

Clarifying your Role

Be explicit about your role and what you can do to help. Here is an example handout you can modify for your practice.

My role as a sexual assault counselor is to help students navigate the aftermath of sexual violence by:

- 1** Being knowledgeable about sexual violence perpetration and victimization including the dynamics and impacts
- 2** Having an understanding of campus and community resources and roles relevant to sexual assault on campus. Including time-sensitive health and safety concerns and how to access services.
- 3** Accepting a student's narrative as their experience with compassion and understanding, and without judgment
- 4** Appreciating the differential impacts of sexual assault related to their experience, identity, culture, and other individual factors- sexual assault impacts different people in different ways.
- 5** Providing factual information related to choices a survivor may be considering (for example, reporting the assault) and offer support including accompaniment.
- 6** Addressing any issues of health or mental health that may be impacting the survivor's life. and well-being
- 7** Ensuring the survivor has as much control as possible over decisions, especially related to their confidentiality.
- 8** Providing concrete, tangible intervention and referrals to reduce stress and barriers to healing and safety
- 3** Clarifying some of the ways that sexual assault can affect autistic survivors in particular and strategies for coping.