

Support

Emotional	Physical	Practical
<ul style="list-style-type: none"> • Act as the buffer. Stay with her. • Keep distance, respect personal space. • Believe her, don't blame her. • Listen, be patient, calm. • Convey feelings are normal. • Stress safe now, can assist with personal security plans <p>Confront self blame -can't control another human being. -sounds like you thing you could have done something differently. -only the assailants responsibility. -only you were there, you made the right decision for yourself.</p> <p>Give her back control.</p> <p>Let her decide what she wants to do next.</p> <p>Do nothing without her consent.</p>	<p>Inquire about medical needs:</p> <ul style="list-style-type: none"> • -injuries • -STD's • -shock <p>Make sure the victim is warm, provide/suggest a blanket or coat. If not going to hospital, offer/suggest a warm drink.</p> <p>If kit is being done: -no food or drink -no bathing or washroom use. -if victim has changed, place clothing into a bag and take to hospital. -take extra set of clothing to hospital.</p> <p>(and any medications victim is taking at this time.)</p> <p><i>Again, do nothing without her consent.</i></p>	<p>Provide options and information:</p> <ul style="list-style-type: none"> • Hospital • Sexual Assault Evidence Kit • Police • Counseling services • Facts about sexual assault (basic) <p>Offer to contact family or friends. Find out if she wants anyone called, and what you should say to them.</p> <p>May need to make arrangements for victim to stay somewhere else, or have someone come and stay with her.</p> <p>Arrange transportation to hospital <i>if victim decides</i> to go.</p>