

HOW TO BE AN ADVOCATE

Key Steps for Providing Compassionate and Empowering Support

1. EMPATHY & LISTENING SKILLS

- Connect with victims by listening closely, asking open questions, and validating their experiences.
- Tip: Trauma-informed care and crisis intervention training can enhance these skills.



2. KNOW RESOURCES & RIGHTS

- Guide victims to victim services, shelters, legal aid, counselling, and more. Each step provides them with knowledge and agency.
- Remember: Familiarity with laws and victim rights is essential.



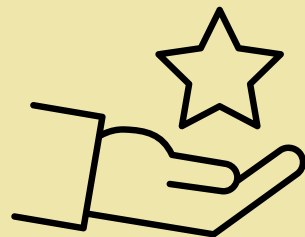
3. BOUNDARIES & SELF-CARE

- Set Boundaries & Practice Self-Care
- Balance is key to avoid burnout. Define clear work hours and personal boundaries.
- Take time for hobbies, exercise, or family to recharge.



4. CONFIDENTIALITY & BUILD TRUST

- Maintain Confidentiality
- Victims need a safe space. Protect their privacy and explain confidentiality limits.
- Building trust is vital for effective advocacy.



5. DEVELOP CULTURAL COMPETENCE

- Demonstrate Cultural Sensitivity
- Respect unique cultural beliefs and backgrounds. Avoid imposing your own values.
- Continuous learning in cultural competence builds rapport with victims.



6. EMPOWER, DON'T CONTROL

- Empower, Don't Control
- Provide options, not directions. Empower victims to make their own choices for recovery.
- Their sense of control is key to healing.



7. ADVOCATE FOR SYSTEMIC CHANGE

- Promote Systemic Change
- Work with advocacy groups to improve policies, funding, and services for victims.
- Broader change strengthens support systems for all.



8. BE GENUINE

- Be Authentic in Your Support
- Victims can sense true sincerity. Show genuine care and commitment without trying to 'fix' everything.
- Being present, honest, and compassionate builds real trust and provides meaningful support.

