

Hillel International is proud to partner with the White House's It's On Us campaign focused on bystander intervention to end sexual violence on campus. Every student should have the right to live free of violence. Jewish history and the teachings of our tradition call on us to bear witness, to speak up, and to stand up on behalf of all those who are vulnerable. Our Torah instructs us not to stand by while our neighbors are harmed. And our people's experiences of suffering call on us to lead toward a society in which all of us use our power responsibly. The resources below are from It's On Us and the Center for American Progress.

How to Respond to a Survivor

1. **When someone you care about tells you they've been sexually assaulted or abused, it can be a lot to handle. A supportive reaction can make all the difference, but that doesn't mean it comes easy. Encouraging words and phrases avoid judgment and show support for the survivor. Consider these phrases:**

"I'm sorry this happened"

Acknowledge that the experience has affected their life. Phrases like "This must be really tough for you," and, "I'm so glad you are sharing this with me," help to communicate empathy.

"It's not your fault."

Survivors may blame themselves, especially if they know the perpetrator personally. Remind the survivor, maybe even more than once, that they are not to blame.

"I believe you."

It can be extremely difficult for survivors to come forward and share their story. They may feel ashamed, concerned that they won't be believed, or worried they'll be blamed. Leave any "why" questions or investigations to the experts—your job is to support this person. Be careful not to interpret calmness as a sign that the event did not occur—everyone responds differently. The best thing you can do is to believe them.

"You are not alone."

Remind the survivor that you are there for them and willing to listen to their story. Remind them there are other people in their life who care and that there are service providers who will be able to support them as they recover from the experience.

"Are you open to seeking medical attention?"

The survivor might need medical attention, even if the event happened a while ago. You can support the survivor by offering to accompany them or find more information. It's ok to ask directly, "Are you open to seeking medical care?"

"You can trust me."

If a survivor opens up to you, it means they trust you. Reassure them that you can be trusted and will respect their privacy. Always ask the survivor before you share their story with others. If a minor discloses a situation of sexual abuse, you are required in most situations to report the crime. Let the minor know that you have to tell another adult, and ask them if they'd like to be involved.

"This doesn't change how I think of you."

Some survivors are concerned that sharing what happened will change the way other people see them, especially a partner. Reassure the survivor that surviving sexual violence doesn't change the way you think or feel about them.

2. There's no timetable when it comes to recovering from sexual violence. If someone trusted you enough to disclose the event, consider the following ways to show your continued support.

Check in periodically.

The event may have happened a long time ago, but that doesn't mean the pain is gone. Check in with the survivor to remind them you still care about their well-being and believe their story.

Avoid judgment.

It can be difficult to watch a survivor struggle with the effects of sexual assault for an extended period of time. Avoid phrases that suggest they're taking too long to recover such as, "You've been acting like this for a while now," or "How much longer will you feel this way?"

Remember that the healing process is fluid.

Everyone has bad days. Don't interpret flashbacks, bad days, or silent spells as "setbacks." It's all part of the process.

Know your resources.

You're a strong supporter, but that doesn't mean you're equipped to manage someone else's health. Become familiar with resources you can recommend to a survivor, like the National Sexual Assault Hotline 800.656.HOPE (4673), online.rainn.org and the counseling center on campus

For Students: After a Sexual Assault

It's hard to know what to do, how to feel, or what your options are after a sexual assault. Please know that you're not alone. Below are some things to keep in mind. If you are in immediate danger or seriously injured, call 911.

Your safety is important.

Are you in a safe place? If you're not feeling safe, consider reaching out to someone you trust for support. You don't have to go through this alone.

local sexual assault service provider in your area. They will direct you to the appropriate local health facility that can care for survivors of sexual assault. Some service providers may be able to send a trained advocate to accompany you.

What happened was not your fault.

Something happened to you that you didn't want to happen—and that's not OK.

When you call the National Sexual Assault Hotline, a staff member will walk you through the process of getting help at your own pace. You can also visit online.rainn.org to chat anonymously. Hotline staffers can also provide information on topics you might have questions about, including receiving medical attention, reporting options and preserving evidence.

Call the National Sexual Assault Hotline at 800.656.HOPE (4673).

You'll be connected to a trained staff member from a



IT'S ON US Bystander Intervention Tips

1. Talk to your friends honestly and openly about sexual assault.
2. Don't be a bystander – if you see something, intervene in any way you can.
3. Trust your gut. If something looks like it might be a bad situation it probably is.
4. Be direct. Ask someone who looks like they may need help if they're okay.
5. Get someone to help you if you see something – enlist a friend, RA, bartender, or host to help step in.
6. Keep an eye on someone who has had too much to drink.
7. If you see someone who is too intoxicated to consent, enlist their friends to help them leave safely.
8. Recognize the potential danger of someone who talks about planning to target another person at a party.
9. Be aware if someone is deliberately trying to intoxicate, isolate, or corner someone else.
10. Get in the way by creating a distraction, drawing attention to the situation, or separating them.
11. Understand that if someone does not or cannot consent to sex, it's rape.
12. Never blame the victim.
13. If you are a victim or survivor, or helping someone in that situation go to notalone.gov to get the resources and information you need. You can also call the National Sexual Assault Hotline at 1-800-656-HOPE.



Hillel's Social Entrepreneurship Department focuses on the "EVERY" by promoting the inclusion of every student in Jewish life on campus, nationally, and online. As the Talmud (Shavuot 39a) teaches, *kol Yisrael arevim zeh l'zeh*—all of Israel, all Jews, are responsible for one another. This is one of many resources and webinars on best practices for inclusion on campus.
