



Chozen 2B Whole
Sexual Trauma Recovery - Awareness & Prevention

We're Here for You!



Supporter's Self-Evaluation Guide

- Be cognizant of your biases, emotions, and experiences concerning sexual violence.
- Evaluate emotional well-being. Determine the effectiveness of your support.
- If you have unresolved sexual traumas, **DO NOT** avail yourself as a support system.
- **NEVER** withdrawal support without an explanation. You can say: (*“Thank you for trusting and sharing this with me. **I believe you**, and I am going to do my best to find an individual more equipped to give you the assistance you deserve. I will be here for you as best as I can.”*) Never allow the individual to feel, they have put you in a compromising situation, or you are burdened by their experience.

Effective Listening & Questioning

- **Listen carefully** and take notes. This can be invaluable information for litigation.
- As a community worker (*nurse, teacher...*), **DO NOT** ask investigative/leading questions. (*“When they did **A**, did they do **B** after?”*) (*“Did they tell you not to say anything?”*) Ask only clarifying questions. (*“Where did you say this happened?”*) (*“What did you say happened?”*)
- Do not to ask accusatory questions. (*“Why didn’t you tell me?!”*) (*“Why didn’t you **scream/run?**”*) This can enhance the victim/survivor’s guilt and/or embarrassment.
- As a parent/caregiver, it is difficult to hear the disclosure. However, use the above questioning principles. Remember only -*who, when, where...* questions.
- Do not make promises. (*“I won’t tell.”*) (*“I won’t call the authorities.”*)
- Do not be judgmental towards the perpetrator. (*“**A** is disgusting for what they did to you”*). In many cases victims/survivors develop “Stockholm Syndrome”, not recognizing that a crime has been/is being committed against them. Such comments can make a victim/survivor feel they are getting someone in trouble.
- **Seek emotional support for yourself.**
- **THANK YOU, FOR BEING A SELF-LESS SUPPORTER.**