

Listening to a disclosure from a survivor/victim (over 18)

Believing and listening with care
creates space for survivors and
victims to be heard, respected,
and supported.

#EndChildhoodSexualViolence



Over 18

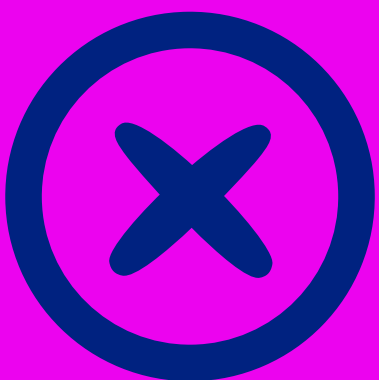
WE ARE BRAVE SO THAT CHILDREN CAN BE SAFE

If a survivor/victim of sexual violence comes to you, what should you do?



DO THIS

Believe them and accept survivors as they are and treat them with respect.



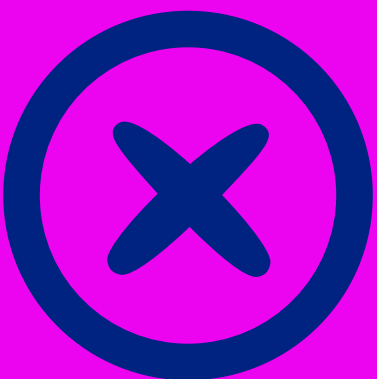
Don't

Doubt their testimony nor overreact or panic.



DO THIS

Show them love, care and understanding by being an empathetic listener.



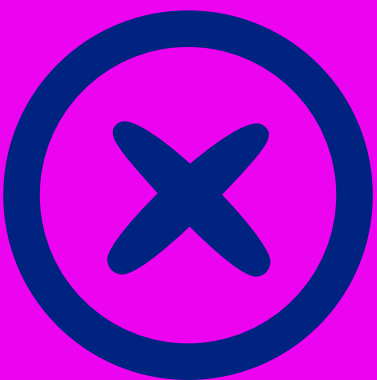
Don't

Pressure for details.



DO THIS

Remind them that what was done to them was not their fault.



Don't

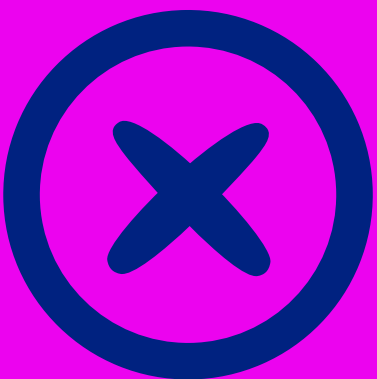
Pass judgement nor tell them how to feel about the situation.

DO THIS



Ensure confidentiality and create a safe, supportive and distraction-free environment for your conversation.

Don't



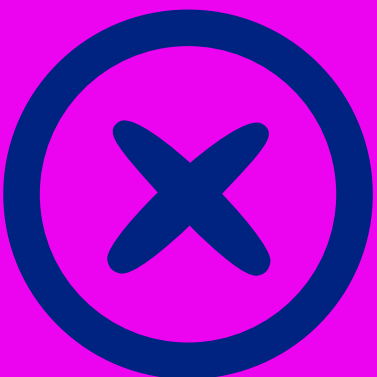
Lecture them about what to do, or force them to go to the police or prosecute.

DO THIS



Remind them that this can also be an opportunity to collect evidence - and that they can decide on legal action later.

Don't

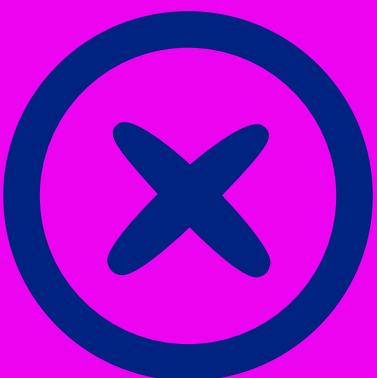


Make light of the situation or compare their experiences to others nor ask why they did (or did not) say no or fight back.

DO THIS



Help them access services when they are ready. Offer to accompany them if helpful. Offer to support them if they choose to document and follow up on their case with legal authorities.



Don't

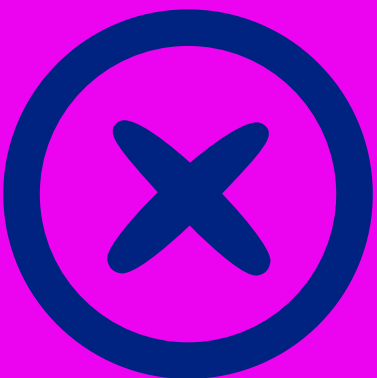
Avoid them nor tell them to “forget about it” or “keep quiet” and “move on”.

DO THIS



Where appropriate, share that they can prevent HIV and unintended pregnancy if they can take post-exposure prophylaxis within 72 hours and emergency contraception within 120 hours of the incident.

Don't

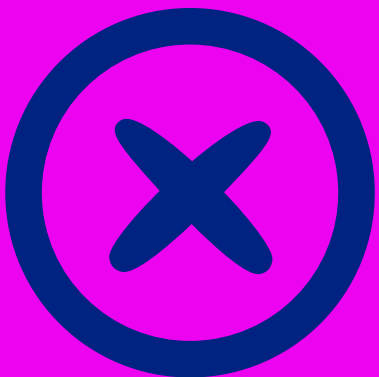


Criticize them or blame them for the situation, by saying things such as “you shouldn’t have been out alone at night”.



DO THIS

Reach out periodically after they disclose to you and remind them that you are there for them.



Don't

Make them feel guilty for having burdened you with this information.

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If you or someone you know are currently being abused,

find the ChildHelp hotline in your country HERE 
find help near you HERE 
or speak to someone you trust



<https://childhelplineinternational.org/helplines/>

<https://mutera.org/help-near-me>

WE ARE **BRAVE** SO THAT CHILDREN CAN BE **SAFE**