How to be an ally to survivors of sexual assault

After

- Ask the survivor what he/she needs 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 judgements 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 warning signs of self-harm, isolating themselves, or increased alcohol use.

If you or someone you know has faced relationship violence or an unwanted sexual experience, speak with someone. Confidential support is available from Student Counseling Services.

Non-confidential campus resources include the Student Affairs Title IX Office; the Office of Equal Opportunity and Access; and Health Promotion and Wellness; or speak with a trusted colleague, staff, or faculty member.

TitleIX.IllinoisState.edu
Wellness.IllinoisState.edu