

# Supporting A Survivor: The First 2 Hours



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# Introductions



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# Roadmap

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## First Steps

Specific considerations and priority actions after a disclosure is made.

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## Before a Conversation

Once urgent needs have been addressed, learn how to prepare for a conversation.

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## During the Conversation

How to approach the conversation and the best practices.

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## After the Conversation

Things to keep in mind after having a conversation regarding a disclosure.



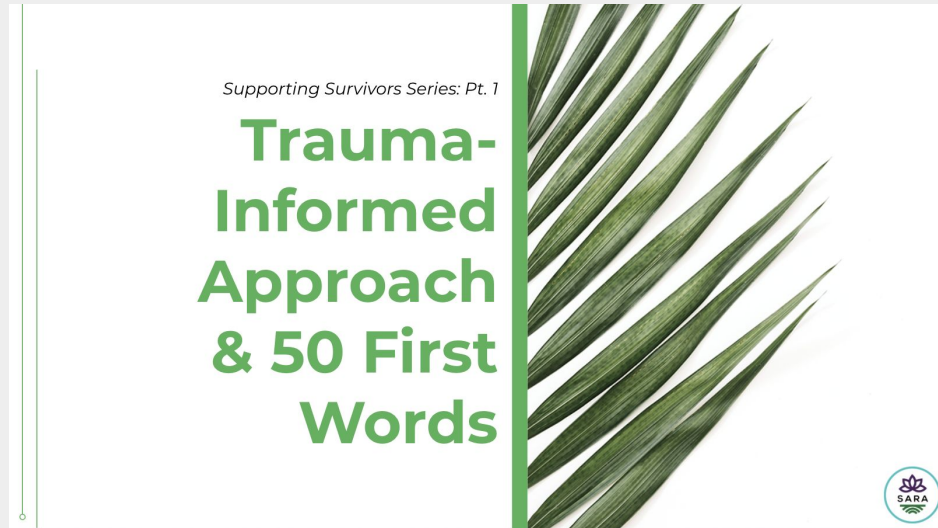


**Every survivor is different, and there is no “one size fits all” approach to supporting, healing, or reporting.**





Be sure to watch Part 1 of this Video Series:





# First Steps

Special considerations and priority actions after a disclosure is made.



# Resources to Explore

[sexualviolencesupport.stanford.edu](https://sexualviolencesupport.stanford.edu)

[relationshipviolencesupport.stanford.edu](https://relationshipviolencesupport.stanford.edu)

**Stanford** | Relationship Violence Support & Resources

[Home](#) [Urgent Help](#) [Reporting](#) [Safety / Accommodations](#) [Help Others](#) [Policies](#)

## Support for Relationship Violence

If you've experienced sexual and/or relationship violence, what happened is not your fault. You always deserve to be safe and respected. You may be experiencing a wide range of feelings, which are all valid.

We invite you to use this website to navigate and choose the resources you want to use. Regardless of what you decide, there are many people at Stanford University who are committed to helping students, faculty, and staff. **As a first step, consider speaking to a confidential counselor at the Confidential Support Team (650-725-9955) help you navigate your options; they are available 24/7, including while the campus is physically closed due to Covid-19.**

[Actions to Consider](#)

## Actions to Consider If You Have Experienced Sexual Violence

Trust that this is not your fault. We'll say that again. Trust that this is not your fault. We are here to help you. This is not your fault.

If you have experienced sexual and/or relationship violence, there are a variety of resources available to support you. These resources are available for you throughout your time at Stanford. We invite you to thoughtfully consider the options that are right for you.

There's no right or wrong way to access support, reporting, or healing options. The following road map provides an example of how to navigate both confidential and non-confidential options that may be helpful to address your needs both immediately and in the long term.

### Call 911

Call **911** (or 9-911 from a campus phone) if you need urgent medical or police assistance, or press the red button on a blue emergency tower on Stanford's campus to connect immediately with an emergency dispatcher.

### Take Care of Your Well-Being

Both the Confidential Support Team (CST) and CAPS are available to you at no cost. Additionally, there are community resources available to you.

### Consider Seeking a SART Exam

For medical evidence collection, consider seeking a SART exam.





# Two Part Response

**Immediate Needs** & **Long-Term Needs**



# Address the survivor's immediate needs first

## How?

Listen to the survivor's concerns and work with them to determine how time sensitive their needs might be.

**When did this take place?**

**Is medical assistance necessary?**

**Would you want to proceed with a SART exam?**

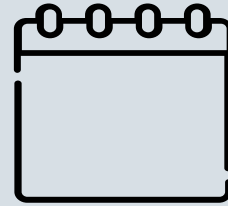
## Important Information on SART Exams

- **SART exams are time sensitive**
- **Survivors have options throughout the process**
  - Survivors have the right to choose not to report a sexual assault to law enforcement or participate in an investigation.
  - Survivors also have the right to change their minds at a later time.
  - Survivors can try not to eat, drink, wash, or brush prior to the exam. However, if they have done any of these, they can still get the exam.
  - Right to consent to or decline any part of the exam at any time.
  - Right to have a certified advocate
- **For more information about SART exams, please visit [sexualviolencesupport.stanford.edu](https://sexualviolencesupport.stanford.edu)**





**Once immediate needs are addressed**



**Have a conversation about long-term needs**



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# Before a Conversation

Once urgent needs have been addressed, learn how to prepare for a conversation.



# Remember:

- **Educate yourself on options and resources**
- **A survivor's encounter with you is only one stop on their journey to recovery**
- **Practice regular healthy self-care habits**





# Conversation Goals

1. Determine and address a survivor's prioritized concerns.
2. Provide support and assistance.
3. Identify options and provide information.
4. Make appropriate referrals.





# 05

## During the Conversation

How to approach the conversation and the best practices.



**Inform the survivor if your  
role requires you to notify  
professional staff.**





**Ensure and secure privacy**



# Focus on Empowerment





**Let the survivor tell their story**





**Provide options, not advice**



**When providing referrals, it's important to base them on the survivor's needs and concerns.**

**Keep in mind services like the YWCA Silicon Valley and CAPS as well as offices like Residential Education Deans or the Office for Religious Life.**





**Be mindful of how cultural and institutional barriers could have impacted the survivor's experience and needs**





**Discuss how the survivor wishes to proceed in the following areas:**

- **Support**
- **Healing**
- **Medical**
- **Reporting**





**To learn more about options for support,  
healing, medical, and reporting,  
visit:**

**[sexualviolencesupport.stanford.edu](https://sexualviolencesupport.stanford.edu)**



# Language to Use

"I'm sorry this happened to you."

"I believe you."

"It's not your fault."

"No one deserves to be hurt in this way."

"You have options."

"You did what you needed to do to survive."

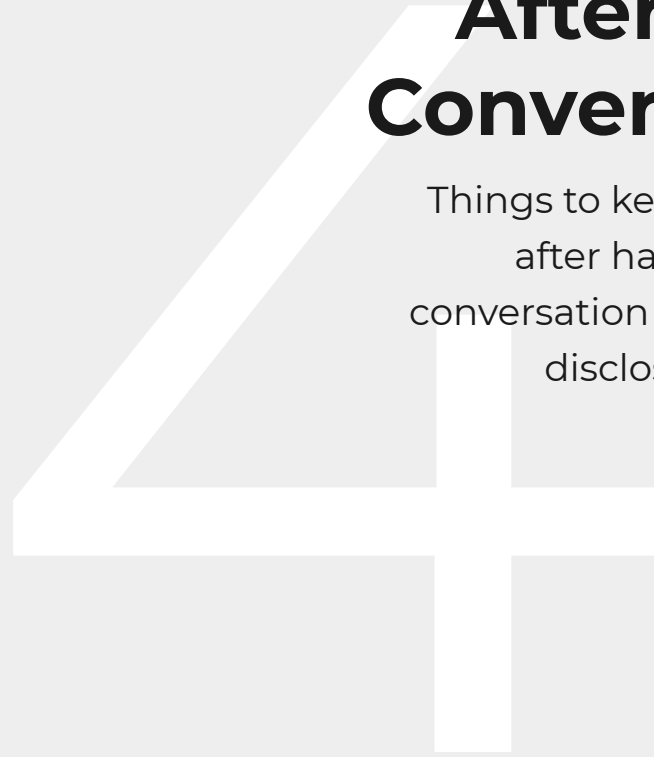
"I'm willing to do what I can to help you."





# After the Conversation

Things to keep in mind  
after having a  
conversation regarding a  
disclosure.





## **Steps to Take**

**Exercise discretion and do not share the incident with others without the survivor's consent.**

**Notify appropriate staff if this is required in your role as a student employee.**



## Steps to Take

**If the survivor gives their consent, follow-up with them after the conversation and check on their continued needs and concerns.**





## Steps to Take

**Practice regular healthy self-care habits.**

**Be sure to acknowledge any feelings or difficulties you could be having.**

**Seek support for yourself and be aware of your own limitations.**





# Considerations for Engaging with Law Enforcement

# Wrap Up



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# Remember:

- **Prioritize the immediate needs of the survivor first, like their safety and wellbeing.**
- **After urgent needs are addressed, focus on the long term needs of the survivor. During that conversation your goals should be to:**
  - **Provide support and assistance**
  - **Determine and address a survivor's prioritized concerns**
  - **Identify options and provide information**
  - **Make appropriate referrals**





# Contact Us and Learn More!

Visit [sara.stanford.edu/learn-more](https://sara.stanford.edu/learn-more) for more information.

If you'd like to contact us, please email [saraoffice@stanford.edu](mailto:saraoffice@stanford.edu) and we can schedule an appointment.





**Thank  
You!**



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