

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.