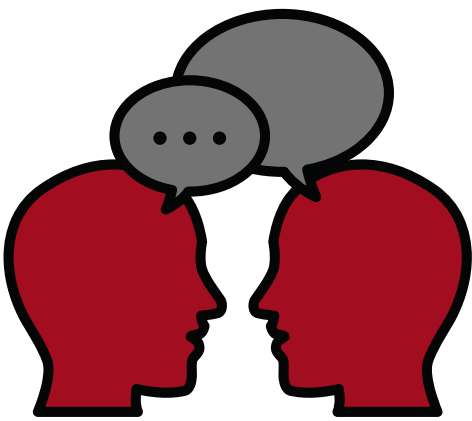


PRIORITIZE SAFETY

Help them find a safe space and, if necessary, call 911. Encourage them to go to a hospital for any physical injuries.

LISTEN TO THEM

It takes a lot of courage for someone to disclose. Thank them for telling you and avoid digging for more information.

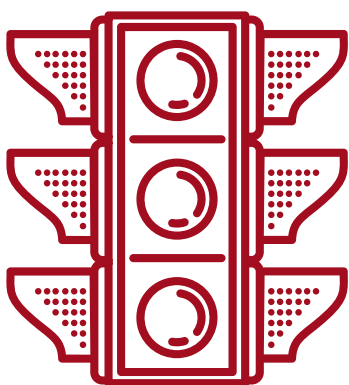
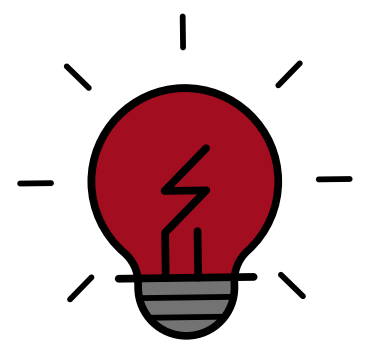


BELIEVE THEM

Survivors often think that they will not be believed. It is important to stress that you do believe them. Remind them that you are there for them.

MAINTAIN AGENCY

A survivor has already had their ability to choose taken away. While you can encourage certain decisions, it is up to the survivor to choose the best path forward for them.



PROVIDE RESOURCES

There are a number of national and local resources that are available at no cost to support survivors. Look on the CCAC Title IX website for a comprehensive list.

TAKE CARE OF YOURSELF

Many resources that are available to survivors are also available to their support system. It can be draining to help a friend through this process and it is important that you set boundaries and take care of yourself so that you can continue caring for your friend.