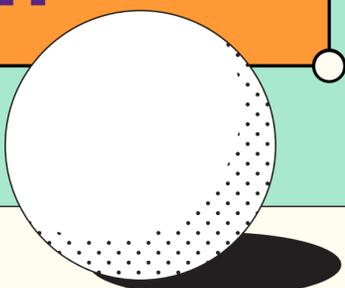


# HOW TO SUPPORT

**SURVIVORS OF  
SEXUAL VIOLENCE**

**#SVAM**

**SEXUAL VIOLENCE  
AWARENESS MONTH**

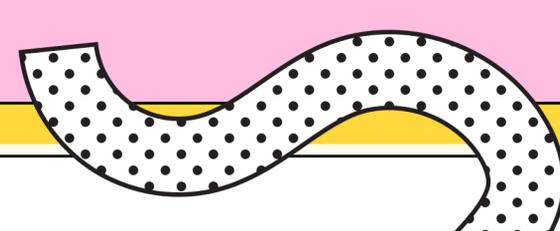


## Empower them

When someone has experienced sexual violence, their power has been taken away from them. Empower the survivor to make their own decisions about next steps, and don't push for details of their experience.

**LET THEM KNOW  
THEIR OPTIONS**

Everyone's journey is different. They may not want to do anything, and that's okay. If the survivor wants to report their experience to police, seek medical attention, access counselling, or do nothing, be there for them.

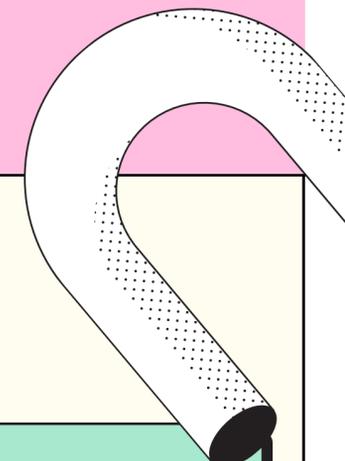


**Believe them**

When someone discloses to you, believe them. Listen to them without judgement - just be there for them.

**Educate yourself**

Learn more about sexual violence. You can call a local sexual violence centre, attend a supporter night, or read more about the dynamics and impacts of violence online.



## CHECK IN

Even if it happened a long time ago, the pain can continue. Check in with the survivor to offer ongoing support. Let them know that regardless of what they experienced, you will be there for them and remain a friend.

**ACWS**  
Alberta Council of  
Women's Shelters



# RESOURCES

## Organizations

Association of Alberta Sexual Assault Services  
Calgary Communities Against Sexual Abuse  
Central Alberta Sexual Assault Support Centre  
Chinook Sexual Assault Centre Lethbridge  
Dragonfly Sexual Assault Services Bonnyville  
Harmony Project Banff  
Lloydminster Sexual Assault Services  
Pace Centre Grande Prairie  
Saffron Centre Sherwood Park  
Sanare Centre Medicine Hat  
Sexual Assault Centre of Edmonton  
Stettler Association of Communities Against Abuse  
University of Alberta Sexual Assault Centre  
Waypoints Fort McMurray

## LEADING CHANGE™



We can all help  
prevent violence.

If you're ready to step up and  
lead change in your  
community, visit the ACWS  
website.

**SEXUAL ASSAULT  
ONE LINE  
(CALL/TEXT):**

**1-866-403-8000**

Learn how you can stop  
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