

HOW TO SUPPORT OUR BROS AFFECTED BY SEXUAL ABUSE (FACT SHEET 1)



StandingTallNZ.org

Whaaiia te maatauranga hei oranga mo koutou

START HERE

Kia ora and warm pacific greetings. Hearing that someone you know and love was sexually abused in childhood can be hard. It's not easy to know what to do especially when that person could be part of your whanau, aiga or maybe a friend or work colleague. At StandingTallNZ we have created a world first approach to guide you through this difficult time. This process is called RAVI ©

USING RAVI ©

- **Respect what their saying and don't panic.** Your bro trusts you and that is extremely difficult for him to do. We have some information and **help** to get you and him on the right path towards recovery go online and find out more.
- **Apply aroha (love) and avoid judgement.** - Questions like "why didn't you stop it," "why did this happen?", "why aren't you over it" aren't helpful. This will only create more harm. What is helpful however is to listen to what he says. The bros told us that sometimes telling someone first can be enough for them in the short term before they consider what their next move is.
- **Validate you hear them and offer support.** Let him know that he is not alone. Ask how you can support him. There are some free 0800 numbers available in Aotearoa. **Contact us** for more information.
- **Integrity / know your limits.** Helping the bros deal with the damage caused from sexual abuse is a skilled role best left for people that specialize in this area. However, you can be a great support person.

LAST TIP

Access our resources, videos and helpful information by going to our website and platforms below

WWW.STANDINGTALLNZ.ORG

