

Supporting Survivors of Sexualized Violence:

What is Sexualized Violence?

A wide range of sexualized acts and behaviours that are unwanted, coerced, committed without consent, or forced either by physical or psychological means

A crime or boundary violation that is never the fault of the survivor

Something that affects people of all ages, genders, & sexual orientation

What to expect when someone discloses sexualized violence

Survivors of sexualized violence will express a range of emotional and physical symptoms. Sexualized violence 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 well-being is important.

Your role

Responding to and supporting a survivor of sexualized violence 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.

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 the person to seek medical care and confirm they have someplace safe to stay.

2. Listen. Believe. Support.

- Allow the survivor to lead the conversation.
- Listen without interrupting. Encourage the 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 the survivor to seek the supports they need and allow them to make their own decisions.
- Ask what you can do to be supportive. (For faculty and staff, ease any concerns a survivor might have about academic considerations in the moment.)
- Provide information on resources. See the next page for information on 24-hour help lines and suggestions for where survivors might seek help.

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

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

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



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Ministry of Post-Secondary Education and Future Skills

Intersectional Sexualized Violence Project

Support Services

24 Hour Contacts

VictimLink BC

Provides confidential, multilingual telephone service 24 hours a day, 7 days a week to referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

Call: 1-800-563-0808

Text: 604-836-6381

TTY accessible: 604-875-0885 or collect at 7-1-1

Email: VictimLinkBC@bc211.ca

HealthLink BC

Confidential health information and advice. Specially trained nurses answer questions about health topics and procedures, identify symptoms, and help you decide when to see a health professional.

Call 8-1-1

On-Campus and Community Resources

Sexualized Violence Support:

Counselling Services:

Health Services:

Indigenous Services:

Student Services:

Local Hospital(s):

Community-based Sexualized Violence Services:

RCMP or local police Victim Services:

Other:

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