# Quick Tips When Helping a Survivor

**Supportive Measures**

- Practice self-care.
- Believe the survivor.
- Acknowledge their bravery in disclosing/sharing.
- Actively listen, support and express care.
- Offer/remind survivor of options, resources.
- Be honest about how you can help, including mandated reporting.
- Allow moments of silence. Be patient.
- Validate their feelings and experiences.
- Remember trauma-informed response, STE-CCC: safety, trust, empowerment, choice, collaboration & cultural relevance.
- Consider these phrases (RAINN, 2016):
  - "I'm sorry this happened to you."
  - "It's not your fault."
  - "I believe you."
  - "You are not alone."

**Common Harmful Mishaps**

- Judgement and asking a lot of questions, especially "Why?"
  - "Is that what really happened?"
  - "Why didn't you tell me earlier?"
  - "Are you okay?"
  - "Why did (or didn't you...?)"
- Explicit & implicit blame.
- Cold or doubtful demeanor.
- Making excuses for the perpetrator or the harmful incident(s).
- Physical contact (hugs, shoulder touch/rub) without consent.
- Minimizing the survivors's feelings and experiences.
- Telling the survivor what they must or should do, or what you would do.

(RAINN, 2016; NRCJIW, 2014; SAMHSA, 2014)