



EAST PRESTON FAMILY RESOURCE
CENTRE

SEXUAL VIOLENCE PREVENTION COMMUNITY ENGAGEMENT

August Issue: Supporting Survivors

When someone has survived sexual violence, receiving caring responses from the people around them is crucial to the healing process and can help prevent or lessen trauma.



You don't need to be a professional to be there for someone who has survived sexual violence.

Safe, Caring and Nonjudgmental Support

Support can take many forms. Each victim/survivor will have different experiences and needs, so it is important to ask them how they want to be supported.

Some victims/survivors simply want someone to believe them, listen with compassion, and validate their feelings.



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.



**For more information, please visit
<https://www.breakthesilencens.ca/training>**

Safe, Caring and Nonjudgmental Support



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 is 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.



**For more information, please visit
<https://www.breakthesilencens.ca/training>**



Fostering Safe, Caring and Non-Judgmental Responses

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

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Build Safety and Trust

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I Believe You.

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