



How to be an ally to survivors of sexual assault

After

- Ask the survivor what they need from you.
- Check in regularly.
- Encourage counseling.
- Do not discuss the incident with others.

Your approach

- Recognize your value as a friend.
- Listen and believe.
- Echo that it's not their fault.
- Respect boundaries.
- Suggest reporting the assault.

Things to avoid

- Avoid making judgments about what did or did not happen.
- Do not offer comments on what they could have done differently in the situation.
- Never excuse the offender.
- Do not retaliate.

Ongoing support

- Acknowledge resilience.
- Encourage counseling.
- Watch for unhealthy behaviors such as warning signs of self-harm, isolating themselves, or increased alcohol use.

If you or someone you know has experienced an unwanted sexual encounter, speak with a professional. Resources for campus support include Student Counseling Services (confidential); the Office of Equal Opportunity, Ethics, and Access; and Health Promotion and Wellness, or speak with a trusted colleague, employee, or friend. The University can also provide support services to members of the campus community reporting such incidents.

Counseling.IllinoisState.edu

EqualOpportunity.IllinoisState.edu



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Wellness.IllinoisState.edu