# Connect with Community Services Know the resources in your community and support

# community and support survivors if they want to access these services.

For Future Safety
Explore strategies, people,
and places that will help
them find safety. What have
they done in the past that
has worked?

### Respect Confidentiality

Discussions should be private and confidentiality must be maintained to ensure trust and safety.

## **Empowerment**

Through

Advocacy

#### Respect Autonomy

Survivors are the experts of their lives and have the right to make their own choices.

# Believe and Validate

Listen and believe them.
Acknowledge and validate their feelings and let them know they're not alone.

#### Acknowledge the Injustice

Let them know this violence is not fair, not their fault, and that they deserve to feel safe.