

Trauma-Informed Meeting Tip Sheet

A guide for elected officials and decision-makers

Understanding trauma is essential when meeting with survivors with lived experience of childhood sexual violence. Survivors offer profound insights but often require informed and compassionate support to navigate their experiences.

Before the Meeting



- Secure a room that is quiet and confidential.
 - If you are unable to secure a private space, offer a virtual meeting.
- Email the survivor attendees to clearly communicate what they can expect, such as (i) topics of discussion, (ii) date, time, and location, and (iii) attendees.
- Brief meeting attendees, including decision-makers or officials, on survivor engagement. At a minimum, share the below statement in an email:

Brave's Top Tip for Decision-Makers: Let survivors share with their own words.

Do **not** ask personal questions about their experiences of childhood sexual violence or of seeking justice.

If you are unsure if a question is appropriate, contact the Brave Movement at info@bravemovement.org.

During the Meeting



- Consider a seating arrangement where survivors can see everyone in the room.
 - Listen to survivors' experiences with empathy and patience:
 - Use open body language and positive language (e.g. "thank you for sharing").
- Focus questions on actions and next steps, NOT a survivor's experience.
- Ask for survivors' recommendations before sharing your own.



After the Meeting

- Send a follow-up email – thank survivors for their contribution, communicate next steps, and share contact information.
- Secure written consent from survivors if posting photos or videos of the meeting.
- Schedule time with a mental health professional if needed. Brave offers a ["Get Help" tool](#) if you are in crisis, as well as a ["Healing and Safety" Toolkit](#).