

WHAT DO I DO IF I RECEIVE A DISCLOSURE ?

First step Listen and adopt supportive attitudes.	Second step Support and assist the person in their efforts.
<p>Believe the person If the victim has just confided in you, it's probably because you're a person they trust. So it's really important to believe the victim's account. If not, they may close up and hesitate to turn to someone else for assistance.</p>	<p>Inform the person of the options available to them.</p> <ul style="list-style-type: none"> Refer the person to the single entry point, the Psychosocial Services Department at their campus. In the absence of a resource, either because it's outside the department's business hours or because the person disclosing the information doesn't want to go there, contact an outside resource to obtain adapted psychological assistance.
<p>Listen without judgment Don't cast doubt on what the victim has to say. Avoid comments like "Are you sure you said No clearly?" or "Why did you accept to go with him to his room?"</p>	<p>Specialised resources can guide the person and help them choose their efforts according to their needs (psychological support, administrative or judicial complaint, accommodation measures, etc.). Some situations call for quick action; examples include the medical and legal evidence kit used in cases of assault. See the back of this sheet for information for available resources.</p>
<p>Help the victim overcome the feelings and effects of victimisation It is crucial to tell the victim that what happened is not their fault and that they are not responsible.</p>	<p>It's recommended to accompany the person in their efforts or to contact a qualified person to do so. At any time, don't hesitate to call the Info-Social Helpline (811) for support as you accompany the person.</p>
<p>Respect the victim's pace The victim may very well not be ready to file a complaint with the police and it's important to respect their choice and pace (only 10% of sexual assaults are reported to the police).</p>	<p>The exception to the rule: Victims 18 and under You are required to report to the Youth Protection Director any disclosure concerning sexual assault you receive from a minor. It's suggested that you be transparent with the young victim, explaining your role with regard to them and the reasons why you have to report the situation. Disclosures to the Youth Protection Director are confidential.</p>
<p>Normalise their émotions When disclosing sexual assault, some victims will be very emotional. It's important to help them normalise their emotions.</p>	

Inform the Single Entry Point of your interventions.

RESOURCES

Gaspé and Magdalen Islands Region

At any time, if your safety is threatened, call 911.

RESSOURCE and CONTACT INFORMATION

Consult the section, [Reveal or report a situation of violence](#), on the Student Zone to know the people responsible for the Single Entry Point in campus and external resources.