

## Do's of Supporting a Survivor

- ✔ **Believe the Survivor**  
One of the most powerful things you can do is believe their story.
- ✔ **Encourage Professional Help**  
Gently guide them towards appropriate resources.
- ✔ **Be Patient**  
Healing from GBV is a long process, and each person heals in their own time.
- ✔ **Respect Their Privacy**  
Keep their experience confidential unless they agree to share it.



## Don'ts of Supporting a Survivor

- ✔ **Don't Pressure Them**  
Avoid pushing them to take any steps they are not ready for.
- ✔ **Don't Blame Them**  
No matter the circumstances, it's never the survivor's fault.
- ✔ **Don't Take Over Their Decision-Making**  
It's important that the survivor feels in control of their next steps.

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## How to Help a Survivor of Gender-Based Violence (GBV)





## What is GBV?

Gender-Based Violence (GBV) includes any harmful act directed at an individual based on their gender. It can manifest as physical, sexual, emotional, or psychological abuse, often affecting women and vulnerable populations.

## Impact of GBV

GBV has severe physical, emotional, and mental health consequences. Survivors may experience depression, anxiety, PTSD, self-blame, isolation, and even suicidal thoughts. Many survivors struggle to rebuild trust and feel safe again.

## How to Support a GBV Survivor

### Listen Without Judgment

Survivors need to feel heard and believed. Offer a non-judgmental ear. Avoid asking questions that may imply blame, such as "Why didn't you leave?" or "What were you doing there?" Instead, focus on empathetic responses like, "I believe you" and "You didn't deserve this."

### Validate Their Emotions

Assure them that their emotions—whether anger, sadness, fear, or confusion—are valid. Acknowledge the courage it takes to talk about their experience. Simple affirmations like, "It's okay to feel this way" can offer comfort.

### Respect Their Choices

Survivors need to feel in control of their decisions. Support them, whether they want to report the abuse, seek therapy, or take time to think about their options. Never pressure them into actions they're not ready for.

## How to Support a GBV Survivor

### Offer Emotional Support

Sometimes just being present is the best support you can provide. Let the survivor know you are there for them, whether they want to talk, cry, or sit in silence.

### Professional Help

Encourage survivors to seek professional counseling or medical help. Offer to accompany them if they feel comfortable, or provide information about local resources.

### Safety Planning

Survivors may still be in danger, especially if they live with the abuser. Help them develop a safety plan, including where they can go in an emergency, whom to contact for help, and how to stay safe in the future.

### Financial Help

Survivors often need help with practical matters, such as finding a safe place to stay, accessing legal help, or paying for basic needs. If you are able, offer support, or connect them to resources that can assist them in these areas.