

# C.L.E.A.R Model:

## A Guide to Responding to Disclosures of Sexualized Violence

### Confidentiality



- Address confidentiality as soon as possible
- Communicate that the information shared with you will be private, with 3 exceptions. This facilitates trust.
- If you need support, share up- not out

You are required to break confidentiality if...

1. someone may bring immediate harm to themselves or others
2. the person experiencing sexualized violence is under the age of 18
3. you are subject to legal requirements (for example, subpoenaed to court)

### Listen



- Create a safe and private space
- Allow the person disclosing to share as much or as little as they feel comfortable
- Wait to listen rather than be waiting to speak
- Listen actively, with open body language
- Validate feelings and experiences
- Remember the disclosing person is the expert of their own experiences
- Your role is to hear the disclosure, and support the disclosing person, not collect details of the experience

### Empathy



- Be aware of personal biases regarding 'typical' sexualized violence or victim conduct
- Leave victim blaming attitudes behind
- Recognize the disclosing person has overcome barriers like shame or distrust, to feel comfortable coming forward

### Ask



- Support looks different for everyone
- Ask the disclosing person what support looks like for them
- Ask the disclosing person if they are aware of all options available to them
- Remember it is the disclosing persons' choice how they would like to proceed
- The disclosing person may simply have needed to tell someone for the first time

### Refer



- Refer the disclosing person to the resources best suited to help them
- Educate yourself regarding support services on and off campus
- Remind the disclosing person that they are not alone
- Recommend options for ongoing support