

8 WAYS to HELP a SEXUAL ASSAULT SURVIVOR



POCKET PAL

Know How to Help

Sexual assault is sexual contact that involves force upon a person without consent or that is inflicted upon a person who is incapable of giving consent. It can include any unwanted sexual contact, from inappropriate touching to rape.

Sexual assault survivors, both women and men, often feel ashamed and scared and may not know what to do. It's estimated that two-thirds of them will confide in a friend about the incident. Read this pocket pal to learn 8 things you can do to help support a friend.

When Is Consent Needed?

Getting consent is ALWAYS necessary even if those involved have been drinking, have been flirting or making out, have had sex before, or if one person says "Yes" and then changes his/her mind.

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1. Offer Comfort and a Safe Place to Stay

Provide a calm environment for your friend. This will help him/her feel safe again. Offer to accompany your friend wherever he/she needs to go. Ask for permission before hugging or touching your friend as physical contact may not yet be welcome.

2. Be a Good Listener

This is one of the most important things you can do. Often the sexual assault survivor just wants to be heard. Stay calm and be patient. Commend your friend for having the courage to talk about the assault. Be there if your friend wants to talk and even if he/she doesn't.



3. Believe Your Friend

Survivors of sexual assault often are afraid people won't believe them, especially if they are male. Accept what your friend tells you as the truth and do not judge in any

5. Remove Feelings of Guilt



It is crucial to reassure your friend that the sexual assault

7. Check Out Services and Resources

Reporting the incident or pressing charges is a personal decision and can be difficult.

8. Take Care of Yourself

Realize that in order to help a friend going through a traumatic experience, you may need support as well. It might be beneficial



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