

# TRU Community steps up

to help a friend who has experienced sexualized violence.

## Do:

### Listen

- ✓ Concentrate on hearing their feelings and perspectives, instead of being focused on what YOU think should happen next
- ✓ Understand your own limits: There are professionals in our community who have the training to offer long term support

### Believe

- ✓ False reports of sexualized assault are no more common than false reports for other crime, as low as 2%

### Empower

- ✓ Encourage them to be patient with themselves and remind them that they are not alone
- ✓ Help find resources they are comfortable with and offer to accompany them ([tru.ca/sexual-violence](http://tru.ca/sexual-violence) for more resources)
- ✓ Ask about safety and whether they have somewhere safe to stay. Let them know there are resources to help them safety plan
- ✓ Warn them in advance if you know that the perpetrator will be at the same game, party or class as your friend, and help them make a plan to stay safe

## Don't:

### Interrogate

- ✗ It's normal to want to know more, but asking for details about what happened won't help your friend
- ✗ Asking whether it was violent is also unhelpful. ALL acts of sexualized violence are violent, regardless of how they look from the outside

### Impose

- ✗ Avoid setting a timeline for when they "should be over it"
- ✗ Never blame them for what happened. The only person to blame for sexualized violence is the person who chose to use violence
- ✗ Even if you have the best intentions, don't force or pressure them to report the assault

### Gossip

- ✗ This could put your friend at risk of more violence or hurt. However, if you think your friend is in imminent danger, please contact police or someone else who can help

### \*\* Don't forget to take care of yourself

Your mental health matters. A disclosure from someone you care about is a lot to hold. Seek out confidential supports for yourself as well.

sexualized  
violence  
prevention  
and response

[tru.ca/sexual-violence](http://tru.ca/sexual-violence)