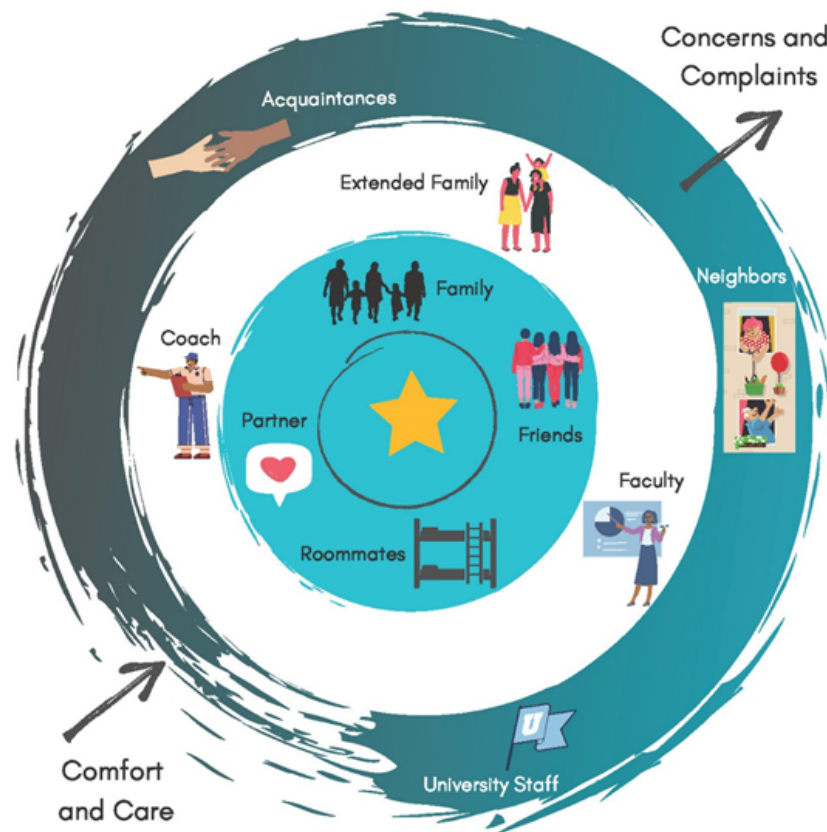


# SUPPORTING THE SUPPORTER

## SUPPORT IN, REACH OUT



People who have experienced harm have unique circumstances, histories, geographies, and identities. There is no universal response to harm or path toward healing because that too is influenced by the lived reality of each survivor. To better understand the unique needs of the person you are supporting, consider: The survivor is at the centre of the ring. It is important for them to have the opportunity to unload their fears, frustrations, and feelings outward. The same is true for those supporting the survivor. Everyone is impacted by the survivor's trauma may experience a huge range of emotions with someone in a larger ring. When you talk to someone in the same ring or in a ring closer to the survivor, the goal should be to listen, express concern, and demonstrate compassion. Not to unload. Unloading makes it more difficult for the person in crisis to process their own feelings and help the person who ultimately needs the most sensitivity and understanding- the survivor. Support IN, Reach OUT.

*Adapted with permission from Dr. Susan Silk, Silk Ring Theory*

*Remember: SVPRO offers support for people in any of the rings!*



THE UNIVERSITY OF BRITISH COLUMBIA  
Sexual Violence Prevention and Response Office