How To Help A Friend

Most teens tell a friend before they tell an adult about sexual assault. That means how you respond matters—you can make a big difference in helping someone feel safe and supported.

3 Steps to Responding:

- **Assess Safety** – First, make sure your friend is safe. Do they need medical attention? Were they hurt, or did strangulation happen? If it's an emergency, call 911.
- **Empathize** – Show care with your words: "I'm so sorry this happened. It wasn't your fault. What can I do to support you?"
- **Normalize** – Remind them their feelings are valid. "It's okay to feel angry, scared, or sad. Whatever you're feeling is alright."

Talk to an Adult:

Even though it can feel uncomfortable, talking to a trusted adult is an important step in getting help. You and your friend can also call STAR's 24/7 crisis line to ask questions, learn about options, and get support.

STAR
SEXUAL TRAUMA PREVENTION & RESPONSE

Our Mission

Our mission is to prevent sexual trauma and provide comprehensive, collaborative crisis intervention, advocacy, and support to victims/survivors, their families, and our communities, with the long-term goal of ending sexual violence in Alaska.

Free, Confidential Services for Survivors

- 24-hour crisis line providing immediate crisis intervention and options for reporting
- Advocacy through the reporting process
- Legal advocacy
- Individual support sessions
- Safety planning
- Emergency assistance
- Trauma Counseling

Standing Together Against Rape (STAR, Inc.)
1057 W. Fireweed Lane, Suite 230
Anchorage, AK 99503
(907) 276-7279

www.staralaska.com

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Understanding the Age of Consent in Alaska



Age of Consent in Alaska

How old is the younger individual?

