

Helping to heal - post sexual violence

- Keep reinforcing the fact that it was not their fault.
- Be there for them whenever they need support.
- Different people have different reactions to trauma. Some react, some internalize, some deny. Do not judge them.
- Understand that withdrawal, anger, self harm outbursts, wanting to repeatedly talk about the assault are all a part of the process of healing. The victim is trying to make sense of what happened.
- Make sure they get enough sleep and food.
- Encourage them to go for counseling.
- Get them survivor stories and information on what they are going through.
- Encourage each positive step they take.
- Show them good things to look forward to. Like Music, nature, books, friends.
- Strengthen their belief in themselves. Reinforce their strengths.
- Help them stay positive.
- Be Patient.
- Empower them.
- Get them professional help, if needed.



B O D H I N I

Freedom From Fear

www.bodhini.in

Helpline : 8891320005

bodhini2014@gmail.com