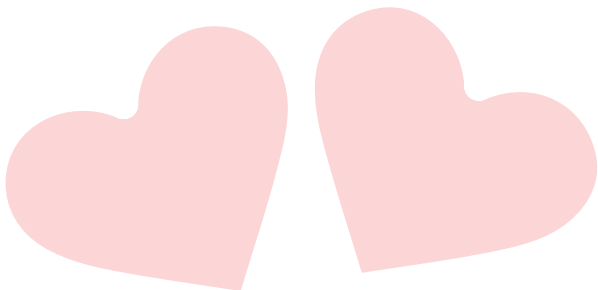


Be Supportive:

- Believe your friend. (People rarely lie about rape or assault. False reporting rates are at 2%, the same as reports for any other crime).
- Listen to your friend.
- Allow there to be silence; your friend may still be processing the assault, and you don't have to talk every time they stop talking.
- Validate your friend's experience.
- Ask how you can help. Offer companionship if they want it.
- Help your friend regain a sense of control. Support their own choices and decision-making.
- Remind your friend it's not their fault, because sexual assault is never the survivor's fault. The blame is on perpetrators who decide to use power and control to exercise violence on others.



SUPPORT FOR STUDENTS:

Confidential Support Options on Campus:

GENDER RESOURCE AND ADVOCACY CENTER:

-Willamette's Confidential Advocate:
503-375-5361 or at
confidential-advocate@willamette.edu

- Sexual Assault Response Allies:
503-851-4245 or at
SARA-resources@willamette.edu

ALSO ON CAMPUS:

- Bishop Wellness Center-Counseling
Services 503-370-6471

- WUTalk 24/7 Telephone Crisis
Counseling
Support: 503-375-5353

Confidential Support Options Off Campus:

- Center for Hope & Safety 24-hour
hotline: 503-399-7722

What should I do if my friend has been sexually assaulted?

THE LOFT
GENDER RESOURCE AND ADVOCACY CENTER

Things that may NOT be helpful:

- Don't ask questions that imply that the assault was your friend's fault, such as "Why did you go to his room?" "Why didn't you scream?" "Why didn't you run away?". These questions are victim-blaming, and do not actually prevent assault.
- Don't touch or hug your friend unless you're sure your friend is comfortable with physical contact.
- Don't act in ways that could be upsetting to your friend. Be wary of phrases that center attention on how you feel about their experience.
- Don't tell your friend what to do; rather, help them explore options. Willamette's Sexual Assault Response Allies can be helpful in discussing such options.



Help them take the first steps:

- Enlist the help of an advocate: You may call Willamette's Sexual Assault Response Allies Victim Advocacy Program (503-851-4245). The advocates can offer personal support, information, and help your friend decide what they need. Alternatively, your friend can call the WU Talk 24/7 Crisis Counseling Support line at (503) 375-5353 if the Gender Resource & Advocacy Center is closed.
- Get medical attention: Post-assault medical services are available at the Salem Hospital Emergency Department. Your friend may choose to have physical and medical evidence of the assault recorded for legal purposes, however, reporting to law enforcement is NOT REQUIRED to access care.



Acknowledge the limits of your personal advocacy skills:

- At times your friend may not want to deal with the assault for very valid reasons and, as a result, may even avoid you. If you need to express feelings your friend doesn't want or need to hear, there are many resources available to support you, such as a confidential counselors, peer networks, SARAs, or the confidential advocate. There will also be times when you need time off from helping, or when you should help your friend find other support. Friends are often essential support in the recovery process but remember also that a counselor with expertise working with victims of rape and sexual assault can play an important role in your friend's recovery.

