FOSTERING SAFE, CARING AND NON-JUDGEMENTAL RESPONSES

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

BELIEVE AND AFFIRM

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

BUILD SAFETY AND TRUST

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

BE AWARE

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

I BELIEVE YOU.

RESPECT AND RESTORE CHOICES

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

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.