

5 WAYS TO SUPPORT A SURVIVOR DURING THE HOLIDAYS

Holidays and family gatherings can be difficult for many survivors of child sexual abuse. Here are 5 ways you can make the holidays safe and happy for the survivor you care about:

1. LISTEN TO WHAT THEY NEED

Take the time to listen closely to what a survivor wants you to do. Avoid interrupting or offering unsolicited advice. Remember, this is about the survivor and their needs.



2. CREATE A SAFE SPACE

Work with your loved one to create a safe, comfortable space (literally or figuratively) that can help them decompress. This could include taking them to a different room during a stressful situation, talking to them on the phone, or creating an “escape” plan.

3. BE A BUFFER

When awkward, uncomfortable situations arise, be the person to step in and change the subject or lighten the mood.



4. ENCOURAGE SELF CARE

Remind your loved one to put themselves first and take care of themselves. Once you know what helps them unwind, make sure they get that often.

5. TAKE CARE OF YOURSELF

You won't be able to help someone else if you aren't taking care of yourself. Be sure to tune into your own needs through self-care as well.

