

Responding with RAHMA

(compassion)

A Guide to Responding to Disclosures

RAHMA at the core

How you respond in that moment of initial disclosure can have a profound impact on the survivor. Not believing a victim, blaming them for what happened, interrogating them, or siding with the abuser can have a lifelong impact on a victim's ability to heal, seek counseling and justice, and feel safe.

RAHMA Principles

When an individual discloses, it can be shocking, and many find it hard to find the right words to say. This is even harder if their abuser is someone you may know, love, and respect, or if they are someone who is closely affiliated with the institution or in a position of leadership. Here are a few easy tips, using the acronym *rahma*, inspired by the Arabic word for compassion, to help you compassionately respond to your loved one in a way that promotes healing and justice:

RAHMA stands for:

Respond by listening

Affirm & Believe

Honor agency, alongside cultural and religious context & values

Maintain privacy and safety

Assist with providing resources



R Respond by Listening

First, you should reflectively listen to what the survivor is telling you. This helps the person in several ways: it lets them know you understand what they're saying, it lets them know that you are listening to them, and it helps you clarify what the person needs. If a person expresses a feeling or emotion, be sure to reflect that back to them so they feel understood and heard.

A Affirm & Believe

Many survivors make first contact about sexual violence after careful deliberation, and you may be the first person someone talks to about these issues. Disclosing is a brave step. Believe them and affirm any feelings they have about the situation. Ask open-ended questions like "How can I help you?" and "How are you feeling?" Don't ask for details of the assault or accused.

H Honor agency, alongside Cultural and Religious Context & Values

It is critical to honor the survivor's agency in order to give them back control over their life. You may disagree with how they want to move forward or a religious or cultural belief they may be holding on to, but your role is not to impose your own beliefs or opinions on to them. Even well-intentioned redirection is still pressure. Survivors carry their own spiritual autonomy. What they decide, and how they reconcile it with their faith and their journey, is ultimately theirs alone.

M Maintain Privacy and Safety

Don't share their identity with anyone, and follow the lead of professionals who are trained in maintaining confidentiality. Even sharing details you may not consider as immediately identifying, like the region they live in, or their age, with others may compromise their identity, especially if they come from a tight-knit community. Work with the survivor to identify and address immediate safety concerns, as well as develop a long-term safety plan.

A Assist with Providing Resources

Sexual violence is about having power and control taken from the survivor, so one of the biggest roles we can play as advocates is to give that control back to them. Meet them where they are, and gently offer resources and information with compassion, but respect their agency to make the decision that is best for them.