

## HOW YOU CAN HELP A FRIEND

- **Do** believe your friend.
- **Do** listen to your friend and concentrate on understanding her or his feelings.
- **Do** allow your friend to be silent; you don't have to talk every time he or she stops talking.
- **Do** let your friend know that you understand her or his feelings. For example, you might say, "You must have been very frightened."
- **Do** ask how you can help.
- **Do** offer to accompany your friend in going to the Keene hospital, the KSC Counseling Center, Campus Safety, or the Keene Police Department.
- **Do** help your friend regain a sense of control. Support her or him in making decisions about whom to tell and how to proceed.
- **Do** remind your friend that rape is the rapist's fault, not the victim's.
- **Do** offer shelter or companionship so that your friend doesn't have to be alone.
- **Don't** ask questions that imply that the rape was your friend's fault, such as "Why did you go to his room?" "Why didn't you scream?" "Why didn't you run away?"
- **Don't** touch or hug your friend unless you're sure your friend is comfortable with physical contact.
- **Don't** act in ways that are upsetting to your friend. Be wary of phrases like "If I could find the creep, I'd kill him." Although you may be trying to be supportive, that type of comment might upset your friend even more.
- **Don't** tell anyone about the assault without your friend's permission.
- **Don't** tell your friend what to do; rather, help her or him explore the options. Among the complex decision your friend will have to make are whether to report the assault to the police and whether to press charges. The Counseling Center and Dispute Resolution Coordinator can be helpful in discussing the options.

**For more information contact the Sexual Assault/Harassment Education & Prevention Coordinator, Mona Anderson, at 358-2435.**