

BE AN ALLY - GIVE SUPPORT

Original Source Credit: Farrah Khan

If someone discloses sexual violence to you, it's okay if you don't have all the answers. You don't need to be an expert to support them. Help by being **BRAVE**.

B

BEGIN BY LISTENING.

- Don't pry or press for additional details.

R

RESPECT CONFIDENTIALITY.

Ensure they understand how and when you will share the information they have provided you.

A

ASK WHAT SUPPORT LOOKS LIKE TO THEM.

Let go of assumptions. Reporting to the police is not every survivor's vision of justice.

V

VALIDATE THEM.

Remind them it is not their fault and they are believed.

E

EMPATHIZE.

Understand everyone has a different way of healing from violence.

**NO SHAME. NO BLAME.
NO JUDGEMENT.**