If someone discloses sexual violence to you, it’s okay not to have all the answers. You don’t have to be an expert to support them.

Belief is a powerful tool and is often the first step in the positive healing of a sexual violence survivor. Survivors who get a positive response when they tell someone are more likely to get help and report.

You also have a number of resources available to you, as you support someone through their healing process, available at ucalgary.ca/sexualviolencesupport.
One of the most important things you can do is listen compassionately.

**Believe them.** Tell them it’s not their fault.

**Ensure their safety.** Are they currently in a safe location? Do they require medical attention? If they are in immediate danger, call 9-1-1 or Campus Security.

**Respect confidentiality.** Ensure they understand how and when you will share information they have provided to you. Confirm you have their consent.

**Ask what support looks like for them.** Let go of assumptions. Reporting to the police is not every survivor’s version of justice.

**Value boundaries.** Refrain from asking specific details about the event.

**Listen without judgement.** Everyone responds differently to trauma. This response, and the healing process, is an individual experience and will look differently for everyone.

### How we can help

All university community members have access to support, regardless if the act happened on- or off-campus, or if you experienced sexual violence before coming to UCalgary.

We can help with:

- Navigating procedures and resources within the university and the community
- Self-care resources
- Academic consideration and workplace accommodations
- Referrals to counselling and medical services
- Understanding the reporting options available
- Having someone to listen

### you are not alone

Sexual Violence Support Advocate
ucalgary.ca/sexualviolencesupport
T: 403.220.2208 | E: svsa@ucalgary.ca