

How To

**SUPPORT A FRIEND
WHO HAS EXPERIENCED
SEXUAL VIOLENCE**

Resource Guide

Inspired by Teach Us Consent
www.teachusconsent.com

MAKE IT CLEAR YOU BELIEVE THEM AND EXPRESS THAT YOU WILL KEEP THIS CONFIDENTIAL.

Their story is not yours to tell - even if you are trying to help.

LISTEN WITHOUT INTERRUPTION OR OPINION.

While sharing may be healing for them, it may also be re-traumatising.

BE MINDFUL OF TENDENCIES TO VICTIM-BLAME.

Our society often blames the victim-survivor. Every time this happens, accountability on the perpetrator is lessened.



AVOID PRESSURING THEM TO REPORT THE ASSAULT.

There are many reasons people do not report sexual assaults.

INSTEAD, SUPPORT THEIR AUTONOMY.

Tell them you will support any and all decisions they make moving forward.

ASK THEM WHAT THEY NEED FROM YOU.

Sexual violence can make someone feel powerless. Asking them what they need can help them to regain a sense of control.

CONTINUE TO SUPPORT THEM LONG-TERM.

While the assault may become further in their past, the effects can be lifelong. There is no timeline.

HERE ARE SOME HELPFUL THINGS TO SAY IF YOU ARE UNSURE:

"Thank you for telling me and trusting me with this. I will keep this between us and support you however you need."

"What do you need from me?"

"I'll always be here to support you. Ask for what you need at any time."

"Are you okay? There's no pressure to talk, but know I am here for you."

"You are not responsible or to blame at all. This should not have happened to you."

"I believe you."



LOCAL AND QUEENSLAND-BASED SUPPORT SERVICES

Murrigunyah Family & Cultural Healing Centre - 07 3290 4254

Murrigunyah offers various programs and healing sessions that aim to respond positively to the cultural, social and emotional well-being of Aboriginal and Torres Strait Islander men, women, youth and families in the Logan community.

Centre Against Sexual Violence (CASV) - 07 3808 3299

Free confidential counselling to all women, and young women 12 years and over who have experienced recent, past and/or childhood sexual assault.

Sexual Assault Helpline - 1800 010 120

Any person who lives in Queensland who has been impacted or knows someone who has been affected by sexual assault can call the Sexual Assault Helpline. It doesn't matter whether your experience was from decades ago, more recently or if you're currently experiencing abuse; you can call for support.

LOCAL AND QUEENSLAND-BASED SUPPORT SERVICES

1800Respect - 1800 737 732

1800RESPECT is available for free support, 24 hours a day, 7 days a week.

1800RESPECT supports people impacted by domestic, family or sexual violence.

National Sexual Abuse and Redress Support Service - 1800 211 028

National Sexual Abuse and Redress Support Service (Formerly Sexual Assault Counselling Australia). Free telephone and face-to-face counselling for people impacted by institutional child sexual abuse.

Emergency Services - 000

If you are in immediate danger or need immediate emergency support, please call 000. Support services cannot provide support for immediate danger.





www.centreforwomen.org.au
www.menandcoservices.org.au