

How to Support a Survivor

If someone you know shares their experience of sexual violence, here are some suggestions of how you can support them:

Listen: Believe them. Be non-judgemental, listen without interrupting, and do not offer advice. Instead, just acknowledge that what they have experienced is very painful.

Respect Their Feelings. Acknowledge that it might have taken a lot of courage for them to approach you. Recognize that everyone may have a different reaction; some people may be tearful, others may feel “flat”.

Keep Questions to a Minimum. A survivor may not want to share all of the details with you, and sharing details before they are ready to may be harmful to them. Avoid questioning them or blaming them, and let them share at their own pace.

Encourage Them to Seek Support. Reassure them that there are professionals who can provide support, and respect whatever decision they choose to make.

Be Patient. It might take some time for them to get back to “normal” after this experience.

Providing support to a survivor can be very stressful for you as well, so make sure you take care of yourself, too.

Nipissing Supports Survivors

Nipissing will support you in making your own decisions about what is right for you. Whether it is to seek help from a professional, or not to do anything at all, Nipissing respects your choices and how much you choose to share about your experience. If you share your experience with us, this does not mean you need to file a formal complaint.

Nipissing Services

- **Student Intervention Specialist:** Referral support and information about reporting options: (705) 474-3450 ext. 4507
- **Student Counselling Services:** Individual counselling: (705) 474-3450 ext. 4507
- **Campus Health Centre:** (705) 474-3450 ext. 5261
- **Campus Security Services:** Immediate safety concerns, information on reporting, information on NU/Community resources (705) 474-3450 ext. 5505

Community Services

- Amelia Rising: (705) 840-2403
- Community Counselling Centre: (705) 472-6515
- Sexual Assault Centre at the North Bay Regional Health Centre: (705) 474-8600 ext. 4478

24-Hour Helplines

- Good2Talk: 1-866-925-5454
- Connex Ontario: 1-866-531-2600
- Amelia Rising: (705) 476-3355

Resources

- NU Perspective:
www.nipissingu.ca/nuperspective
- Student Development and Services:
www.nipissingu.ca/studentdevelopment



#nuperspective

SEXUAL VIOLENCE



What is Sexual Violence?

Sexual Violence includes all types of physical or psychological violence that is carried out through sexual means, or by targeting sexuality. Examples of this include: stalking, indecent exposure, voyeurism, degrading sexual imagery, distribution of sexual images or a video, and cyber harassment or cyber stalking of a sexual nature.

What is Sexual Assault?

Sexual Assault is any type of unwanted sexual act done by one person to another person.

What is Sexual Harassment?

Sexual Harassment is unwelcomed or unwanted gender-related or sexual attention, where it is reasonable to understand that the behaviour is offensive, inappropriate, intimidating, or unwelcome.

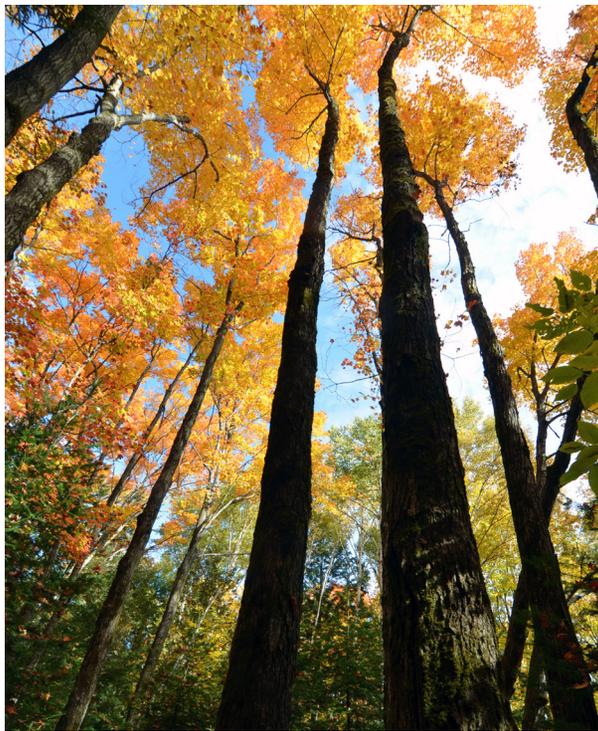
What is Consent?

- Expressed voluntary agreement to engage in a sexual activity with another person.
- Consent is required for each sexual act. Past consent does not imply future consent.
- Consent is required, regardless of your relationship status.
- A person can give consent, then change their mind at any time.

Consent is not ...

- Just "going along with it".
- Using force, coercion, or threats to get the other person to consent.
- Possible if a person abuses a position of trust, power, or authority.
- Obtained from someone who is unable to provide consent (e.g., due to intoxication, being unconscious, or a disability).

Being under the influence of any substance is never an excuse for perpetrating acts of sexual violence.



What to do if you Experience Sexual Violence

- If you feel you are in danger, contact 911.
- Go to somewhere safe.
- Seek out support. Talk to someone you trust.
- Seek out medical care.

It is normal and okay to have many different feelings. Some people experience embarrassment, loneliness, anger, guilt, or anxiety.

What happened was not your fault, and you are not responsible for someone else's actions, no matter what you were doing, wearing, or where you were.

If you are unsure of what to do, or need support in making that decision, please contact one of the following helplines:

- Crisis Intervention (705) 495-8198
- Good2Talk at 1-866-925-5454
- Check out the *NU Perspective* website for more information: www.nipissingu.ca/nuperspective

Your Options

Student Intervention Specialist (SIS): SIS can help you access the right service if you're unsure about where to start, and help you learn more about your options.

Counselling Support: Experiencing sexual violence can have a big personal and emotional impact. Counsellors can help you to process your thoughts and feelings, and work through situations to regain a sense of safety.

Medical Support: You may wish to access medical care. You can seek medical support from any medical professional that you choose. This may include treatment for injuries, pregnancy, or Sexually Transmitted Infections (STIs).

You also have the option to see a Sexual Assault Nurse Examiner at the North Bay Regional Health Centre. They can offer medical support and the option to complete a Sexual Assault Evidence Kit. This kit is used to document and collect evidence.

Reporting

Report Sexual Violence to the University

If the accused is also a Nipissing University community member, you have the option to make a formal complaint with the University against the accused. You can do this without any obligation to file a report to the police. You can file a complaint with the Assistant Vice-President - Students at (705) 474-3450 ext. 4099 or contact Campus Security at (705) 474-3450 ext. 5505.

You can check out the Code of Student Rights and Responsibilities for more information: www.nipissingu.ca/studentcode

Nipissing's Policy on Sexual Violence can be found at: www.nipissingu.ca/nuperspective

Report to the Police

Many acts of sexual violence are criminal offences, and survivors are encouraged to report to the police. You can contact North Bay Police Services Reporting Line at (705) 497-1234.