

SURVIVOR SUPPORT

What is this presentation about?

This workshop provides participants with tools and a basic framework they can use to support survivors of sexual assault in their lives. This workshop covers how to support a survivor in a few simple steps and discusses resources available to survivors of sexual violence on campus as well as in the Greater Pittsburgh area.

What is sexual violence?

Sexual violence occurs when someone forces or manipulates someone else into unwanted sexual activity without their consent. Sexual violence can happen to anyone and it is NEVER a survivors fault.



Reactions to Sexual Violence

Emotional

- Denial
- Isolation
- Guilt, shame
- Fear, sadness, anger
- Embarrassment
- Lack of control
- Self blame

Psychological

- Depression, anxiety
- Phobias and fears
- Mood disorders
- Dissociation
- Flashbacks
- Substance use
- Suicidal thoughts

Physical

- STIs
- Panic attacks
- Sleep disorders
- Residual pain
- Self-harm
- Pregnancy

Types of Trauma Responses

Fight



Flight



Fawn



Freeze



What is a disclosure

A disclosure refers to a survivor sharing their experience of sexual violence with you.

It is common to feel uncertain about what to say or do when receiving a sexual assault disclosure. Remember that the survivor is telling you because they see you as a safe and trustworthy person

Survivor Support Framework



NATIONAL RESOURCES

- **Love Is Respect:** Counseling and resources for relationship violence: loveisrespect.org
- **RAINN:** 24/7 counseling and support for sexual violence 1(800) 656-HOPE
- **1 in 6:** Dedicated to supporting male identifying survivors of sexual violence through support groups and stories. 1in6.org

PITT RESOURCES

- **Prevention at Pitt:** Sexual Violence Prevention and Education Office works to promote ongoing dialogues with faculty, staff, and students. 31st Floor
- **Civil Rights and Sexual Misconduct Office (Formerly Title IX):** 31st Floor of Cathedral of Learning
- **Care Advocates:** assist students in accessing resources; WPU 9th Floor
- **University Counseling Center:** can provide confidential counseling; Nordenberg Hall

PITTSBURGH RESOURCES

- **PAAR (Pittsburgh Action Against Rape):** Provides confidential counseling, assists with legal processes, and operates a 24/7 hotline (1-866-363-7273)
- **Women's Center and Shelter of Greater Pittsburgh:** Provides support for all types of IPV, legal advocacy, emergency shelters, support groups, and operates a 24/7 hotline (412-687-8005)