

# WAYS TO SUPPORT A FRIEND



who has been assaulted



## 5 Key Practices When Supporting a Survivor of Sexual Misconduct



- **LISTEN** to your friend. Survivors, at times, need to talk about what happened. See if they want to speak to a Campus Confidential Advocate at [Advocate@csulb.edu](mailto:Advocate@csulb.edu).
- **DON'T PUSH** your friend. Give them the freedom to decide when, where and how to talk about their trauma.
- **BELIEVE** your friend. Reinforce that survivors are never to blame, and avoid language that implies it.
- **BE PATIENT**, your friend will need your support to get through this. Be present and create a safe and nonjudgmental space.
- **ADVOCATE**, contact your Campus Confidential Advocate @ 562-985-2668 OR [Advocate@csulb.edu](mailto:Advocate@csulb.edu) if they are a survivor of sexual misconduct.

### Be a BEACH IX ALLY: Help your friend



There are several options, depending on the situation. If you see your friend engaging in at-risk behavior, involving sexual misconduct:

1. **Clear Communications:** If you feel safe to do so, share your concerns directly with your friend.
2. **Refer to an Expert:** If they are a survivor of sexual misconduct, refer them to the Campus Confidential Advocate at [Advocate@csulb.edu](mailto:Advocate@csulb.edu) or 562-985-2668.
3. **Notify Someone for Resources:** Let someone know.
  - Notify your Resident Advisor
  - Contact the Title IX Coordinator at [OEC@csulb.edu](mailto:OEC@csulb.edu) or call 562-985-8256.
4. **Safety:** If there are safety concerns, let University Police know by calling 562-985-4101. If an emergency dial 9-1-1.

### Be a BEACH IX ALLY: Practice Bystander Intervention

#### DIRECT

Interrupt the situation and clearly express your concerns to the involved parties. Make sure they understand Affirmative Consent.

#### DISTRACT

Use distraction or make up an excuse to interrupt the situation.

#### DELEGATE

Enlist the help of others to help you interrupt a potentially dangerous situation.