



Someone I know has been sexually assaulted. Help someone you care about.

It's not always easy to know what to say when someone tells you they've been sexually assaulted, especially when that person is a family member, friend, or loved one. Consider the following ways of showing support:

Listen. Be there.

Communicate without judgment.

"I'm sorry this happened."

Acknowledge that the experience has affected their life. Phrases like "This must be really tough for you," and, "I'm so glad you are sharing this with me," help to communicate empathy.

"It's not your fault."

Survivors may blame themselves, especially if they know the perpetrator personally. Remind the survivor, maybe even more than once, that they are not to blame.

"I believe you."

It can be extremely difficult for survivors to come forward and share their story. They may feel ashamed, concerned that they won't be believed, or worried they'll be blamed. Leave any "why" questions or investigations to the experts. Your job is to support this person. Be careful not to interpret calmness as a sign that the event did not occur. Everyone responds

differently. The best thing you can do is to believe them.

"You are not alone."

Remind the survivor that you are there for them and willing to listen to their story. Remind them there are other people in their life who care and that there are service providers who will be able to support them as they recover from the experience.

"Are you open to seeking medical attention?"

The survivor might need medical attention, even if the event happened a while ago. You can support the survivor by offering to accompany them or find more information. It's okay to ask directly, "Are you open to seeking medical care?"

"You can trust me."

If a survivor opens up to you, it means they trust you. Reassure them that you can be trusted and will respect their privacy. Always ask the survivor before you share their story with others.

"This doesn't change how I think of you."

Some survivors are concerned that sharing what happened will change the way other people see them, especially a partner. Reassure the survivor that surviving sexual violence doesn't change the way you think or feel about them.



Report a Sexual Assault

Dr. Tim Gossen

Vice President for Student Affairs
507-457-1597

tgossen@smumn.edu

Dr. Marisa Quinn

Asst. Vice President for Student Affairs
507-457-1781

mquinn@smumn.edu

Tracy Lehnertz

Interim Title IX Coordinator
507-457-1694

tlehner@smumn.edu

Scott Walker

Interim Deputy Title IX Coordinator
507-457-8700

swalker@smumn.edu

Continued Support

There's no timetable when it comes to recovering from sexual violence. If someone trusted you enough to disclose the event to you, consider the following ways to show your continued support.

Check in periodically. The event may have happened a long time ago, but that doesn't mean the pain is gone. Check in with the survivor to remind them you still care about their well-being and believe their story.

Avoid judgment. It can be difficult to watch a survivor struggle with the effects of sexual assault (e.g., depression, flashbacks, post-traumatic stress) for an extended period of time. Avoid phrases that suggest they're taking too long to recover such as, "You've been acting like this for a while now," or "How much longer will you feel this way?"

Remember that the healing process is fluid. Everyone has bad days. Don't interpret flashbacks, bad days, or silent spells as "setbacks." It's all part of the process.

Know your resources. You're a strong supporter, but that doesn't mean you're equipped to manage someone else's health. Become familiar with resources you can recommend to a survivor, like the Women's Resource Center (Winona) 507-452-4453, the Sexual Violence Center (Twin Cities) 612-871-5111, or the National Sexual Assault Hotline 800-656-HOPE (4673) and online.rainn.org.

It's important that you take care of yourself, too. Maintain your lifestyle, reach out and talk about it, make plans for activities, and take time to relax. It's normal to have a difficult time processing the sexual assault of



someone you care about. It can continue to be difficult as time goes on and the survivor begins the healing process. You can call the National Sexual Assault Hotline at 800-656-HOPE (4673) or visit at online.rainn.org to chat with someone who understands what you're going through. You can also consider talking to someone who is trained professionally to help you deal with these thoughts and feelings, like a mental health professional.

Confidential Resources

Christina Uribe Nitti
Director, Health Services
507-457-1492
curibeni@smumn.edu

Julie Buege
Staff Nurse, Health Services
507-457-1492
jbuege@smumn.edu

Kathryn Freihammer
Counselor, Counseling Services
507-457-1773
kfreiham@smumn.edu

External Resources

The Advocacy Center of Winona
507-452-4453 (24-hour hotline)

Winona County Police Department
507-457-6302

National Sexual Assault Hotline
800-656-HOPE (4673)

online.rainn.org (Rape Abuse Incest National Network)

Online Reporting (offers confidential reporting)

[Sexual Assault Report](http://online.rainn.org)