



Sexual assault is everyone's issue!

Who Can Help in a Crisis?



24 HOUR SERVICES

Funding provided by Department of Justice Canada



“ Sexualized violence happens when someone uses sexual contact (physical, verbal, or technology-based) to hurt someone and/or manipulate them against their will. It can be subtle and slow to build or extreme and intense. It can be a physical clash, a verbal assault, and/or an intense online experience. Regardless of how the perpetrator chooses to attack, if it is unwanted and sexual in nature, it is sexualized violence. ”

SEXUALIZED VIOLENCE HAPPENS ALL TOO OFTENTO...

- 1 in 3 WOMEN
- 1 in 6 MEN



KLINIC SEXUAL ASSAULT CRISIS LINE
1-888-292-7565

MANITOBA SUICIDE LINE
1-877-435-7170

KLINIC CRISIS LINE
1-888-322-3019

DOMESTIC VIOLENCE LINE
1-877-977-0007

Go to your local hospital emergency room or contact your local police service.

We all know someone who has been hurt by sexualized violence and we can all be ready to offer effective support.

We can HELP



We can help you connect with support services:

SURVIVOR'S HOPE
CRISIS CENTRE INC.

📍 Box 925, Pinawa, Mb. R0E 1L0

📞 1(204) 753-5353

🏠 www.survivors-hope.ca

How to help someone after **SEXUALIZED VIOLENCE**

We can all be effective helpers when someone we know experiences sexualized violence

CALL
Survivor's Hope
Crisis Centre Inc.
1-204-753-5353
for local support options

BEFORE YOU HELP someone who has experienced sexualized violence...Check in with yourself and be self aware

- Has sexualized violence happened to you in the past?
- Does the current incident, in which you are the helper, trigger you or remind you of past events?
- Do you feel like you can keep your past experiences from negatively impacting the survivor you are helping?
- Are you having judgmental thoughts about the situation in front of you?
- Do you feel safe?

Self awareness helps you and the survivor.

Self awareness can minimize judgmental responses to survivors. If you notice your judgmental thoughts before you get involved, you can choose to keep them to yourself when speaking to the survivor.

Self awareness also protects you from getting involved beyond what you can handle. Knowing your own boundaries and limits is not rude; it's necessary to keep everyone safe.

Basics of TRAUMA-INFORMED CARE

- 1 Acknowledgement**
Believe what the survivor is telling you. You don't need to be a forensic investigator – you need to be supportive.
- 2 Safety**
Assess the survivor's immediate safety and physical and mental health.
- 3 Trust**
Be a safe and trusting support that empowers the survivor.
- 4 Choice and control**
Let the survivor decide what to do next, even if you have discussed options that they do not want to pursue.
- 5 Compassion**
Remember trauma is an injury. The survivor was wounded on many levels and needs your compassion.

You don't need to be a professional in order to be ready to provide trauma-informed support.

- 6 Collaboration**
Support the survivor to get the help they want. Work with them rather than doing work for them.
- 7 Strengths-based**
Focus on the survivor's strength, not deficits or "shoulda, woulda, coulda".

REMEMBER, sexual violence is never the survivor's fault – NEVER.
The perpetrator is entirely responsible for their actions.

Encourage survivors to:

- **Seek medical attention.** Medical professionals can help to assess the risk of pregnancy or STIs as well as tend to injuries.
- **Contact SARAH Program.** SARAH (Sexual Assault Recovery and Healing) workers can be accessed 24/7 through the ER or RCMP, or call the Survivor's Hope office Monday-Thursday 9-4 to talk to someone.
- **Consider reporting to law enforcement.** Sexual assault is a crime and perpetrators should be held responsible.



- **Share their feelings.** There is not a right or wrong way to feel after experiencing sexualized violence and survivors should feel safe enough to express their honest feelings.
- **Reach out for ongoing support.** Sexualized violence can be a traumatic experience that overwhelms a survivor's ability to cope. A counsellor or mental health worker can help.