

**At Sheridan We...**

# **DARE TO CARE**

**Helping a friend who has been assaulted:**

- Believe your friend
- Be supportive and non-judgemental
- Don't pressure your friend to make decisions
- Encourage your friend to seek medical attention
- Explain available resources and allow your friend to choose what to do
- Respect confidentiality
- Don't expect your friend to "get over it"
- Remember that recovery is a process not an event
- Encourage counselling

**For More Information:  
DareToCare.SheridanCollege.ca**

