

HOW TO HANDLE A DISCLOSURE AMONG AFRICAN AMERICAN ADULT SURVIVORS OF SEXUAL ASSAULT AND DOMESTIC VIOLENCE THROUGH PEER DISCUSSION AND A REVIEW OF BASIC DO'S AND DON'T

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### OBJECTIVES

- Reviewing at least 7 things never to say to a survivor
- Reviewing at least 7 things to say to a survivor
- Reviewing at least 7 ways you can help
- Reviewing trauma informed activities

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### Introduction

*One major violation during an assault is the loss of control. When helping an assault survivor, it is imperative that you not try to take over and make decisions for them; they need to regain that sense of having control of their own body. Offer to be there for them and do whatever they need.*

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### 6 Videos, Sexual Assault Survivors Share Their Stories

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**Keith's Story:** Keith was abducted, beaten, and raped by a stranger. He kept his assault a secret for 35 years before contacting RAINN.

5

**Julianna was sexually abused by her stepfather as a young child.**  
SHE TOLD HER MOTHER WHEN SHE WAS 15, AND TOOK HER STEPFATHER TO COURT 40 YEARS LATER. HER MOTHER DID NOT STAND UP FOR HER AS A WITNESS, BUT JULIANNA HAS FOUND SUPPORT THROUGH RAINN.

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**Adam was sexually abused by his uncle when he was a teenager**  
*"By people telling their story like I'm doing... it shows people who are victims, 'OK, they're saying it now. It's OK if I tell.'"*



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**Samentha has been raped three times, by three separate men**



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**Debra was abused by a relative from the age of 6 onwards.**  
*"I believed that this was just something that happened to children," she says. "It was so much brainwashing, to the point where I didn't even love myself."*



SISTERS OF FAITH 9

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**Lucy was drugged and raped during her first year at college.**  
*"That kind of painful memory and something that your body has gone through... the more you hold it in, the more it poisons you," she says.*



SISTERS OF FAITH 10

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**20 Things People Say to Male Survivors of Sexual Assault**



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**What would YOU DO?**

**"I'VE BEEN SEXUALLY ASSAULTED."+**  
**"I AM A VICTIM OF DOMESTIC VIOLENCE."**

How Would You Respond To A Disclosure(s) Of This Nature?

Would You Know What To Say Or Do?

Would You Know What You Might Want To Avoid Saying Or Doing?

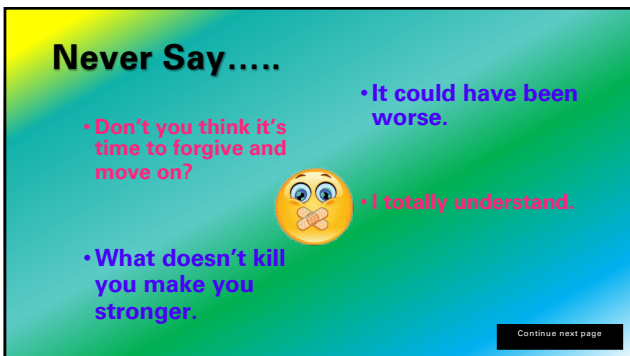
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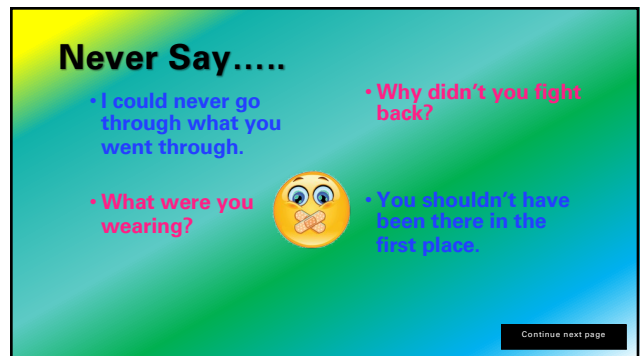
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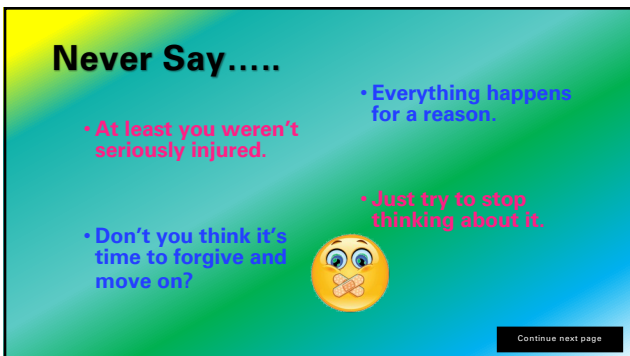
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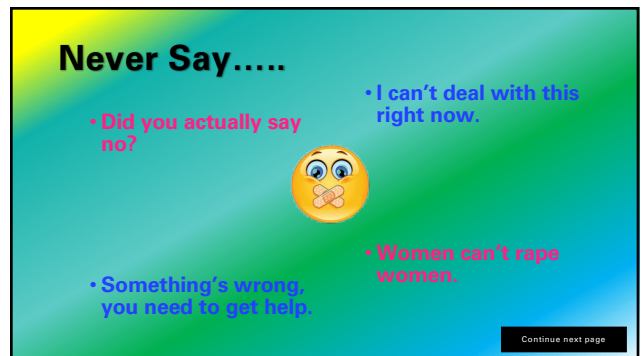
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### Never Say.....

- Well, why didn't you report it?
- You went in his room, what did you expect?
- I'm sure he didn't mean it like that.
- But this doesn't happen to guys.




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### Never Say.....

- He's your husband, so it doesn't count.
- Well, at least you weren't seriously injured.
- Why didn't you tell me before?



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## THINGS TO SAY TO A SURVIVOR

Objective One

# SUPPORT


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"Out of the Shadows": A PSA for Survivors...  
<https://xmas.com/334011724>




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<https://www.beabwamoxid.com>



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## LET'S TALK ABOUT VOICES



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SAY.....  
I BELIEVE YOU!

Continue next page

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SAY.....



*It took a lot of courage to say something.*

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SAY.....




*It's not your fault.*

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SAY.....



*You didn't do anything to cause this.*

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SAY.....



*You're not alone.*

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SAY.....



*I'm here to help in any way I can.*

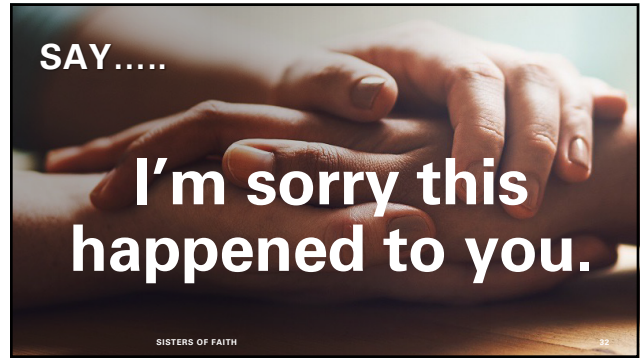
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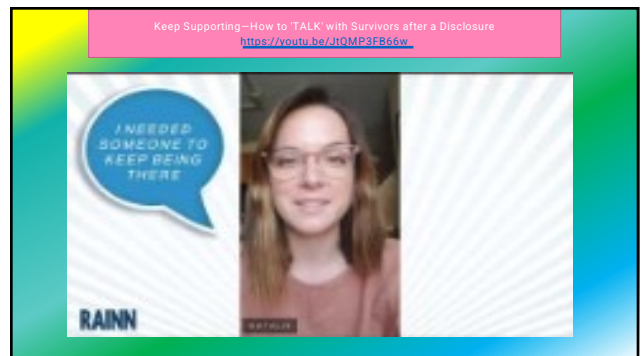
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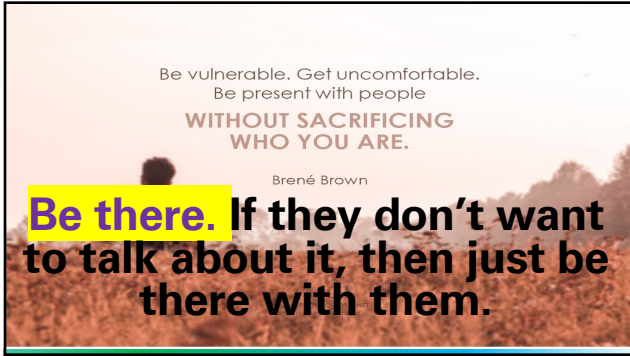
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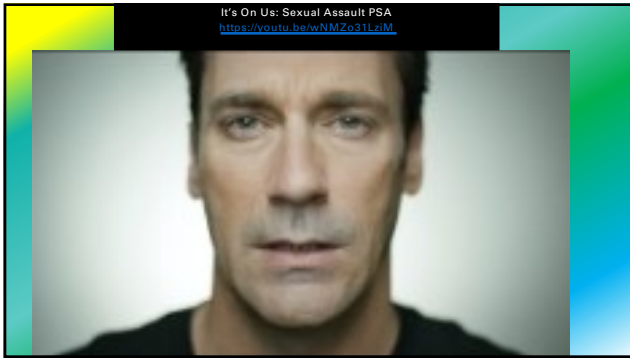
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## RESOURCES

Addressing the needs of **ADULT** "children of domestic violence and sexual assault."

**THE MONTHLY CALLS WILL PROVIDE**

- A safe confidential outlet for those who experienced interpersonal violence as a child
- Peer to Peer Support
- Non-Judgmental Emotional Support
- Supportive Listening
- Information
- Referrals
- Advocates to facilitate

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## YOUR VOICE HAS POWER.

USE IT TO SUPPORT SURVIVORS

Sexual Assault #SAAM

**domestic violence**

**3 SIMPLE RESPONSES TO A DISCLOSURE OF SEXUAL VIOLENCE**

1. I believe you
2. I'm sorry this happened
3. I am here for you

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## THANK YOU

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Have a great day!

*Faith is seeing light with your heart when all your eyes see is darkness*

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