Supporting A Survivor: The First 2 Hours
Introductions

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Roadmap

01 First Steps
Specific considerations and priority actions after a disclosure is made.

02 Before a Conversation
Once urgent needs have been addressed, learn how to prepare for a conversation.

03 During the Conversation
How to approach the conversation and the best practices.

04 After the Conversation
Things to keep in mind after having a conversation regarding a disclosure.
Every survivor is different, and there is no “one size fits all” approach to supporting, healing, or reporting.
Be sure to watch Part 1 of this Video Series:

Supporting Survivors Series: Pt. 1
Trauma-Informed Approach & 50 First Words
First Steps

Special considerations and priority actions after a disclosure is made.
Resources to Explore

sexualviolencesupport.stanford.edu
relationshipviolencesupport.stanford.edu
Address the survivor’s immediate needs first

How?

Listen to the survivor’s concerns and work with them to determine how time sensitive their needs might be.

- When did this take place?
- Is medical assistance necessary?
- Would you want to proceed with a SART exam?
Important Information on SART Exams

- SART exams are time sensitive
- Survivors have options throughout the process
  - Survivors have the right to choose not to report a sexual assault to law enforcement or participate in an investigation.
  - Survivors also have the right to change their minds at a later time.
  - Survivors can try not to eat, drink, wash, or brush prior to the exam. However, if they have done any of these, they can still get the exam.
  - Right to consent to or decline any part of the exam at any time.
  - Right to have a certified advocate

- For more information about SART exams, please visit sexualviolencesupport.stanford.edu
Once immediate needs are addressed

Have a conversation about long-term needs
Before a Conversation

Once urgent needs have been addressed, learn how to prepare for a conversation.
Remember:

- Educate yourself on options and resources
- A survivor’s encounter with you is only one stop on their journey to recovery
- Practice regular healthy self-care habits
1. Determine and address a survivor’s prioritized concerns.

2. Provide support and assistance.

3. Identify options and provide information.

4. Make appropriate referrals.
During the Conversation

How to approach the conversation and the best practices.
Inform the survivor if your role requires you to notify professional staff.
Ensure and secure privacy
Focus on Empowerment
Let the survivor tell their story
Provide options, not advice
When providing referrals, it’s important to base them on the survivor’s needs and concerns.

Keep in mind services like the YWCA Silicon Valley and CAPS as well as offices like Residential Education Deans or the Office for Religious Life.
Be mindful of how cultural and institutional barriers could have impacted the survivor’s experience and needs.
Discuss how the survivor wishes to proceed in the following areas:

- Support
- Healing
- Medical
- Reporting
To learn more about options for support, healing, medical, and reporting, visit:

sexualviolencesupport.stanford.edu
Language to Use

“I'm sorry this happened to you.”

"I believe you."

"It's not your fault."

"No one deserves to be hurt in this way."

"You have options."

"You did what you needed to do to survive."

"I'm willing to do what I can to help you."
After the Conversation

Things to keep in mind after having a conversation regarding a disclosure.
Exercise discretion and do not share the incident with others without the survivor's consent.

Notify appropriate staff if this is required in your role as a student employee.
Steps to Take

If the survivor gives their consent, follow-up with them after the conversation and check on their continued needs and concerns.
Practice regular healthy self-care habits.

Be sure to acknowledge any feelings or difficulties you could be having.

Seek support for yourself and be aware of your own limitations.
Considerations for Engaging with Law Enforcement
Wrap Up
• Prioritize the immediate needs of the survivor first, like their safety and wellbeing.

• After urgent needs are addressed, focus on the long term needs of the survivor. During that conversation your goals should be to:
  ○ Provide support and assistance
  ○ Determine and address a survivor’s prioritized concerns
  ○ Identify options and provide information
  ○ Make appropriate referrals

Remember:
Contact Us and Learn More!

Visit sara.stanford.edu/learn-more for more information.

If you’d like to contact us, please email saraoffice@stanford.edu and we can schedule an appointment.
Thank You!