



Chozen 2B Whole
Sexual Trauma Recovery - Awareness & Prevention

We're Here for You!



Bystander's Sexual Violence Guide

Witnessed/witnessing any form of sexual violence can be traumatic. Often trauma responses can be mistaken for other causations. Chozen 2B Whole wants you to know your emotions are valid. Below are tips to assist you to navigate through this experience.

Navigating The Next Few Hours, Days, Weeks...

- Make sure you are physically safe.
- Contact the authorities if you witnessed, or was told by a minor (0-17yrs), experiencing any form of sexual violence, or you witnessed an abduction of any age.
- Take time to process what you saw or what was shared with you.
- Take notice of your trauma responses, irritability, insomnia, body aches...
- Be careful of **negative coping devices** (*overuse of recreational drugs/drinking..*)
- **SEEK TRAUMA RECOVERY SUPPORT**
- Engage in positive activities to help you to decompress. (*journaling, exercise...*)
- Memorialize details (*date, time, place, perpetrator identifiers*), of what you saw, or was told. This can be potentially **invaluable information for the survivor**.
- **Do not isolate** yourself, surround yourself positive family and friends.
- If you are a **community worker** (*doctor, teacher, coach...*), and you suspect or a case of sexual violence is confirmed, you must **alert the authorities**.
- **DO NOT** feel guilty, with how you are handling this experience. **There is no judgment**, this is a difficult subject matter to navigate.
- Again, **SEEK TRAUMA RECOVERY SUPPORT**.