SUPPORTING STUDENT SURVIVORS

Each of us can play an important role in supporting students who experience violence and abuse. As faculty and staff members of Western, we have the honor of being in a mentoring role with many students, and for that reason, they may feel more comfortable disclosing their experiences to you. They may share an experience with you because they are looking for resources, support, and options. You can help student survivors feel safe and validated by offering support within your scope and by sharing relevant resources.

REPORTING REQUIREMENTS

Sharing your limits to privacy is an important part of supporting student survivors. Aside from designated confidential staff, all Western employees must comply with **employee reporting requirements** through the Office for Civil Rights and Title IX Compliance, as outlined in WWU policy POL-U1600.04.

SAFETY CONSIDERATIONS

If a student does not feel safe or needs an emergency option or medical care, you can find support options to share with them by visiting the **FAQ section** of the Survivor Advocacy Services website: cwc.wwu.edu/survivorservices#faqs

DO'S OF SUPPORTING

- Start by believing
- Listen and communicate without judgment
- Know and refer students to support resources
- Respect the survivor's choices
- Encourage self-care and take care of yourself
- Follow WWU's employee reporting requirements

QUESTIONS TO ASK

- Is it okay to talk now? Is this a good location for you?
- What is your biggest concern/what are you most worried about right now?
- How can I help?
- Can I tell you about support resources?

VALIDATING STATEMENTS

- "I believe you."
- "This is not your fault."
- "You are not alone."
- "I'm so sorry you've experienced this."
- "You deserve to feel safe and respected."
- "Thank you for telling me."
- "I don't know what to say, but I'm glad you told me."

24-HOUR RESOURCES

The reverse side of this handout lists **support resources**, including many available 24/7. These are also listed on the Survivor Advocacy Services website: cwc.wwu.edu/survivorservices#24hour

ACTIONS TO AVOID

- Asking for details about the experience of violence/abuse
- Minimizing or labeling the experience for them
- Having all the answers
- Making promises you can't keep
- Pressuring them to make certain choices or making choices for them

TAKE CARE OF YOURSELF

Hearing about someone else's trauma can be distressing or even triggering. Remember to take time to breathe, process your own emotions, and practice self-care. Grounding your own emotions will also help you maintain a more calming presence when supporting others. Respect your own health by only performing tasks that you are comfortable with.

SURVIVOR SUPPORT RESOURCES

WWU SUPPORT

Survivor Advocacy Services
Note: This is not a 24-hour resource
360-650-7982 | cwc.wwu.edu/survivorservices
A confidential survivor-centered and trauma-informed resource for Western students. Survivor Advocacy Services also offers training for faculty and staff.

Office for Civil Rights and Title IX Compliance
Note: This is not a 24-hour resource
360-650-3307 | crtc.wwu.edu
Investigates reports of sexual violence or sexual harassment involving two or more WWU students, faculty, or staff. Western employees must promptly report incidents to the Title IX Coordinator.

LOCAL SUPPORT

DVSAS: Domestic Violence and Sexual Assault Services
1–877-715-1563 | www.dvsas.org
Whatcom County resource with advocates who provide safety planning, emotional support, crisis intervention, and referrals through their 24/7/365 helpline.

Lummi Victims of Crime
360-312-2015
Provides culturally specific help for Native survivors and friends and family members who have been affected by violence or abuse.

MENTAL HEALTH SUPPORT

988 Suicide & Crisis Lifeline: 988 (call or text)

Crisis Text Line: Text HOME to 741741

Community Crisis Line: 1-800-584-3578

WWU Counseling and Wellness Center
360-650-3164 (choose option 1 after hours)

NATIONAL SUPPORT

National Domestic Violence Hotline
1-800-799-7233 | Text START to 88788
Chat at thehotline.org
Confidential support 24/7/365 for anyone experiencing domestic violence, seeking resources, or questioning aspects of their relationship.

StrongHearts Native Helpline
1-844-7NATIVE (762-8483)
Chat at strongheartshelpline.org
Anonymous, confidential domestic violence and dating violence helpline for Native Americans and Alaska Natives, offering culturally appropriate support/advocacy.

Love Is Respect
1-866-331-9474 | Text LOVEIS to 22522
Chat at loveisrespect.org
Offers 24/7 information, support, and advocacy to people between the ages of 13 and 26 who have questions or concerns about their romantic relationships.

RAINN National Sexual Assault Hotline
1-800-656-4673 (HOPE)
Chat at rainn.org
Callers are routed to a local RAINN affiliate based on the first six digits of their phone number, but they can enter the ZIP code of their current location to connect with the nearest sexual assault service provider.

National Deaf Domestic Violence Hotline
855-812-1001 | Email hotline@adwas.org
Chat at thedeafhotline.org
Deaf advocates answer videophone calls and emails 24/7. If using a voice phone, you will be connected to an interpreter during your phone call.

The Network/La Red
800-832-1901
A 24-hour domestic violence hotline providing confidential emotional support, information, referrals, safety planning, and crisis intervention for LGBTQ+ folks.

COUNSELING AND WELLNESS CENTER

WESTERN WASHINGTON UNIVERSITY
MAKE WAVES.

Information courtesy of Survivor Advocacy Services in the Counseling and Wellness Center at WWU. To request this handout in an alternate format, call 360-650-3164 or email cwc@wwu.edu. Learn more at cwc.wwu.edu/survivorservices. AA/EO. Rev. 9/26.