

Victim Tools

Helping Victims of Crime

Just for Friends

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crime. Understand that your friend is probably dealing with many different emotions and might not know how to talk about it.

Reading this is a great start to helping your friend. This might not answer all your questions, but it should help you understand how your friend is feeling and provide some ways for you to help.

Being the victim of any crime, from a stolen wallet to rape, can leave a person feeling stripped of personal power. Your friend may be terrified and have feelings of helplessness, which are perfectly normal responses. Your friend needs time and support to work through her/his feelings.

The Impact of Crime

Victims of crime frequently experience a range of emotions, including:

- Denial, disbelief
- Shock
- Anger, frustration
- Fear
- Self-blame
- Dirty or unclean
- Embarrassment
- Feelings of helplessness
- Feelings of being alone

These emotions often result in victims being immobilized by confusion and uncertainty at a time when they need to make decisions. In addition, many victims feel a loss of control over things that have kept them safe and secure in the past.

Some Changes You Might See

New eating or sleeping habits
Being angry all the time
Taking lots of risks
Doing badly in school
Skipping school
Feeling hopeless and helpless
Having lots of headaches or stomachaches
Having a hard time concentrating
Mood swings
Clinginess
Nervousness
Depression
Using drugs or alcohol

Things that Can Help

Let your friend know you care.

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Take your friend seriously.

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\$FFHSW \RXU IULHQG¶V VWURQJ IHHOLQJV

Listen without making judgments or giving advice.

Encourage.

Stay with your friend for as long as he/she needs you.

Ask your friend to talk about how he/she reacted to the event.

* LYH \RXU IULHQG WLPH WR KHDO 'RQ¶W H[SHFW KLP K

Help find other people who can help ±other friends, teachers, coaches, family, church, help agencies, etc.

Let your friend make his/her own decisions.

'RQ¶W FRQIURQW WKH SHUVRQ ZKR KXUW \RXU IULHQG

Things Not to Say

7 KLV ZRXOGQ¶W KDRX KDSQ¶WHGDGI BBBBBBBBBBBBBB

I told you not to _____.

Just forget it ever happened.

Get over it.

7 KLV LV SULYDWH 'RQ¶W WHOO DQ\RQH ZKDW KDSSH

Try not to think about it.

I want to kill the person who hurt you.

Good Things to Do

If your friend lives alone, offer to stay the night or see that there are groceries.

Get information about how to help from campus agencies such as Counseling Services,

Residence Life:
615/460-5802

Student Affairs:
615/460-6407

Student Health Services:
615/460-5506

University Ministries:
615/460-6419

Off-Campus Resources

Nashville Sexual Assault Center:
Crisis Line: 800/879-1999
Nashville Office: 615/259-9055

Metro Police:
Non-Emergency: 615/862-8600
Emergency: 911