

How to Support a Friend

EXPERIENCING DOMESTIC VIOLENCE, DATING VIOLENCE, SEXUAL ASSAULT OR STALKING

When someone you care about opens up about experiencing harm, your support can be powerful. You don't have to be an expert, you just have to be present.



Believe Them

What to say:

"Thank you for telling me. I believe you"

Avoid questioning, doubting or minimizing. Survivors often fear being judged. Your belief helps them feel safe.



Listen without Pressuring

What to say:

"You don't have to share anything you're not comfortable with. I'm here for you."

Let them talk at their own pace. Don't push for details or ask investigative questions.



Avoid Judgment or Blame

Don't Say:

"Why didn't you report it" or "Are you sure that's what happened?"

What to say:

"I'm sorry this happened, It's not your fault".



Share Resources not Rules

What to say:

"Would it be helpful if i shared some support options with you?"

Let them choose what feels right and give them their power back. Where it's talking to an advocate, counselor, or no one at all. Empower, don't pressure.



Ask How You Can Help

What to say:

"What do you need from me right now?"

Respect their needs and wants. Whether its space, support, or just your quiet presence.



Know your Role

You're a friend, not a counselor. Be there emotionally, but encourage professional support when needed.



Campus and Community Support Services

Confidential Support

Project Sister Family Services (Sexual assault
909-626-4357)

House of Ruth (Domestic/Dating Violence)
877-988-5559

Non-Confidential Support

-Title IX Office:
Campus Safety
CAPS
Health Center



Final Reminder

Being supportive doesn't mean having all the answers. It means showing up, listening with empathy, and reminding your friend they're not alone.