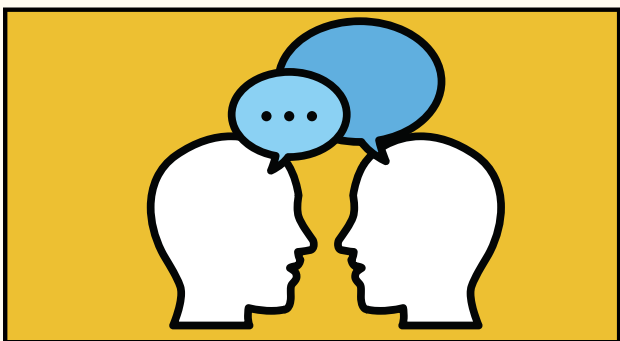


8 Ways to Support a Friend Impacted by Sexual Harassment or Assault



YOU WANT TO SUPPORT A FRIEND BUT ARE NOT SURE HOW... THESE TIPS ARE A GOOD START.

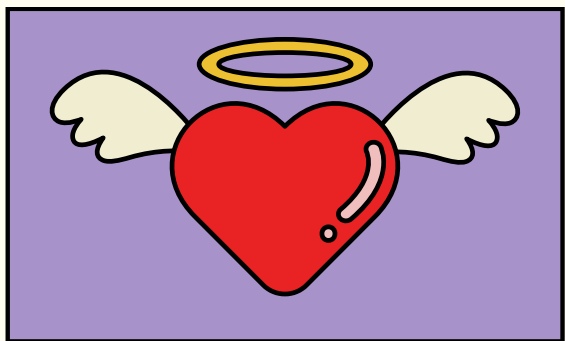


LISTEN

Rather than talking or offering advice, simply listen. Don't ask a lot of questions. Let them set the pace.

BELIEVE

Your friend needs to know you 100% believe them. It is not your job to investigate or seek additional information.

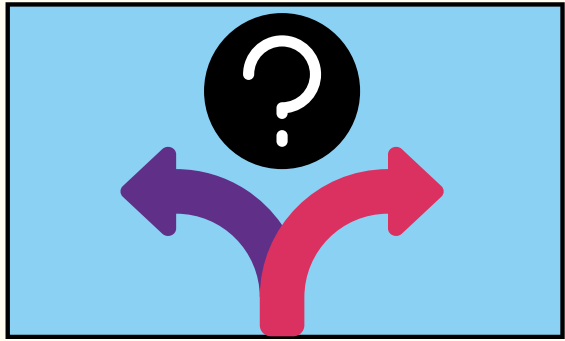


HONOR THEIR AGENCY

Honor your friend's ability to make decisions. Avoid pressure and judgment - give them the time they need to make the best choice.

OFFER CHOICES

Don't assume you know what they need. Offer them choices or find a trusted adult who can.

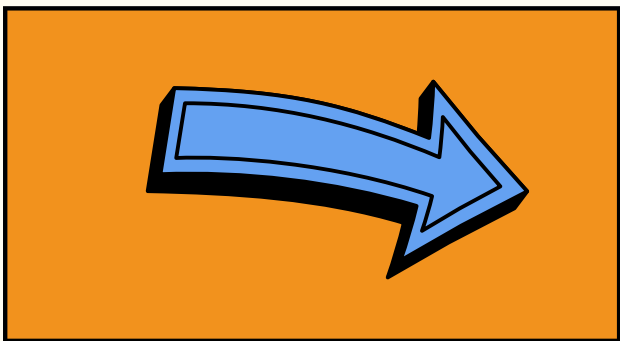
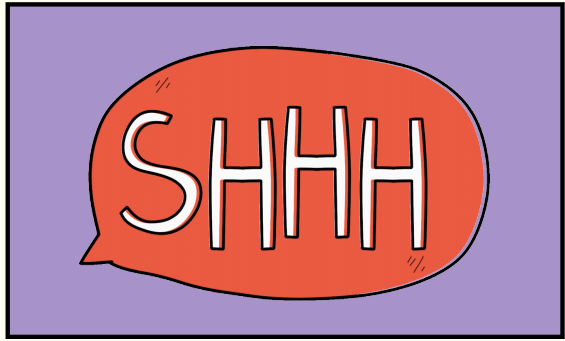


EDUCATE YOURSELF

Even if you've experienced something similar, remember, everyone responds differently based on their unique life experiences.

RESPECT THEIR PRIVACY

Honor their confidentiality means NOT sharing someone else's story - under any circumstances - without explicit permission

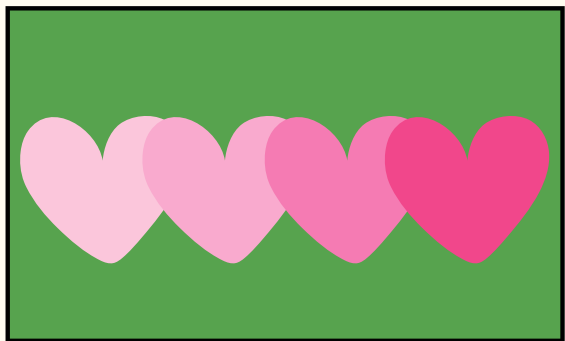


FIND A TRUSTED ADULT

Help by encouraging them to tell someone they trust at home or school. The burden should not be on you.

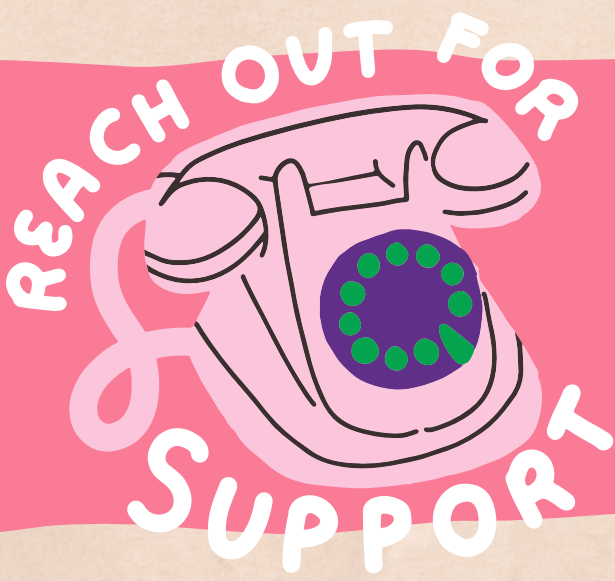
TAKE CARE OF YOURSELF

Acknowledge your own triggers and take care not to get more involved than is good for you. Set healthy boundaries - and stick to them.



Reporting & Resources for PPS Students

How to find help and start healing



HELP & ADVOCACY

There are many PPS and community resources available 24/7. Advocates are available in all PPS high schools. For an extensive list, please visit the [Title IX Student/Family website](#).

VISIT A HOSPITAL

Most emergency rooms in Portland offer the Sexual Assault Forensic Exam (SAFE), which is used when criminal charges are possible. Exams must be completed within 5 days of the assault - the sooner the better when it comes to collecting valuable evidence.



TELL AN ADULT

If someone you go to school with hurts you, the school must protect you from further harm. The school may offer safety or supportive measures in the days following the incident.

MENTAL HEALTH MATTERS

Sexual harassment IS a mental health issue and can cause anxiety, depression, and even feelings of hopelessness. Reach out to a school counselor or social worker at school for help. High school students also have access to a confidential advocate in their building.



**YOU ARE
NOT ALONE**

www.pps.net/titleix