

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

HOW TO SUPPORT SURVIVORS OF SEXUAL ASSAULT

UNDERSTAND THEM

Do not dismiss the fears and anxiety they might be going through. Assure them of your love and support and that you're thinking of them.

LISTEN

Even if you're feeling upset or shocked, try to focus your attention on supporting the person in front of you. Take some time after a conversation to enjoy the outdoors or do a healthy activity that makes you feel good as a way of re-centering yourself.

BELIEVE THEM

If your friends or colleagues open up to you, see and hear them out. Be the person they can talk to without judgement.

Survivors may blame themselves, especially if they know the person who harmed them personally. Remind the survivor that they are not to blame.

Healing has no timeline, each journey is unique so it will look different for each person. Provide ongoing support and make time to check-in.

SHARE RESOURCES

Scan the QR Code Below



NYS Domestic and Sexual Violence Hotline
Free confidential support 24/7.
Available in most languages



800-942-6906



844-997-2121



opdv.ny.gov