

**TOGETHER,  
WE CAN...**



## **END SEXUAL VIOLENCE**

### **GIVE SUPPORT**

#### **B.E.S.T Practice**

**1**

#### **BELIEVE**

- Try: "This sounds overwhelming".
- Don't question their story. Your job is to guide, not to investigate or judge.
- Give your full attention; make time and space.
- Let the individual be in control of the conversation.

**2**

#### **EMPATHIZE**

- Ask: "Are you okay and/or safe?"
- Let the individual determine what they need.
- Reporting is only one option of many - allow the individual to choose.
- Only call emergency services if someone is in direct or immediate danger.

**3**

#### **SUPPORT**

- Ask: "What can I do to help?"; "Can I provide you with information on services and supports?"
- Offer to connect the individual with Human Rights and Equity, Brock Sexual Violence Support and Response services.

**4**

#### **THANK**

- Try: "Thank you for trusting me." - It takes bravery and strength to make a disclosure.
- Acknowledge the effort and thank the person for reaching out and trusting you.

**TOGETHER,  
WE CAN...**



## **END SEXUAL VIOLENCE**

### **GET SUPPORT**

**Stay S.A.F.E.**

**1**

#### **SEEK**

- Seek safety or call 911 if you or someone else is in immediate danger.

**2**

#### **ASK**

- Speak with someone you trust and ask for assistance if you feel comfortable.

**3**

#### **FIND**

- Call/email/visit the Sexual Violence Support & Education Centre to receive support.
- Visit our website for a list of resources and support: [brocku.ca/human-rights](http://brocku.ca/human-rights).

**4**

#### **EVALUATE**

- Practice self care.
- You know yourself best; consider what you need.
- You have time and support. Let us help!

**Brock Sexual Violence Support & Response**  
[svsec@brocku.ca](mailto:svsec@brocku.ca)  
[brocku.ca/human-rights](http://brocku.ca/human-rights)

