

---

# RESOURCES

---

## CARES

non-judgmental peer listening service; available 24/7  
call the CRC (x7333) & ask to speak to the CARES listener

## SART

trained team of VC administrators & faculty that provide advocacy for students affected by issues of interpersonal violation;  
available 24/7  
call the CRC (x7333) & ask to speak to the SART volunteer

## VC SECURITY

trained to respond to sexual assault; can provide walk-bys periodically to ensure students' safety  
dial x5221



---

## SAVP COORDINATOR

(Charlotte Strauss Swanson) provides support, information, and advocacy for persons who may have experienced interpersonal violation;  
available by phone at x7863 or email [savp@vassar.edu](mailto:savp@vassar.edu)

## METCALF

VC's counseling service; appointments are free & confidential  
dial x5700 or stop in to make an appointment

## BALDWIN

on-campus health center  
dial x5800 or stop in to make an appointment

# CARES



---

# HOW TO HELP A FRIEND

---



Your reaction can play a pivotal role.  
You can either help or hurt someone by the way you respond to them.



# DO NOT:

## **question your friend**

it is not important for you to know more than your friend wants to tell you

## **judge or blame your friend**

victims and survivors of abuse are *never* at fault for what happened; even if you disapprove of your friend's actions, that does not make them responsible for being violated

## **label your friend's experience**

acts of abuse take power and control away from the people who endure them; labelling exacerbates this loss of power; your goal as a supporter should be to re-empower your friend rather than define their experience

## **tell your friend what to do**

you can offer them resources, but it is ultimately up to them what they want to do; do not pressure them to do anything they do not want to do



# HOW YOU CAN HELP

when a friend who has been violated comes to you for help, it can be difficult to determine the best way to help them— here are some tips on how to effectively assist your friend



## **listen to your friend**

first and foremost, let them speak

## **set aside your personal feelings**

as they speak, focus on them; you may experience your own reactions and responses, but it is important to recognize that this is about them & their feelings

## **trust yourself**

your friend has come to you for a reason; you care & want to be there for your friend

## **validate your friend's feelings**

they are the masters of their own experience, allow them to respond naturally and express their feelings; avoid imposing your own feelings onto your friend

## **be aware of your friend's body language**

sit on the same level as your friend; respect their personal space; ask what you can do to make them most comfortable

## **stay calm**

keep the amount of stress (for both of you!) to a minimum

## **be an active listener**

mirror your friend's language to let them know you are listening & understanding their emotions

## **allow pauses in the conversation**

silence is okay; your friend may need time to process their thoughts & emotions; be patient

## **give your friend options**

let your friend know that they can get in touch with many different resources if they would like further support

## **go one step at a time**

don't overwhelm your friend with information; help them with specific things as they come up

## **don't forget to take care of yourself**

self-care! do something to relax; seek your own support through CARES if you'd like to talk