

Supporting a Friend

Sexual assault affects not only the survivor, but also the people closest to them. If someone you know has been sexually assaulted, the resources listed in this brochure are available to you as well. Here are some helpful ways to support a person impacted by sexual assault:

- Listen.
- Take the situation seriously.
- Reassure your friend that they are not to blame for the assault.
- Avoid questioning the survivor; do not ask “why” questions.
- Address safety and validate feelings.
- Inform your friend about the resources available and encourage them to seek support.
- Inform your friend they have rights and options to report to the police and/or the university.
- Support your friend in doing what they decide is best for them regarding reporting.
- Find a safe place to get support for yourself so you are able to talk about what has happened and how you feel about it.

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inclusion. We support students, graduate students, faculty
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Assistance shall maintain and promote a policy of
non-discrimination on the basis of race, color, national
origin, sex, pregnancy, age, disability, creed, religion,
sexual orientation, gender identity, gender expression,
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acknowledge that culturally relevant trauma services are
an ongoing process of learning that begins by looking
within ourselves and honoring basic human rights. As
individuals and as an agency, we are committed to
responding effectively to social-cultural diversity.

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Center for Inclusion and Social Change 303-492-0272
Center for Student Involvement 303-492-6366
CU Police, Emergency 911
CU Police, Non-emergency 303-492-6666
Disability Services 303-492-8671
Health Promotion 303-492-2937
Housing/Residence Life 303-492-7260
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Boulder Community Hospital 303-415-7000
Boulder Police, Emergency 911
Boulder Police, Non-emergency 303-441-3333
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Boulder District Attorney 303-441-3700
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Out Boulder 303-499-5777
Planned Parenthood 303-447-1040
Safe and Self-Defensive Alliance
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