

Supporting Survivors



How should I respond if someone tells me they were sexually assaulted?

BELIEVE THEM. Do not question the assault's authenticity. Your role is to support them.

NEVER BLAME THEM. No one deserves to be assaulted. Clearly tell them, "This was not your fault."

LET THEM CHOOSE. Don't pressure them into doing what you think is best. Instead, help them explore options.

LISTEN TO THEM. Let survivors know that you are available to listen when and if they are ready to talk.

MAINTAIN CONFIDENTIALITY.

SELF-CARE. Make sure to take care of yourself before and after reaching out to survivors.



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Local County Business Lines
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Des Moines: 319.541.9554
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College

Bystander

Intervention



What is Sexual Violence?

A sexual act committed against someone without that person's freely given consent. Consent cannot be obtained through coercion, manipulation, force or while under the influence of any drug(s) including alcohol.

You can help prevent sexual violence by being an active bystander & choosing intervention, not silence!

What is your intervention style?

1. Bring it home

"Would you want someone to talk to your friend like that?"

- Benefits: Rehumanizes the victim

2. Use I/Third Person Statements

Correct: "Some people would find what you said offensive."

Incorrect: "You're so offensive!"

- Benefits: Decreases assumptions and responder's defense

3. Clarification/Confrontation

"You think people like being assaulted?"

- Benefits: Encourages offender to reconsider his/her statements, discourages support from others
- TIP! Be inquisitive, not judgmental.

4. Distraction

"Hey I am leaving, want to come with?"

- Benefits: Provides time to assess the situation and determine next steps

5. Provide information

"If she is drunk, she can't legally give consent. That's considered rape."

- Benefits: Educates offender and others.

6. Find Help

Alert someone nearby, ask for guidance or make an anonymous police call

7. Direct Intervention

(Asking the victim) "Are you okay?"

8. Indirect Intervention

(Asking the victim/group) "Is everything okay?"

- 7&8 Benefits: Shows you're paying attention, supportive and concerned

9. Group Intervention

"Am I the only one that thought that was inappropriate?"

- Benefits: Encourages critical thinking and influences others to speak up

10. Privately Intervene

Talk to your friend privately about his/her inappropriate behavior using 3rd person/I statements.

- Benefits: Avoids humiliation

Stand up.

Don't stand by!