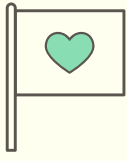


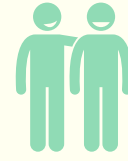
BE SOMEONE'S EVERYDAY HERO

WITH FOUR EASY STEPS



Believe Survivors

The most important thing you can do to help someone who is experiencing domestic or sexual violence is believe them. Many survivors have already been made to believe that the abuse or assault was their fault or that they are making it up - questioning their stories only further traumatizes them.



Reassure Survivors

Many survivors need reassurance that they have done the right thing by speaking up. One of the best ways to be a survivor's Everyday Hero is to reassure them - that it wasn't their fault; that they are brave; and that they are not alone.



Support Survivors' Choices

People who have experienced abuse are the experts on their own lives, and making decisions for themselves is a key part of regaining their power. Supporting them in those choices - even if we don't understand or agree with them - is a crucial way to empower survivors.



Help Survivors Find Resources

There are many agencies that can help people who have experienced domestic or sexual violence regain their power and get connected to the resources that will keep them safe and healthy.



The Power of Community

We know that our community is filled with Everyday Heroes - amazing friends, family members, co-workers, teachers, clergy people and more. We also know that people who are experiencing domestic or sexual violence aren't reaching out to the law enforcement or advocates - they're reaching out to the friends, family, and community members that they trust.

Resources:

The Alliance: 719-539-7347

Chaffee County Dispatch: 719-539-2596

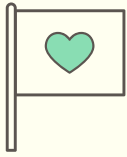
SolVista: 719-539-6502



THE ALLIANCE

BE SOMEONE'S EVERYDAY HERO

DO'S AND DONT'S



Believe Survivors

DO SAY:

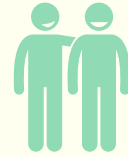
"I believe you and I'm so sorry this happened."

"Nobody deserves to be treated that way"

DON'T SAY:

"Well did you say something to upset them?"

"They're such a nice person, I don't think they'd do that."



Reassure Survivors

DO SAY:

"What happened isn't your fault."

"I know this is scary, but you are not alone."

DON'T SAY:

"Do we really need to get law enforcement involved?"

"Don't you think reporting it will just make things worse?"



Support Survivors' Choices

DO SAY:

"What do you want to do?"

"I will help you and support you in whatever will make you feel safe?"

DON'T SAY:

"You have to leave them!"

"You have to call the police so they doesn't do this to someone else."



Help Survivors Find Resources

DO SAY:

"There are people who can help. Would you like me to make the call with you?"

DON'T SAY:

"If you're not going to leave them or call the police, I don't think there's anything that can be done."



Anyone Can Be An Everyday Hero

If someone tells you that they are being abused or assaulted, it can be hard to know what to say or do. Many of the things that we might instinctively say can actually be hurtful. Use this as a reference for what to say, and how to be someone's Everyday Hero.

**HAVE MORE QUESTIONS OR NEED MORE SUPPORT? CALL US ANYTIME!
719-539-7347**

WE HAVE BEEN WORKING WITH SURVIVORS FOR DECADES, AND CAN HELP GUIDE YOU AND ANSWER YOUR QUESTIONS.



THE ALLIANCE