

### **Information for Family and Friends of Survivors**

It is always difficult when a person we care about tells us they have been hurt, especially when they tell us they have been sexually assaulted. It is hard to know what to say or to know the best way to help them.

Some things you can do:

- Listen without judgement
- Believe them
- Encourage them to seek out resources and support on campus or off-campus.
- Encourage them to practice self-care and ask for help
- You can contact UNE's Title IX Office or Counseling Services to let us know that something has happened, [www.une.edu/title-ix](http://www.une.edu/title-ix).

It is important that the student be allowed to make their own decisions about what they need or want to do to address what happened. There are many resources and supports on campus including academic accommodations and room and classroom relocations that they can access simply by reaching out to the Title IX office.

Know that there are limits to what the University can share with you and that the student may need to provide written permission first.

It is important to take care of yourself too. Many support agencies can be helpful for you too. You can call the National Sexual Assault Hotline at 800.656.HOPE (4673) or visit [online.rainn.org](http://online.rainn.org) and receive confidential support.

