

How to be an Ally for Sexual Assault Survivors

What is an Ally?

An “Ally” is a term used to describe someone who is supportive of sexual assault survivors. You recognize that sexual and intimate partner violence is an issue in our culture and you will not tolerate it. It means that you will be a proactive bystander and actively work to reduce rape culture and victim blaming, encourage healthy relationships, continue to educate yourself and others in your community and remain committed to supporting survivors.

All survivors are different. There is no one way that a survivor looks. This sheet is for you to understand survivors and to suggest ways to support those you care for.

Types of Allyship

- *Individual*: addressing the attitudes and beliefs of individual people.
- *Relationship*: addressing factors based on relationships with peers, intimate partners, and family members.
- *Community*: addressing factors based on community and social environments, including relationships with schools, workplaces, and neighborhoods.
- *Societal*: addressing larger, macro-level factors such as gender inequality, religious or cultural belief systems, societal norms, and economic or social policies.

A survivor may be displaying emotions and reactions after having gone through trauma. Trauma can cause psychological as well as physical pain.

It can also fracture our internal, integral psychological structure (thinking, feeling, sensing, and behavior.)

They may also have-

1. Difficulty sleeping
2. Headaches
3. Increasing fears
4. Overeating
5. Difficulty concentrating
6. Unexplained emotional outbursts
7. Panic attacks/Anxiety/Depression
8. Palpitations



DO NOT VICTIM BLAME!!!

Victim blaming is a devaluing act where the victim of a crime, an accident, or any type of abusive maltreatment is held as wholly or partially responsible for the wrongful conduct committed against them. Victim blaming can appear in the form of negative social reactions from legal, medical and mental health professionals, as well as from the media and immediate family members and other acquaintances.

Traditionally, victim-blaming has emerged in racist and sexist forms. The reason for victim blaming can be attributed to the misconceptions about victims, perpetrators and the nature of violent acts.

Resources

Phone Numbers:

Anti-Violence Project: 212-714-1141

Darkness to Light: 1-866-FOR-LIGHT (866-367-5444)

Loveisrespect: 1-866-331-9474

National Domestic Violence Hotline: 1-800-799-7233

RAINN: 1-800-656-HOPE

Safe Horizon: 1-800-621-HOPE (4673)

Websites:

victimconnect.org/crime-resources/sexual-assault/

www.cdc.gov/violenceprevention/sexualviolence/resources.html

www.rainn.org

www.nsvrc.org/

www.cdc.gov/violenceprevention/sexualviolence/resources.html

Safehorizon.org

tnlr.org/en/

nomore.org/

victimconnect.org/crime-resources/sexual-assault/

Books:

☀️ **Allies in Healing: When the Person You Love Is a Survivor of Child Sexual Abuse**
By: Laura Davis

☀️ **The Body Keeps the Score**
By: Bessel van der Kolk
M.D.

☀️ **Queering Sexual Violence: Radical Voices from Within the Anti-Violence Movement**
By: Jennifer Patterson

☀️ **Life, Reinvented: A Guide to Healing from Sexual Trauma for Survivors and Loved Ones**
By: Erin Carpenter

☀️ **The Consent Guidebook: A Practical Approach to Consensual, Respectful, and Enthusiastic Interactions**
By: Erin Tillman

☀️ **No Innocent Bystanders: Becoming an Ally in the Struggle for Justice**
By: Christopher Doucot

Thank you