

FOSTERING SAFE, CARING AND NON-JUDGEMENTAL RESPONSES

These tips will help you foster safe, caring, and non-judgemental interactions when someone shares that they have been subjected to sexualized violence.

Believe & Affirm

Validate their feelings. Let them know that you believe them and that the sexualized violence was not their fault.

Build Safety and Trust

Address their immediate needs around safety and address issues of confidentiality.

Listen and Be Compassionate

Listen and let them tell their story in their own words and at their own pace. Be comfortable staying silent and ask them how they want to be supported.

Respect and Restore Choices

Ensuring that the victim/survivor in control of what happens next is crucial to restoring their sense of power and control.

Be Aware

Be aware of the impacts of trauma and systemic oppression on victims/survivors. Also acknowledge your own boundaries as a support person.

