

# RESPONDING TO DISCLOSURES OF SEXUALIZED VIOLENCE



## Every victim/survivor is unique.

### SO IS THEIR RESPONSE.

Everyone's brain and body will respond to violence differently, and it's not always possible to predict exactly how this will show up in people's day to day lives. What we do know is that responses are driven by the need for safety and a desire for dignity.



## Who we are in the world shapes our experience of violence and how we respond to survivors.

### THIS MEANS THAT

- we need to take time to understand how our own beliefs of values may influence our responses
- each survivor will face unique challenges in accessing support and seeking justice
- people's life experiences and daily realities will directly impact how they experience and respond to violence, including poverty, race, gender, sexual orientation, ability, and age.



## How can you help?

### PROVIDE A POSITIVE SOCIAL RESPONSE

Social responses to disclosures of violence are as impactful as the violence itself. Victims/ survivors who receive positive social responses tend to recover more quickly, are more likely to work with authorities and support services, and are more likely to report violence in the future. A positive social response includes these steps:

**Listening:** Focus on truly listening to what they're asking for.

**Believing:** Fewer than 2% of reports of sexualized violence are false. Assure them that what happened wasn't their fault and that help is available on and off campus.

**Empowering:** Help them explore their options for support and information gathering. Remember that sexualized violence is a profound expression of "power over", so it's important to provide opportunities to reestablish a sense of control. Recognize that they hold expert knowledge about themselves and their circumstances. Share the support services on the back of this resource.

**Inform TRU's Sexualized Violence Prevention and Response Manager that you've received a disclosure.** You don't need to provide details; this information is used for statistical purposes. The SVPRM is also available to support you as a responder.

**LISTEN. BELIEVE. EMPOWER.**

[tru.ca/sexualviolence](https://tru.ca/sexualviolence) | OM 1486 | [svpr@tru.ca](mailto:svpr@tru.ca)

# RESPONDING TO DISCLOSURES OF SEXUALIZED VIOLENCE

## What support is available?

### ON CAMPUS

#### Sexualized Violence Prevention and Response Manager (SVPRM)

- emotional support and safety planning
- academic accommodations and emergency housing
- information about reporting options
- support through reporting process
- accompaniment to support services
- Mon-Fri, OM 1486 (svpr@tru.ca)
- tru.ca/sexualizedviolence



#### TRU Counselling

- Mon-Fri, OM 1631, 250-828-5023
- tru.ca/counselling

#### Community-Based Victim Services (CBVS)

- information about reporting and court processes
- information and support with anonymous third-party reports
- accompaniment through court processes
- call Kamloops Sexual Assault Counselling Centre at 250-372-0179 to request a meeting with CBVS on campus or contact the SVPRM for support to arrange this meeting

#### Campus Security

- on campus 24 hours a day
- available to provide discrete accompaniment to and from classes or Residence, through SafeWalk
- call 250-828-5033

### OFF CAMPUS

#### Kamloops Sexual Assault Counselling Centre (KSACC)

- free, confidential counselling for victims/survivors of violence
- community-based victim services
- trains and deploys SART
- Mon-Fri, #601- 235 First Avenue (downtown)
- 250-372-0179/ www.ksacc.ca
- 24/7 Crisis Line: 1-888-974-7278



#### Domestic violence/Sexual Assault Response Team (SART)

- trained volunteers provide support to victims/survivors of sexualized violence at Royal Inland Hospital
- to access, notify Emergency Room staff upon arrival or call 1-888-974-7278
- www.ksacc.ca

#### Y Women's Emergency Shelter

- emergency, short term housing for women and children
- support available by phone or in person, 24 hours a day, 7 days a week
- 250-374-6162 by phone, 250-682-7931 by text
- Stopping the Violence outreach available at 250-320-3110
- www.kamloopsy.org/vawiss.htm

#### RCMP-Based Victim Services

- information and support
- 250-828-3223/560 Battle Street

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