



UNIVERSITY OF
CALGARY



If someone discloses sexual violence to you, it's okay not to have all the answers. You don't have to be an expert to support them.

Belief is a powerful tool A set of small, light-colored navigation icons including arrows, a search icon, and a refresh icon.

One of the most important things you can do is listen compassionately.

Believe them. Trust their experiences.

Ensure their safety. Ask if they need help? Do they need a safe place to stay? Call 9-1-1 or the Sexual Assault Centre at 403.220.2208.

Respect confidentiality. Explain the limits of confidentiality. Do not share their information with others.

Ask what support looks like for them. Listen to their needs.

Remember, you are not a therapist. You are a support person.

Value boundaries. Remember, you are not a therapist. You are a support person.

you are not alone

Sexual Violence Support Advocate

ucalgary.ca/sexualviolencesupport

T: 403.220.2208 | E: svsa@ucalgary.ca