

Supporting Survivors

FACILITATION GUIDE

Description: In this program, participants will explore how sexual assault is related to Alpha Chi Omega's philanthropy of domestic violence awareness. Attendees will increase their awareness and understanding of this issue through honest conversation surrounding common myths regarding sexual assault, including who the issue affects.

Learning Objectives:

- Participants will be able to explain how sexual assault and domestic violence are related. (Network of support and learning)
- Participants will deconstruct common myths regarding sexual assault. (Honest conversation with others)
- Participants will identify barriers faced by survivors and resources that can support them. (Network of support and learning)

Facilitator: Vice president philanthropy; vice president diversity, equity and inclusion; alumnae officer; or other experienced facilitator

Audience: Members of a collegiate or alumnae chapter

Space: A meeting space, virtual or in person, that allows for small groups and pairs to discuss topics comfortably

Duration: 30 minutes

Materials Needed:

- Supporting Survivors Program with Purpose PowerPoint, located on Programs with Purpose webpage in the Resource Center of alphachiomega.org.

Preparation:

- Be familiar with the program and concepts discussed prior to facilitation.

- Review national resources and insert local resources where needed.
- Prepare the program PowerPoint per session needs.
- Prior to the meeting, share content warning via email, listed at the end of this guide, to allow for individuals who may become triggered by the content to excuse themselves.
- Share the local and national resources for survivors as a follow-up.
- Share the [Respond and Support a Survivor](#) document in your follow-up.


Follow-up: Be sure that every facilitator and participant of this program completes the Programs with Purpose Feedback survey!





It is very important that we receive feedback for each of our Alpha Chi Omega programs to continue to improve our resources. This survey is designed to lead the facilitator and participant through questions relevant to their own experience, so the same link can be used for both parties.

Survey link: <https://www.surveymonkey.com/s/D9BSHRS>

Note: In the left column of the facilitation guide below, the number to the left is the amount of time the facilitator will spend on that section of the program. The number on the right is the amount of time that has currently elapsed in the entire program.


FACILITATION GUIDE

5/5	<p>INTRODUCTION</p> <p> <i>Set up PowerPoint, Slide 1: Supporting Survivors on Their Journey</i></p> <p><i>Introduce yourself and share a little about the chapter’s recent work for the local domestic violence shelter, crisis center or service provider.</i></p> <p>Alpha Chi Omega’s national philanthropy is domestic violence awareness.</p> <p>In this philanthropic work, our goal is to prevent sexual assault, promote healthy relationships and raise domestic violence awareness. During the</p>
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	<p>month of April, Alpha Chi Omega members and chapters work to bring awareness to the impact of sexual assault within their communities.</p> <p>On a national level, Alpha Chi Omega has worked to bring awareness to this issue by becoming RAINN’s (Rape, Abuse & Incest National Network) first sorority partner in 2018; RAINN operates the National Sexual Assault Hotline.</p> <p>  <i>Slide 2: Local and National Resources for Survivors</i></p> <p><i>In advance of the program, gather contact information from different local resources and edit the PowerPoint where the pencil icon (above) appears.</i></p> <p><i>This reference list may already exist, created by the college/university. If you are unaware of your local resources, you can search for them here and here.</i></p> <p><i>Our local sexual assault resource center is: speak about local resources shared.</i></p> <p><i>What they do to support survivors is: speak about their specific support services.</i></p> <p> <i>Click for animation</i></p> <p>RAINN operates the National Sexual Assault Hotline where its volunteers offer support 24/7 to survivors and their loved ones. Whether you’re looking for support, advice or a referral, you can contact RAINN at 800-656-HOPE or chat online with a trained support specialist.</p>
5/10	<p>SURVIVORS COME FROM ALL BACKGROUNDS</p> <p> <i>Slide 3: Who Are Survivors?</i></p> <p>According to our national partners at RAINN, every 73 seconds, an American is sexually assaulted. And while progress is being made to</p>

decrease that – the number of assaults has fallen by more than half since 1993 – there is much room to improve.

Often, we look to media and are presented with stereotypes of who a survivor is: what they look like, what they act like and what they did to be at fault for another's actions. These caricatures couldn't be further from the truth. These misrepresentations promote the socialization of rape culture and an unsupportive environment for a survivor.


 *Slide 4: Highest Risk*

We know that young people are at the highest risk of sexual violence. Women and girls experience sexual violence at a high rate – 1 out of 6 (source: RAINN). Women ages 18-24 who are college students are three times more likely than women in general to experience sexual violence.


 *Slide 5: Often Unrepresented Survivors*

Often, the focus is not on the impact sexual violence has on those outside of society's understanding of who a survivor is. Survivors come from all backgrounds.


Below are a few examples that paint a picture of the population of survivors in the United States. (Source: [RAINN](#))




 *Click for animation*

- *Native Americans are at the greatest risk of sexual violence, twice as likely as all races.*


 *Click for animation*

- *21% of TGQN (transgender, queer, nonconforming) college students have been sexually assaulted, compared to 18% of non-TGQN females and 4% of non-TGQN males.*

 *Click for animation*


	<ul style="list-style-type: none"> • <i>1 out of every 10 rape victims is male.</i> <p>Why do you think these populations aren't often included in the conversations and education regarding sexual assault awareness?</p> <p><i>Ask sisters to share aloud or share via a chat function.</i></p> <p><i>Answers may include:</i></p> <ul style="list-style-type: none"> • <i>They come from a marginalized background.</i> • <i>Their experiences may be underreported.</i> • <i>It can be hard to self-identify as a survivor.</i> • <i>They fear they may not be believed because of stereotypes.</i> • <i>They may feel shame or blame from their social circles.</i> <p><i>Thank participants for sharing.</i></p> <p> <i>Slide 6: Sexual Violence Affects Individuals of All Identities</i></p> <p>Sexual violence affects individuals of all identities. Their journeys to healing are unique, and they did not do anything to deserve violence. Remember, sexual violence is never the survivor's fault.</p>
<p>6/16</p>	<p>A SURVIVOR'S JOURNEY TO HEALING IS UNIQUE</p> <p> <i>Slide 7: Each Journey to Healing is Unique</i></p> <p>Each survivor will have unique needs and should own their authority to decide next steps after sexual violence. This allows them to regain a sense of power and control over their autonomy.</p> <p>Due to the trauma, it may be hard for a survivor to know what to do, how to feel or what their options are after an assault.</p> <p>I'd like to share just a few things to consider and remember in case you're ever in a position to help someone.</p> <p> <i>Slide 8: Immediate Steps</i></p>

Immediate steps after an assault are important for a survivor’s journey to healing. Here are things I’d like for us to remember:

 *Click for animation*


1. Safety is important.

Are they in a safe place? If they’re not feeling safe, consider suggesting that they reach out to someone they trust for support. They don’t have to go through this alone.

 *Click for animation*


2. What happened was not the survivor’s fault.

Something happened to them that they didn’t want to happen—and that’s not OK.


 *Click for animation*

3. They can call the National Sexual Assault Hotline at 800-656-HOPE (4673).

They’ll be connected to a trained staff member from a [local sexual assault service provider](#) in the area. They will direct the survivor to the appropriate local health facility that can care for survivors of sexual assault. Some service providers may be able to send a trained advocate to accompany them.

 *Slide 9: TALK method*

As we may find the opportunity to support those affected by sexual violence, we can use the acronym of “TALK” as a quick reference of how to best help.

	<p>This “TALK” method was developed by our national partners at RAINN and is based on trauma-informed research so that we make a survivor feel supported rather than in the wrong.</p> <ol style="list-style-type: none"> 1. Thank them for telling you <p>It can be incredibly difficult for someone to disclose this type of trauma. You can begin to show your support by saying something like, “Thank you for telling me. It means a lot that you feel that you can share this with me.”</p> <ol style="list-style-type: none"> 2. Ask how you can help <p>Your first instinct may be to give advice, but it’s important to ask how to best support survivors in their choices about what to do next. Remember, you don’t need to have all the answers. You can just listen and let them know you are there to help in any way they need.</p> <ol style="list-style-type: none"> 3. Listen without judgement <p>While it’s normal to feel reactions such as anger or shock, sometimes expressing those reactions can make a survivor feel like they are responsible for your emotions and discourage them from opening up. Try your best to stay calm and not say anything impulsively.</p> <ol style="list-style-type: none"> 4. Keep supporting <p>Healing has no timeline, and it’s crucial that survivors have the ongoing support they deserve. Every survivor’s healing journey is unique, so continued care will look different for every person. Make time to check in with them regularly to let them know you care!</p>
<p>7/23</p>	<p> <i>Slide 10: Physical Self-Care</i></p> <p>One way we can offer continued check-ins with survivors is to ensure they are taking care of themselves after trauma.</p>

A survivor may experience personal challenges with taking care of themselves physically and emotionally. In order to take care of themselves, we can help them remember what made them feel good before the trauma.

If you are in a place where you are supporting a survivor, here are some questions you can ask them to aid in maintaining their physical self-care:

1. How are you sleeping?
2. What do you enjoy eating to sustain your health?
3. What types of exercise did you enjoy before? Do you want to do those now?
4. What healthy routines or activities do you like to start or end your day with?

Are there any additional questions or resources we could share with a survivor to help them maintain physical self-care?

Ask sisters to share aloud or share via a chat function. Thank participants for sharing.



Slide 11: Emotional Self-Care



The last area I'd like for us to consider that a survivor may experience personal challenges with is taking care of their emotions after a trauma.

Emotional self-care means different things to different people. The key to emotional self-care is being in tune with themselves.


In order to take care of themselves, it is important to remember what made them feel good before the trauma. Have them think about a time when they felt balanced and grounded.

If you are supporting a survivor, here are some questions you can ask them to aid in maintaining their emotional self-care:

1. What activities or events bring you joy?

	<p>2. Who would you like to spend your time with who makes you feel safe and supported?</p> <p>3. Where can you spend time where you feel comfortable and grounded?</p> <p>Are there any additional questions or resources we could share with a survivor to help them maintain emotional self-care?</p> <p><i>Ask sisters to share aloud or share via a chat function. Thank participants for sharing.</i></p>
<p>5/28</p>	<p>IT IS NEVER THE SURVIVOR'S FAULT</p> <p> <i>Slide 12: Never the Survivor's Fault</i></p> <p>As I mentioned earlier, sexual violence is never the survivor's fault. This is why we, as members of Alpha Chi Omega, practice how to support others, share resources for support and advocate for awareness.</p> <p>Now, I'd like for us to practice together. Share in the chat how you would share support for someone who has gone through sexual assault.</p> <p>What would you want to say to a survivor to show you support them?</p> <p><i>Ask sisters to share aloud or share via a chat function. Thank them for sharing the kind and supportive words.</i></p>
<p>2/30</p>	<p>CLOSING</p> <p> <i>Slide 13: Four graphics</i></p> <p>Thank you for engaging and participating today.</p> <p>Survivors can be anyone in our lives, so it's important to know how to help.</p>

I want to reemphasize how important it is to understand the problems of sexual assault and domestic violence as they relate to the broader society and our campus community.

 *Slide 14: Thank you!*

As you know, throughout the year we will have chapter activities and campus events that incorporate domestic violence awareness. I encourage you to fully engage in these activities and to share your thoughts on how to improve existing activities or events or ideas for new ones.

Before participants leave, ask them to complete the program evaluation accessible by the QR code on the PowerPoint.

SAMPLE TRIGGER WARNING EMAIL TEMPLATE

During our [insert type of] meeting on [insert date, time], we will be honoring Sexual Assault Awareness Month by having a discussion around the “Supporting Survivors” Program with Purpose!

This program will focus on sexual assault awareness topics including the statistics surrounding populations of survivors, their personal journey to healing and how to respond to someone who has experienced sexual violence. Some of the program may be emotionally and intellectually challenging to engage with. We completely understand that the program may be triggering for some members.

We hope Sexual Assault Awareness Month is a positive education tool for all and it is positively adding to the membership experience and not causing undue harm.

There is no penalty for not attending the program. If you do feel like this may be triggering for you, please let me know if you are not able to attend.

REFERENCES:

[HTTPS://WWW.RAINN.ORG/STATISTICS/VICTIMS-SEXUAL-VIOLENCE](https://www.rainn.org/statistics/victims-sexual-violence)