

Responding to a Disclosure of Gender-Based Violence

Listen

- Employ active listening to let the person know you're there with them
- Limit questions and interjections
- Ask how they're feeling and if they need anything from you

Believe

- Let them know you believe them
- Don't downplay their experience or reaction

Empower and Support

- With their permission let them know about options and resources
- Ask them how you can help

SUPPORT OPTIONS

KSACC Anti-Violence Crisis Line
1-888-974-7278

MCFD

Kids Help Phone
www.kidshelpphone.ca
1-800-668-6868

Centralized Screening
1-800-663-9122

Suicide Hotline
1-800-784-2433

KSACC Office
250-372-0179

Don't forget to take care of yourself:

- If listening to someone's story is triggering for you, gently let them know you can refer them to someone who might be able to better handle their story
- Have someone to debrief with while keeping confidentiality (you can call a crisis line)
- Stay calm and if you don't know what to say, remember that just listening is worth so much

