

Sexual Assault

Assisting survivors - a Resource for Students and Staff

WHAT IS SEXUAL ASSAULT

See Figure 1 on the right.

WHAT TO EXPECT WHEN SOMEONE DISCLOSES A SEXUAL ASSAULT

Survivors of sexual assault, will express a range of emotional and physical symptoms. Sexual assault is never the fault of the survivor and each may react differently. Survivors are in control of determining what steps and supports are best for them. Taking care of your own wellbeing is important.

YOUR ROLE

Responding to and supporting a survivor who has been sexually assaulted can be complex but chances are they have come to you because they trust you. Be compassionate, respectful, and supportive. Support them accessing available resources.

A crime that is never the fault of the survivor

Any unwanted sexual contact within or outside a relationship

Affects people of all ages, genders, & sexual orientation

HOW TO ASSIST

1. ATTEND TO SAFETY

If someone is in immediate danger or needs urgent medical attention, call Emergency Services: 9-1-1. Otherwise encourage student to seek medical care and confirm they have someplace safe to stay.

2. LISTEN AND SHOW YOUR SUPPORT

- Allow survivor to lead the conversation.
- Listen without interrupting. Encourage survivor to take all the time necessary.
- Respect the words they use to describe what's happened to them.
- Believe and support them. Remind them **they are not** at fault.
- Encourage survivors to seek the supports they need and allow them to make their own decisions.
- Ask what you can do to be supportive. Ease any concerns a survivor might have about academic considerations in the moment..

"Even if you don't know what you want to do right now, it can be helpful to talk to someone about your options."

"I'm here to listen and help connect you to any supports you feel you need."

"The College has places you go to get confidential information & supports."

3. PROVIDE INFORMATION ON RESOURCES

If the survivor wishes to make a report they can call the Health and Safety Advisor during office hours at 250.608.4450. If after hours, call the Interior Crisis Line at 1.888.353.2273.

HEALTHY CAMPUS