The goal of the First Responder is to provide a safe place that empowers a survivor to seek what they need.

**Safety**
- Immediate physical concerns
- Immediate emotional concerns
- Privacy
- Confidentiality

**Empowerment**
- Let the survivor decide what to talk about
- Help the survivor understand what they might experience emotionally
- Help the survivor understand what their options are and how to access them
- Be respectful of their decisions
- Use empowering language

**Empathy**
- Believe the survivor
- Actively listen
- Validate their experiences

**Knowledge**
- Know your role
- Be prepared