

10 WAYS TO SUPPORT A SURVIVOR

**LISTEN, BELIEVE,
& ASK**
WHAT YOU CAN DO TO
BE SUPPORTIVE

MAKE SURE THEY FEEL
SAFE

VALIDATE
THEIR FEELINGS

AFFIRM
THAT IT IS NOT THEIR FAULT

IDENTIFY
THEIR SUPPORT SYSTEM

OFFER
**RESOURCES &
OPTIONS**
(LIKE CARE)

SUPPORT
THEIR CHOICES

ASK PERMISSION
BEFORE OFFERING PHYSICAL
COMFORT (LIKE HUGS)

REMEMBER
THAT THE HEALING PROCESS
IS FLUID

HIGHLIGHT
THEIR STRENGTHS

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