

Blessed with Healing Responding to Rape

Volunteer to be a rape crisis advocate.

Host a self-defense class.

Be aware of triggers and allow time for healing.

Volunteer to accompany others to a gathering or a safe location.

Affirm and uphold the value of life for rape survivors and children who were conceived in rape.

Learn about the risks and resources available for men as potential victims of rape.

Promote and utilize the blue light system on college campuses.

Attend counseling sessions with rape victims for support.

Recognize the need for personal space and request permission before touching people.

Provide education for safety in social situations to make people aware of risks and signs of rape.

Post information about where to get help in bathrooms and on bulletin boards.

Have resources on your phone, such as emergency personnel, police, and security.

Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise. - Jeremiah 17:14

