



Survivor Support:

A guide for Faculty & Staff in
supporting student survivors of
sexual harassment and/or assault

**YALE-NUS
SURVIVOR
SUPPORT
COMMITTEE**

YaleNUSCollege

STUDENT AFFAIRS OFFICE



HOW TO SUPPORT A SURVIVOR

SURVIVORS OF SEXUAL HARASSMENT / ASSAULT NEED:

- To feel physically and psychologically safe because their safety has been compromised.
- To regain a sense of control, choice, and agency because they were assaulted/harassed against their own will.
- To enhance personal well-being to aid with the healing process.

STAFF AND FACULTY CAN:

- Listen and demonstrate that you believe them.
- Refrain from asking about the details of the incident.
- Support by offering options and flexibility in academic workload.
- Refer the student to available resources on- and off-campus. It is not appropriate to become an informal counsellor.



LISTEN AND BELIEVE

While it is not appropriate to become an informal counsellor, initial responses to survivors can help to set the stage for subsequent processing and healing.

If a student shares their experience with you, here is a list of appropriate ways to respond. These are meant to be non-judgmental and compassionate responses that do not shame the survivor.

"I believe what you are telling me. / I appreciate the courage it took to share that with me."

"It's not your fault. / You didn't do anything to deserve this."

"You are not alone. / You don't have to be alone in your healing."

"Thank you for trusting me enough to share such a personal and difficult experience."

Now you can explore which options and resources seem best for you.

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DO YOU WANT TO TELL SOMEONE?

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The decision is fully yours to make.
Everyone processes experiences differently.
Resources and support are always available.

Template adapted from Scripps College: Options for students following sexual / partner violence, stalking, sexual harassment

Support

Support can include academic flexibility, counselling, or other resources to facilitate self-care and healing. You can choose one or more of these options.

Reporting

You can pursue one or more of these options for reporting an experience of sexual misconduct.

Police

A report of an experienced sexual misconduct to law enforcement officials entails investigation and possible prosecution under the laws of Singapore.

A police report is necessary before requesting a rape kit examination.

The Dean of Students Office (DOS) Survivor Support Advisors (SSAs) can help you to understand options and accompany you to make a police report.

College (DOS)

File a disciplinary complaint against a responding party who also a Yale-NUS student start an investigation and a no-contact order. Reach out to the Sexual Misconduct Coordinator via email or person.

The initial complaint must include:

- Responding party's name
- Date(s) and location of misconduct
- The act(s) of sexual misconduct
- Where there is a need for accommodation (suite/room)

Confidential

NEW!

Yale-NUS Counselling

All of the College's counsellors are equipped with training in trauma-informed therapy. No reporting upwards unless there is imminent risk of harm to self or others. Reach out to our counsellors at 6601 5557.

SACC (AWARE)

AWARE's Sexual Assault Care Center offers case management, counselling, befriending, and legal consultation. Confidentiality will be maintained unless there is imminent risk of harm to self or others.

Oogachaga

Oogachaga is a non-profit, professional organisation that offers counselling services to LGBTQ+ individuals, couples, and families. Confidentiality will be maintained unless there is imminent risk of harm to self or others.

Anonymous

SACC (AWARE)

Speak to a trained volunteer and receive support through a phone call at 6779 0282 Monday – Friday 10 a.m. to 6 p.m.

Private

DOS Office (SSA)

SSAs are trained in trauma-informed protocol and support is individualised to the survivor's needs.

Request a Programme

These programmes are run by SSAs and are designed to support your healing journey.

Examples include solidarity meals, making an emotional safety plan, and yoga for survivors.

Automatically assigned

This can include emotional support, regular check-ins, guidance on resources and options available, requesting Assistant Dean's (AD) notes, emergency funding, accompaniment to the police station or hospital, and general logistical adjustments.

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OFFERING OPTIONS

Offering options to a survivor assists them in establishing some degree of control over their situation. This can look like asking for their preferences whenever possible. Offering options is useful, as survivors have the agency to choose next steps for themselves.

ACADEMIC SUPPORT & FLEXIBILITY

Following incidences of assault and trauma, people often experience a range of reactions that can affect their ability to meet expectations at school or work. A student experiencing difficulties coping with work may want to consider reducing their academic workload for the semester.


The College may support changes in academic requirements such as dropping classes, changing classes, and taking a leave of absence.

Encourage them to reach out to a Survivor Support Advisor (SSA). The SSA can offer logistical support for academic or residential life accommodations.

NEXT STEPS

Provide options and let them decide. Help the student to consider what to do next. If you are not certain of the options, provide referrals to the resources at the back of this pamphlet - SSAs, campus counselling centre, etc.

It may be helpful to support the student in adopting a decision (i.e. pros and cons) table for the next step they want to take. It is important to ensure there is alignment between what someone needs and the options they decide on.



GROUNDING TECHNIQUES

The purpose of grounding is to help the student better manage their intrusive memories. These techniques are useful in the event that a student is displaying signs of distress while sharing their story.

Have the student keep their eyes open and sit with feet on the floor and a straight back.

Ask the student questions to keep them **focused on the current and immediate surroundings** - where are they now, what can they see, describe the room, what time is it, what day is it.

Remind the student that they are **safe**. Remind them that what happened in the past is not happening now, again grounding them to the present moment.

This is one possible way to facilitate the grounding exercise:

"This grounding exercise is to help you better cope with your intrusive memories, by encouraging you to focus on what is present and in front of you. Feel free to stop any time during this exercise if you feel uncomfortable.

Sit with your back straight but not tense. Feet firmly rooted to the ground. If you'd like, take a deep breath. In.. 2. 3. 4. Hold 2. 3. Out 2. 3. 4. (3 times). I invite you to describe your surroundings. What do you see around you? What colours are they in?"

RESOURCES

Survivor Support Advisors

SSAs are trained in trauma-informed protocol and support is individualised to the survivor's needs. Support can include advocacy, emotional support, regular check-ins, guidance on resources and options available, requesting AD notes, emergency funding, accompaniment to the police station or hospital, and general logistical adjustments.

Schedule a meeting with an SSA:
<https://linktr.ee/survivorsupport>



Yale-NUS Counselling

Call
Make an appointment

6601 5557
counselling@yale-nus.edu.sg

Sexual Assault Care Center

Call
Make an appointment

6779 0282
sacc@aware.org.sg

University Health Center [University Counselling Services]

Call
Make an appointment

6516 2376
ucs@nus.edu.sg

NUS Lifeline

Call

6516 7777

Samaritans of Singapore

Call

1767

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