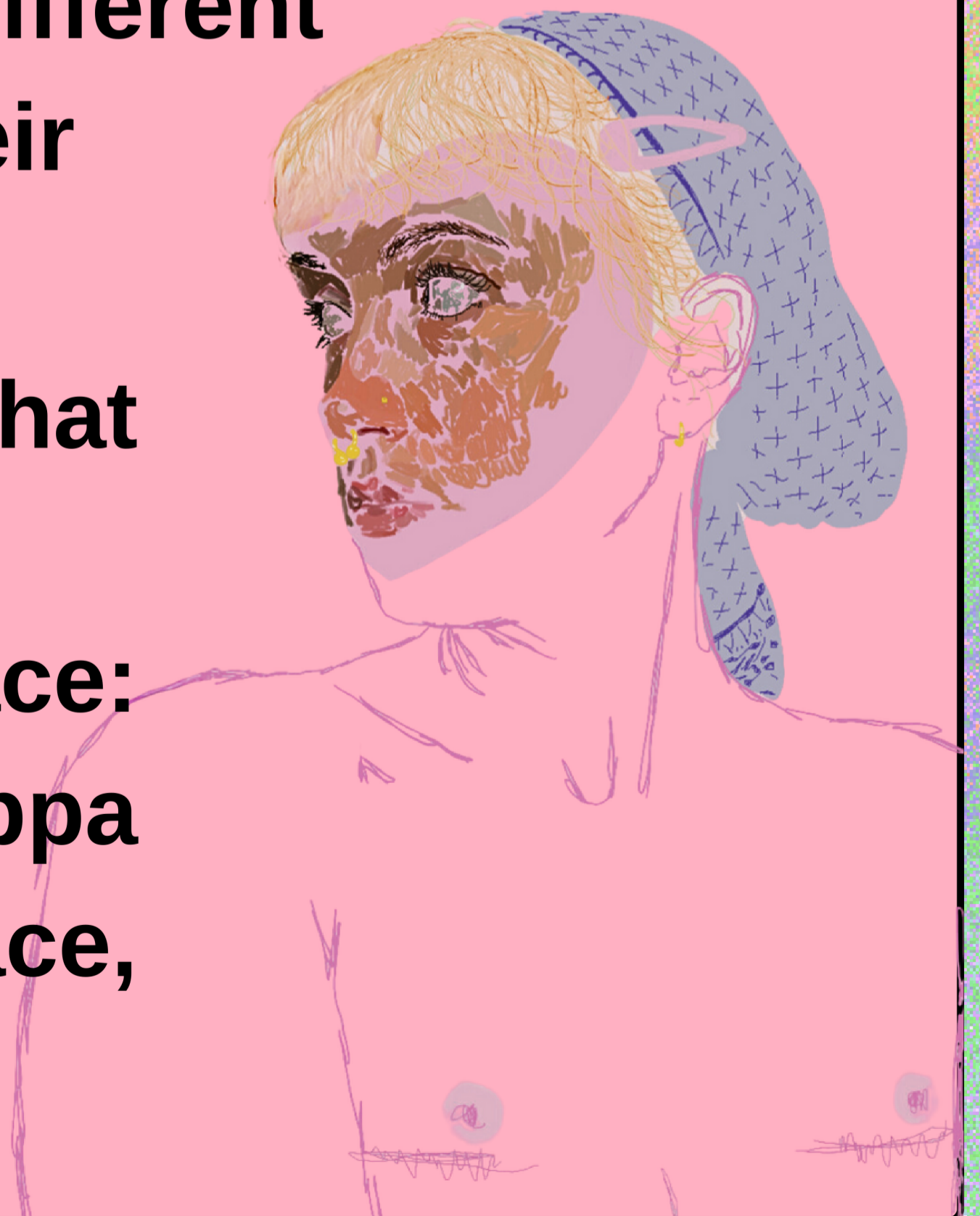


HOW TO BE A GOOD SUPPORT TO A SURVIVOR

DO'S:

- initial disclosure: just listen
- validate feelings: 'what a a**hole'
- be thoughtful of what you're saying
- respect privacy
- don't pressure to report
- every survivor is different
- don't question their response
- remind them that they're safe
- create a safe space: go on a walk, cuppa tea, private space, pet to pat



HOW TO BE A GOOD SUPPORT TO A SURVIVOR

DON'T'S

A stylized illustration of a woman's face in profile, facing left. She has dark hair and is wearing a hearing aid. A blue speech bubble is positioned near her mouth, containing the text "Are you sure?".

Are you sure?

- Don't say:
 - "It's ok"
 - "Are you sure they realized you weren't into it?"
 - "You need to get over it"
 - "Life happens"
- Make it about yourself or involve your ego
 - Tell your own story
 - Displays of toxic masculinity (*anger/over-protective*)
 - Touch them without consent
 - Ask questions for your own curiosity
 - Give unsolicited advice

A stylized illustration of a woman's face, looking slightly upwards and to the right. She has dark hair. A white speech bubble is positioned near her mouth, containing the text "Well....".

Well....