

We Support.



We Educate.

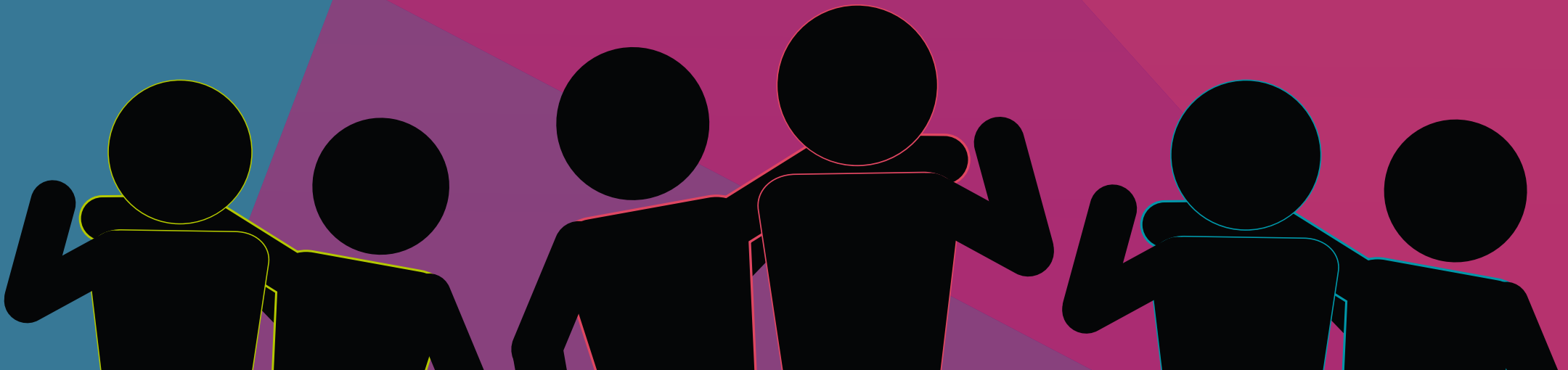


We Listen.



# How to Support a Survivor of Sexual Violence

**cpe** CONSENT PEER  
EDUCATION  
UNIVERSITY OF GUELPH-HUMBER  
HUMBER COLLEGE

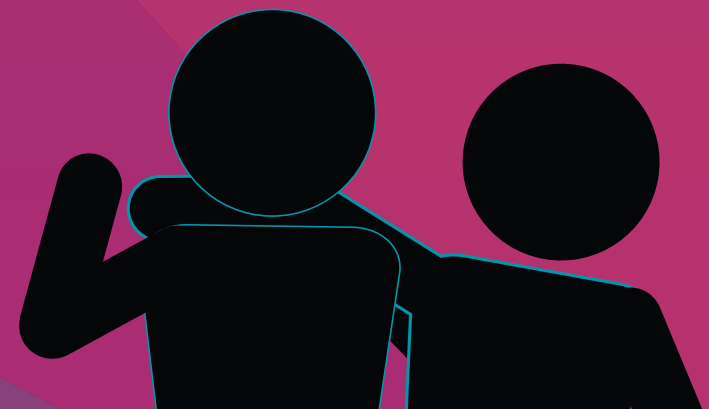


# LISTEN

**Disclosing a situation where someone harmed you is hard in any sense, and especially when talking about sexual violence.**

**If someone decides that you're the person they want to open up to, it's important that you listen to them, and let them steer the conversation. They've chosen you to speak to, so give them the space to share what they are comfortable with.**

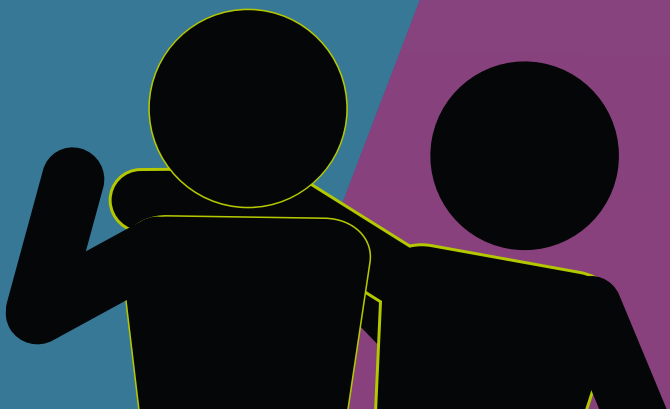
**Let them go at their own pace and don't tell them how they feel or should feel. Give them control over any decisions no matter your personal feelings.**



# **BELIEVE**

**Too often in our society, survivors aren't believed; by assuring them that you do believe, you can prevent a survivor from experiencing further trauma.**

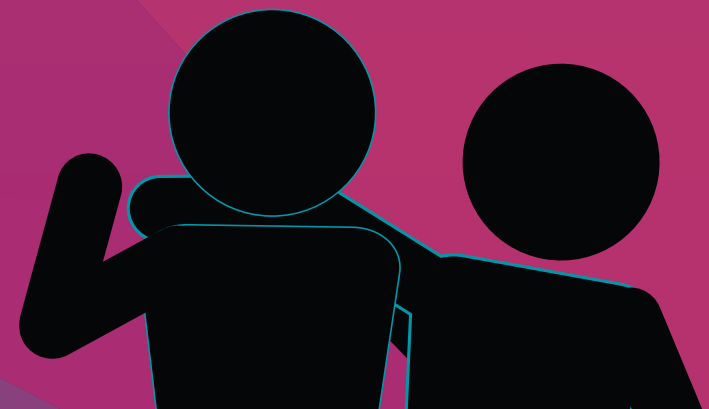
**Most people tell the truth about sexual violence; only 2-8% of cases are false reports. When someone discloses to you, your role is not to investigate, but to let them know you believe them and support them.**



# **NEVER BLAME A SURVIVOR**

**Sexual violence is no one's fault but the perpetrator's.  
When you blame a survivor, you're blaming them for  
someone else's actions and violence.**

**We have been conditioned as a society to question a  
survivor, and we need to challenge that instinct.  
Survivors need our empathy and we have a responsibility  
to provide it.**



# KNOW RESOURCES ON CAMPUS

**If you know a survivor at Humber or Guelph-Humber looking for help or support, share these resources with them:**

**Department of Public Safety (DPS)**

**416-675-8500; available 24 hours a day**

**For emergencies, filing a report, and other safety services.**

**Student Support and Intervention Coordinators (SSIC)**

**416-675-6622 ext. 2102 or [sicsupport@humber.ca](mailto:sicsupport@humber.ca)**

**For support and learning about options available to you.**

**Student Wellness and Accessibility Centre (SWAC)**

**416-675-6622 ext. 5090**

**For counselling and health services.**



# KNOW RESOURCES ON CAMPUS

**If you know a survivor at Humber or Guelph-Humber looking for help or support, share these resources with them:**

**Office of Student Conduct (OSC)**

**416-675-6622 ext. 4357 or [studentconduct@humber.ca](mailto:studentconduct@humber.ca)**

**For information about the Code of Student Conduct and filing a report.**

**Centre for Human Rights, Equity & Diversity**

**416-675-6622 ext. 4425**

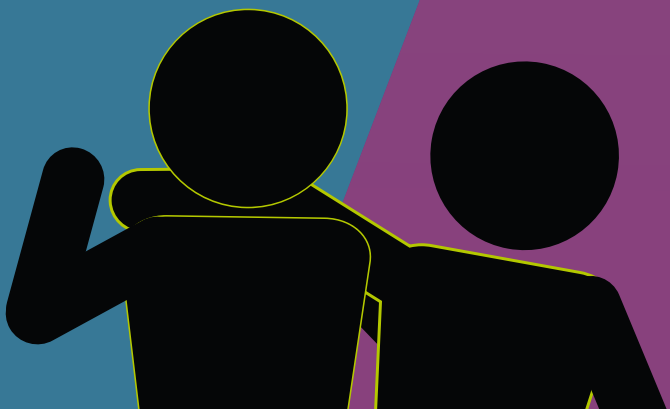
**For information on supports and processes for employees.**

**Residence Staff**

**If you're in Residence, connect with an RA, the Front Desk, or a Residence Life Coordinator for immediate support.**

**Consent Peer Education Program (CPEP)**

**For educational information around consent and sexual violence.**



# KNOW RESOURCES IN THE COMMUNITY

It is important to know of the resources available within your community for survivors of sexual violence; a list of Greater Toronto Area community resources is available at [humber.ca/sexualassault](http://humber.ca/sexualassault). Some resources you might share with a survivor include:

## **Chantel's Place (Sexual Violence Treatment Centre)**

**905-848-7580 ext. 2548; available 24 hours a day**

**Location: Trillium Health Centre 100 Queensway West, Mississauga**

## **Toronto Rape Crisis Centre/Multicultural Women Against Rape**

**416-597-8808; available 24 hours a day**

**Crisis line, counselling, advocacy, and peer groups are available.**

## **Assaulted Women's Helpline**

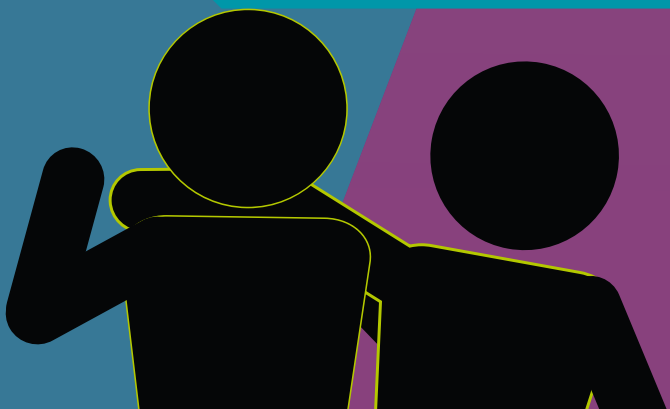
**1-866-863-0511; available 24 hours a day, in 200 languages**

**A free, anonymous, and confidential crisis telephone line to all women in Ontario.**

## **Support Services for Male Survivors of Sexual Abuse**

**1-866-887-0015; available 24 hours a day**

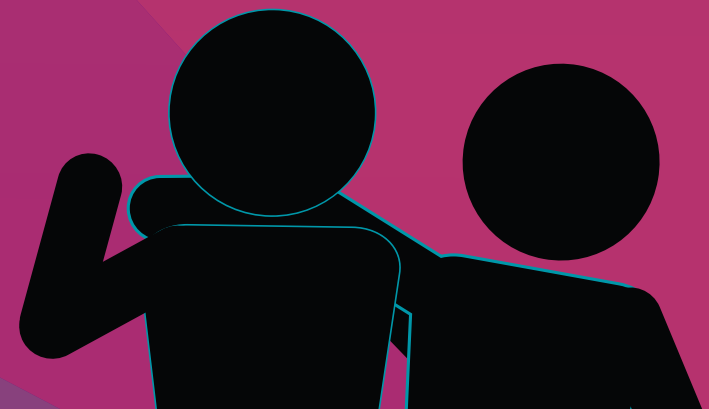
**Immediate crisis and referral services in Ontario for male survivors of sexual abuse.**



# **KNOW YOUR LIMITS**

**Referring someone to resources and supports does not mean you don't care; it means you care a lot. Sometimes someone needs more support than a peer can offer, and by referring them to appropriate resources, you are helping ensure they get the care they need.**

**As a listener, hearing about someone's experience with sexual violence can be challenging and exhausting. You are not alone, and it is important to care for yourself as well. If you need support, please connect with one of the resources mentioned.**





# CONTINUE LEARNING

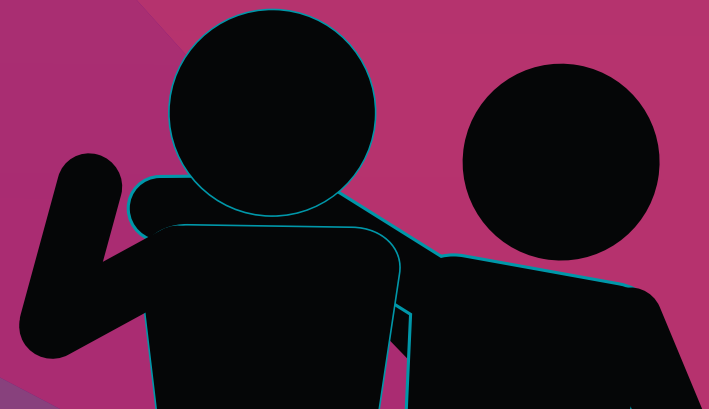
**We can always be growing and learning to be better supporters for survivors of sexual violence. Support is not a moment in time, but a lifelong journey of learning and action.**

**Learn about language, behaviours, and systems that contribute to rape culture and sexual violence.**

**Learn about laws and policies that harm survivors and their rights, and challenge them.**

**Learn how sexual violence affects your community and share your learnings with your friends.**

**Continue learning and practicing being a better listener and supporter.**



# JUST BE THERE

**Sometimes it's as simple as just being there for a survivor. Knowing that someone is just there for you, to talk, to listen, or to just sit in silence with you, is all a person needs.**

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