

# HOW TO SUPPORT A SURVIVOR

## BELIEVE THEM

Survivors often fear not being believed. Your belief is powerful. Say things like:

- I'm so sorry this happened.
- I believe you.
- You didn't deserve this.



## LISTEN WITHOUT JUDGEMENT

Let them speak in their own time and way. Avoid pushing for details. Don't question why they stayed, what they wore, or why they didn't report.



## RESPECT THEIR CHOICES

Survivors may choose paths you wouldn't. That's okay. Healing looks different for everyone.



## OFFER SUPPORT, NOT SOLUTIONS

Ask, "How can I support you right now?" Instead of trying to fix it, focus on being present. You don't have to have the perfect words

## KEEP IT CONFIDENTIAL

Never share what they told you unless they give permission. Violating their trust can be re-traumatizing and dangerous.



## KNOW THE RESOURCES

You don't have to do this alone. Encourage them to contact trained advocates who can help them navigate safety, housing, legal options, and emotional support.

