

# WE SUPPORT YOU

## Supporting a person who discloses a sexual assault or sexual harassment

### There is **NO WRONG DOOR**

### FIRST LISTEN AND THEN REFER

Every instance of violence and disclosure is different and there is no one way to respond. It is important to allow the person disclosing to guide the conversation around what they need, remember that they are the expert in their lives. However, there are key things to remember so the person feels supported and is able to access help and support.

#### WORDS MATTER



Disclosure takes courage. There are many barriers to disclosing including feelings of shame and worries that the person won't be believed. It can be helpful to let them know immediately that they are believed and that you care about their needs

*I believe you*

*This is not your fault*

*You are not alone*

*What is happening for you and what do you need from me now?*



Ask the person disclosing what they need to feel safe, ask them if they would like to talk somewhere more private and outline the reasons that this may be helpful

*Are you safe?*

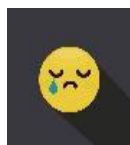
*Are you concerned for others' safety?*

*Let's find a safe place where we can sit and talk uninterrupted.*



**LISTEN** and be present, give the person your full attention and let the person take the lead when telling their story

*Please let me know what you need to feel comfortable and safe in sharing your experience*



**VALIDATE** the person's feelings and their decisions. Be patient and check in (they may not want or be ready to report the incident). Your role is not to investigate or counsel

*The way you are feeling is a normal response to what has happened to you*

*I am here to support you*



Focus on the person's physical and emotional wellbeing. Only seek information from the person that is necessary to **REFER** to support or other services

*I'm sorry this has happened to you*

*Do you feel OK to continue?*

*I can help you access specialised support services.*



Provide information about help, report and support options (See overleaf)

*Would you like to be connected to a support service?*

*Here is information about support options*

#### YOUR SELF CARE

Supporting a person who has experienced or is reporting a sexual assault or sexual harassment can be difficult and emotionally draining.

After you have assisted the person, it is important to ensure you are ok. This may mean seeking support for yourself or debriefing:

National Sexual Assault, Domestic Family Violence Counselling Service: 1800 737 732

Employee Assistance Program: 1800 818 728 or download the AccessEAP app

# HELP, REPORT & SUPPORT

## Immediate Help

University Campus Safety  
& Security: 1300 737 003

Police: 000 (112 mobile) or  
131 444

## Report

Complaints Resolution Unit  
9678 7900 or

<https://offencereport.westernsydney.edu.au>

## Support

### Students and Staff:

National Sexual Assault, Domestic  
Family Violence Counselling Service:  
1800 737 732 or  
[www.1800respect.org.au](http://www.1800respect.org.au)

**Students:** *Internal:* Counselling Service:  
1300 668 370 (option 4 then option 1) or  
[counselling@westernsydney.edu.au](mailto:counselling@westernsydney.edu.au)

**Staff:** EAP 1800 81 87 28

**More information:**  
[westernsydney.edu.au/respectnowalways](http://westernsydney.edu.au/respectnowalways)