

AS A FRIEND OR ALLY

WHAT I NEED TO KNOW



Why This Matters

- More than 50% of women and almost one in three men have experienced sexual violence involving physical contact during their lifetimes (CDC).
- Every 68 seconds, someone in the U.S. is sexually assaulted (RAINN).
- It touches every community, every school, every family.

Warning Signs

- Physical: Unexplained chronic pain, sleep problems, sexual dysfunction, gastrointestinal issues, headaches, and/or struggles with addiction or eating.
- Psychological & Behavioral: Ongoing depression, anxiety, PTSD symptoms, self-harm or suicidal thoughts, dissociation, difficulties with intimacy, and/or compulsive sexual behaviors.



How to Support a Survivor

- Ensure they are safe, believe them and respect their choices including who they tell and when.
- Offer resources like counseling or a hotline, encourage professional help and be patient, present and empowering as they recover.
- Always ask before offering physical support, maintain confidentiality and never blame or minimize what happened.



For additional resources and suggestions on how to start the conversation, visit www.BraveStep.org/Changemaker or click the QR code.



You're not alone. Brave Step is here to support you.

BraveStep.org | [@ABraveStep](https://www.instagram.com/ABraveStep)