



## HELPING A FRIEND WHO HAS EXPERIENCED SEXUAL MISCONDUCT



### Be a good listener



- Some people will want to talk right away, and others will need some time.
- Let the person you care about know that you will be ready when they are.
- Let them talk while you simply listen.

### Be aware of the need for privacy



- Always ask for permission before you tell someone about your friend's experience.
- By asking first, you are helping to give them some control over the situation.

### Allow them to consider all options



- This can be challenging when you may be impacted by their choices. For example, this is your best friend and the idea that they would transfer schools is distressing.
- Respecting and supporting their choices is important to help them feel in control of their lives again.

### Take care of yourself



- You are an important person in your friend's life if they chose to tell you about their assault.
- Take care of yourself and your feelings so you will be better able to help your friend.
- The staff at MIT's Violence Prevention & Response (VPR) can give you help & support without compromising the privacy of your friend.

### Get Informed



- Learn more about the resources available at MIT:  
<https://idhr.mit.edu/supportive-measures/resources>

The above was adapted from information provided by the [Boston Area Rape Crisis Center \(BARCC\)](#).

