

WAYS TO SUPPORT A FRIEND

who has experienced harm



5 Key Practices When Supporting a Survivor of Sexual Misconduct



- **LISTEN** to your friend. Survivors, at times, need to talk about what happened. See if they want to speak to a Campus Confidential Advocate at Advocate@csulb.edu.
- **DON'T PUSH** your friend. Give them the freedom to decide when, where and how to talk about their trauma.
- **BELIEVE** your friend. Reinforce that survivors are never to blame, and avoid language that implies it.
- **BE PATIENT**, your friend will need your support to get through this. Be present and create a safe and nonjudgmental space.
- **ADVOCATE**, contact your Campus Confidential Advocate @ 562-985-2668 OR Advocate@csulb.edu if they are a survivor of sexual misconduct.



Be a BEACH IX ALLY: Help your friend



There are several options, depending on the situation. If you see your friend engaging in at-risk behavior, involving sexual misconduct:

1. **Clear Communications:** If you feel safe to do so, share your concerns directly with your friend.
2. **Refer to an Expert:** If they are a survivor of sexual misconduct, refer them to the Campus Confidential Advocate at Advocate@csulb.edu or 562-985-2668.
3. **Notify Someone for Resources:** Let someone know.
 - Notify your Resident Advisor
 - Contact the Title IX Coordinator at OEC@csulb.edu or call 562-985-8256.
4. **Safety:** If there are safety concerns, let University Police know by calling 562-985-4101. If an emergency dial 9-1-1.

Be a BEACH IX ALLY: Practice Bystander Intervention

DIRECT

Interrupt the situation and clearly express your concerns to the involved parties. Make sure they understand Affirmative Consent.

DISTRACT

Use distraction or make up an excuse to interrupt the situation.

DELEGATE

Enlist the help of others to help you interrupt a potentially dangerous situation.

What is Affirmative Consent?

An **explicit, informed, and voluntary agreement** to participate in a sexual act between individuals **18 and older**. There are six requirements. And just like when you sign a contract you should know the terms and conditions. Remember:

I AM Voluntarily CO-signing

Informed

Affirmative

Mutual

VOLUNTARILY

Conscious

Ongoing

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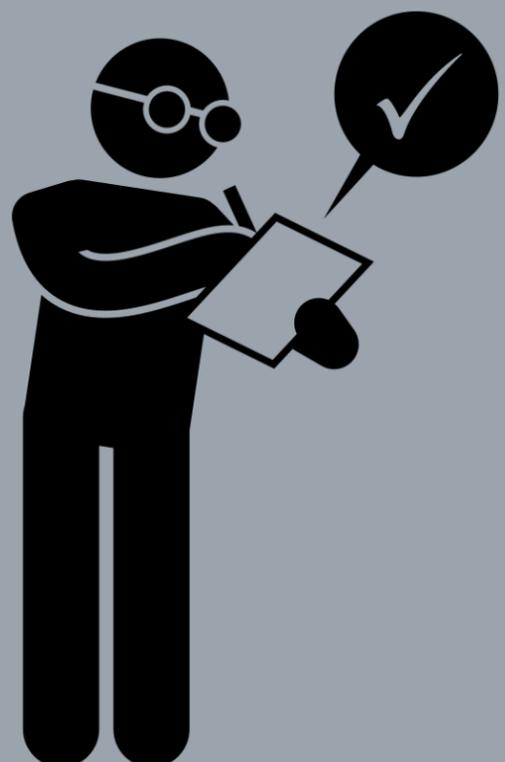
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Consent must meet all six requirements from **ALL PARTIES** at **ALL TIMES** in order to be considered Affirmative Consent.

When engaging in sexual activity all parties should **INFORMED** of what will take place. All should be able to give an **AFFIRMATIVE** yes to the activity. The decision to engage in sexual activity should be **MUTUAL**. The agreement to the activity should be **VOLUNTARY**. All should be **CONSCIOUS** before engaging in, and during the activity. Lastly, consent must be **ONGOING** throughout the activity. Consent can be revoked by either party, at any time, and for any reason.