

A TOOLKIT TO SUPPORT RAPE SURVIVORS.



Rape Crisis
Cape Town Trust

www.rapecrisis.org.za

ABOUT THE TOOLKIT.

If someone you know has been raped & is going through a challenging time, they will be feeling a range of emotions. You too may be feeling a range of confusing emotions & may be wondering how you can help.

Rape Crisis has created a toolkit to support rape survivors. If you can't speak to anyone, speak to us on our helpline: 021 447 9762 or visit our website: www.rapecrisis.org.za

LISTEN.



Good listening requires effort & concentration. Let the survivor talk as much as they want. Don't be afraid of silence. Give them a comfortable space to speak when they feel able. Respect their choice to share what it is they are able to when they are able to.

Counselling can help a survivor, but only when they are ready.

You can also come in for counselling to get support for yourself & advice on how to help the survivor.



BELIEVE.

The survivor needs to know that you believe them, that you are trying to understand & that you are sincere & trustworthy.



EMPATHISE.

Be mindful of rape myths. Rape myths ignore the feelings that survivors experience & are used to claim that the survivor wasn't really raped or that in some way, the survivor was to blame.

Have an open attitude & be aware of negative judgements. Let them feel that they can trust you & that you are there to listen to their story.

EMPOWER.



The survivor has been in a situation in which their power has been forcefully taken away. Once the survivor starts making their own decisions, they will be able to start feeling in control of their life again.

Encourage the survivor to regain a sense of self & of their own power. Don't force the survivor to do what you want them to do. But make sure they know what choices & options are available to them.

BE PATIENT.



Healing is a lengthy process.
Let the survivor decide how much
time they need to heal. Sometimes
we need to pause, think & feel.

BE COMPASSIONATE.



Be sensitive to their moods, feelings & emotions. You can share your feelings but remember this is not about you it is about them.



**TAKE CARE OF
YOURSELF.**

If you ignore your own needs, you won't be able to help with the survivor's needs. It is not easy supporting someone. Counselling can help you through the process.

AND IF YOU
CAN'T SPEAK TO
ANYONE, **SPEAK**
TO US.

Helpline: 021 447 9762
www.rapecrisis.org.za



@rapecrisiscapetown



@RapeCrisis



@rapecrisis_capetown