

# ST. JOHN'S COLLEGE

## How to Help Someone Who Has Experienced Sexual Trauma

### GENERAL GUIDELINES

- Be patient. Do not push them to your timeline. Give them respect and control and time to respond, cope, have reactions, begin to heal, and tell others at their own pace. Trust them, remember to listen and respect their decisions.
- Help to empower them. Acts of sexual violence are crimes that take away an individual's power. It is important not to compound this experience by putting pressure on them to do things that they are not yet ready to do. Help them restore a sense of safety and control.
- Recognize you can take the best care of your friend if you are also taking care of yourself.

### PROVIDING SUPPORT

- Encourage and support them in their decisions to get help. There are a number of local organizations that provide 24-hour crisis support for survivors of sexual violence and the people that are concerned about them. Allow them to feel safe, supported and cared for but getting the support they need. All of these organizations will offer support and advice to friends of survivors.
- If they are depressed, follow-up with them on a regular basis. Keep them safe if they are actively suicidal and making statements indicating they have plans of suicide by contact Public Safety or by calling 911.

### REPORTING RESOURCES

- Members of our campus community and visitors can report the sexual misconduct (**sexual assault, dating violence, sexual harassment etc.**) to the Sexual Misconduct/Title IX Coordinator, one of the Deputy Coordinators, Public Safety, or the local police.
- Medical Resource such as the Harrison Health Center and the Counseling Center are confidential resources.

- Public Safety: 443-336-2348
- Health/Counseling Center:  
410-626-2553
- Anne Arundel Medical Center:  
443-481-1000
- Sexual Assault Hotline:  
410-222-7273

- Danielle Lico: 410-626-2530
- Taylor Waters: 410-626-2512
- Lynn Hobbs: 410-626-2504

Additional information is available at [www.sjc.edu/title-ix](http://www.sjc.edu/title-ix)



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