

## Survivor Support Skills

*Here are some of the best practices for supporting someone:*

- Listen, listen, listen
- Believe the survivor
- Validate and normalize emotions
  - But don't validate their own victim blaming!
- Use reflective language (use the same vocabulary)
- Silence is okay (can lend space to conversation)
- Give options
- React to survivor's decisions about what they need
- Use best consent practices when it comes to any type of physical contact.
- Keep confidentiality when possible
- Keep your commitments
- Take care of yourself!

*Don't do this stuff:*

- Don't use the word "should" (let them decide for themselves!)
- Avoid "how" or "why" questions. (try "would you feel comfortable\_\_\_?")
- Don't talk about yourself
- Don't express anger or violence towards a perpetrator

*What should I say?*

- I believe you.
- It wasn't your fault.
- What do you need right now?
- What can I do to help?

## CONFIDENTIAL RESOURCES:

### **Lorain County Rape Crisis / Nord Center Sexual Assault Care Unit**

6140 South Broadway, Lorain, OH 44053

24-hour Hotline: 1-800-888-6161

\* (ask for a rape crisis on-call advocate; you can specify that you don't want to speak to an advocate who is an Oberlin student)

\*Hotline can also be used for mental health crises unrelated to sexualized violence.

Regular Line: 440-233-7232

### **The Counseling Center**

247 West Lorain St., Suite D

Same day walk-in crisis consultation hours:

Mon. & Tues. 11 a.m. - Noon

Weds., Thurs., & Fri. 1:30 - 2:30 p.m.

## NON CONFIDENTIAL RESOURCES:

**Safety and Security:** (440) 775-8911

*Will give free rides to LCRC at any time with no questions asked.*

### **OSCA Sexual Offense Policy Advocates :**

Students on call 24/7 to support peers who have experienced sexual violence and their supporters.

(440) 574-0167

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### **REPORT TO:**

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