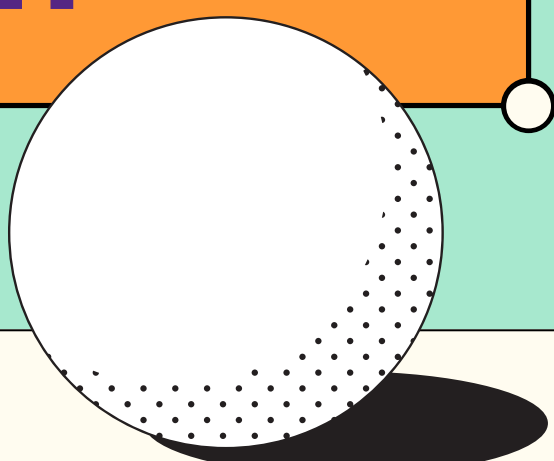


HOW TO SUPPORT

**SURVIVORS OF
SEXUAL VIOLENCE**

#SVAM

**SEXUAL VIOLENCE
AWARENESS MONTH**

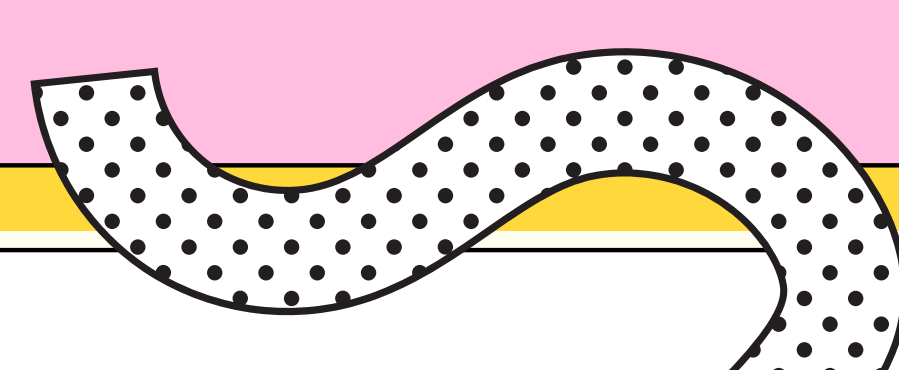


Empower them

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.

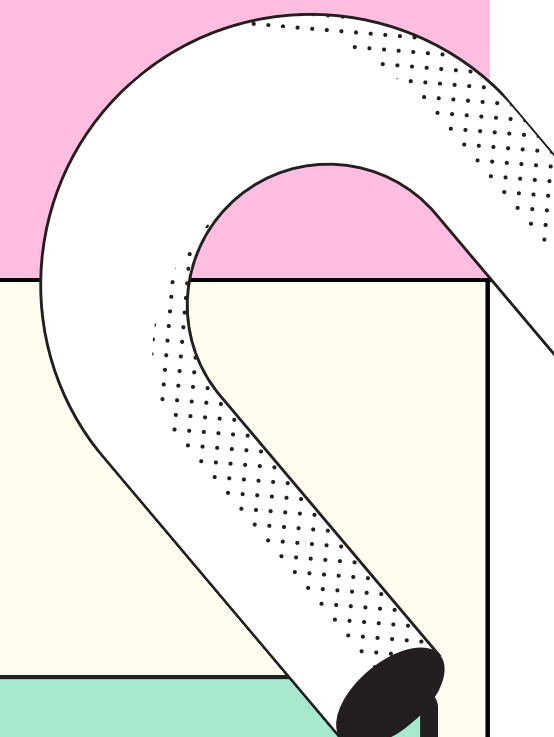


Believe them

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

Educate yourself

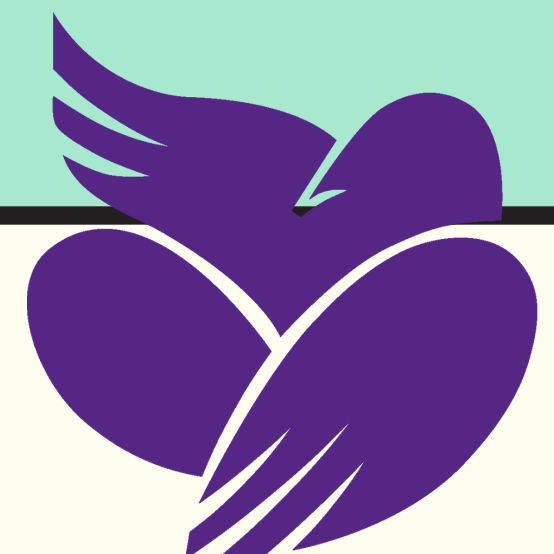
Learn more about sexual violence. You can call a local sexual violence centre, attend a supporter night, or read more about the dynamics and impacts of violence online.



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
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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
violence before it happens.

Order a FREE Leading Change
Expansion Pack today!

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