

Students Against Sexual Harm Buddy System Toolkit



What is the SASH Buddy System?

The SASH Buddy System is a framework that allows two individuals to support one another around issues of sexual harm. This system is useful for folks who want someone to check in with specifically about sexual harm.

Why is the SASH Buddy System Useful?

The SASH Buddy System might be useful if you:

- Want someone to talk to regularly or semi-regularly about sexual harm
- Want to build more connection with other folks who have experienced sexual harm, but don't know how to get in touch with them
- Are feeling hesitant to talk to the folks in your life about sexual harm because you don't want to burden them, or deal with their feelings about your experiences
- Want to be able to talk to another person in a way that is structured and a space that is specifically set aside for you and your partner to talk about what's been going on in your life, how you're feeling, etc.

How does the SASH Buddy System Work?

Here's a step-by-step layout of how the SASH Buddy System can work:

Step 1: Initial Meeting

Participant A and Participant B meet with a SASH liaison for an **initial meeting**. In this meeting, the SASH liaison, Participant A, and Participant B work out some guidelines that feel good to both participants. These guidelines could include **meeting times** and **frequency, guidelines** for the support meetings, and a confidentiality plan.

Step 2: Support Meetings

Participant A and Participant B meet up for **support meetings**, according to the schedule they set up at the initial meeting. In these support meetings, both participants take time to check in about what's going on for them, and provide support for one another according to the guidelines they have agreed on. Note: the SASH liaison is not present at the support meetings.

Step 3: Follow-Up Meeting

After a set period of time, Participant A and Participant B meet back up with the SASH liaison to check in about how things have been going. This **follow-up meeting** is meant to ensure that both participants are getting their needs met.

Initial Meeting Worksheet

How often will participants meet?

We will meet _____ time(s) a (week/month/year), starting _____.

How long will the support meetings be?

Each meeting will last _____ (minutes/hours).

When will we meet with the SASH Liaison for our Follow-Up Meeting?

Our follow-up meeting will be on _____.

During our support meetings, we will (choose from the following):

- ◇ Split the time. We will set a timer for half of the meeting time. Participant A talks for the first half while Participant B actively listens, then we will switch for the second half.
- ◇ Check-in, then talk informally. We take _____ minutes each to check in at the beginning of the meeting, then use the rest of our time just to chat about whatever we are wanting to talk about.
- ◇ Chat informally for the entire meeting.
- ◇ Other:

Guidelines for support meetings:

PARTICIPANT A

During our support meetings, or in general, I would like my partner to:

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

During our support meetings, or in general, I do not want my partner to:

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

Some things it's important my partner knows about me are:

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

When it's my turn to talk, I would like my partner to (choose from following):

- ◇ Listen only, and not respond verbally.
- ◇ Show me they are listening with their body by making eye contact, nodding, etc.
- ◇ Give me verbal affirmation such as "mmhmm," "I completely understand," "yeah, that sounds hard," "that's so funny," etc.
- ◇ Ask me questions.
- ◇ Other:

Some ways I like to receive support are:

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

Some signs that I am stressed or upset are:

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

PARTICIPANT B

During our support meetings, or in general, I would like my partner to:

- ◇ _____
- ◇ _____

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- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

During our support meetings, or in general, I do not want my partner to:

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

Some things it's important my partner knows about me are:

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

◇ _____

When it's my turn to talk, I would like my partner to (choose from following):

- ◇ Listen only, and not respond verbally.
- ◇ Show me they are listening with their body by making eye contact, nodding, etc.
- ◇ Give me verbal affirmation such as "mmhmm," "I completely understand," "yeah, that sounds hard," "that's so funny," etc.
- ◇ Ask me questions.
- ◇ Other:

Some ways I like to receive support are:

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

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◇ _____

Some signs that I am stressed or upset are:

◇ _____

◇ _____

◇ _____

◇ _____

◇ _____

Confidentiality Agreement:
