

RESPONDING TO DISCLOSURES OF SEXUAL VIOLENCE

A Guide for the SFU & FIC Community

SFU

**SEXUAL VIOLENCE SUPPORT
& PREVENTION OFFICE**

Monday - Friday
9am-4:30pm



778 782 7233



sv-support@sfu.ca



sfu.ca/sexual-violence

SVSPO

The Sexual Violence Support & Prevention Office (SVSPO) is a confidential place for students, staff and faculty who have been impacted by sexual violence, regardless of when or where the incident(s) took place.

The SVSPO can help by:

- Developing personalized safety planning
- Navigating police, hospital, university and court systems
- Facilitating referrals to on/off campus supports and resources
- Explaining reporting options
- Facilitating streamlined academic concessions and workplace accommodations at SFU and FIC
- Providing support for those who have received a disclosure
- Providing support anonymously through virtual drop-ins.

You do not have to make a report to the police or the university to get help. The SVSPO is here to support you in ways that make sense to you.

YOUR ROLE IN RESPONDING TO A DISCLOSURE:

UNDERSTAND WHAT SEXUAL VIOLENCE IS

Sexual violence is any act of a sexual nature that targets an individual's sexual, gender identity or gender expression without that individual's consent. It can be physical or psychological and be threatened, attempted or committed. Examples include sexual assault, sexual harassment, stalking, sexual exploitation, voyeurism and sharing sexual images without consent.

RECOGNIZE A DISCLOSURE

A disclosure is when someone shares information with you about an incident of sexual violence. It creates an opportunity for connection to supports and resources. How you respond can have a positive impact on a survivor's awareness of and access to campus resources.

CONNECT FOR ADVICE AND SUPPORT

You are strongly encouraged to connect with the SVSPO after you receive a disclosure. They can provide you with advice, resources and additional support.

SVSPO will respect the survivor's confidentiality as per SFU's Sexual Violence and Misconduct Prevention, Education and Support policy.

Staff and faculty affected by a disclosure may have access to the Employee and Family Assistance Program (EFAP).

Students affected by a disclosure have access to SFU's Health & Counselling Services.

RESPONDING TO A DISCLOSURE:

LISTEN

Respond with empathy.

Let them take their time to tell you what happened.

“I’m here to listen and support you.”

Mirror their language by using the terms they use to describe their experience.

BELIEVE

Provide validation, for example:

“It’s not your fault.”

“Thank you for sharing with me.”

“I believe you.”

Many survivors blame themselves or fear they will not be believed. It is never the fault of the survivor.

EMPOWER

Ask them what they need.

“What can I do to help?”

Encourage them to connect with the SVSPO or any of the support resources in this guide, but don’t insist. Respect their decisions, whatever they decide.

If the survivor consents, make a plan to follow up at a future time.

————— Make a copy of the back page of this resource and offer it to the person you are supporting.

RESOURCE HANDOUT

SEXUAL VIOLENCE SUPPORT AVAILABLE AT SFU & FIC:

Sexual Violence Support & Prevention Office

778.782.7233

sv-support@sfu.ca

www.sfu.ca/sexual-violence

Support and advice are available at the SVSPO for any SFU or FIC community member who is impacted by sexual violence, regardless of when or where the incident(s) took place. The SVSPO can help you by providing ongoing support and referrals, including information regarding reporting, safety planning, connection to resources, and assistance with academic concessions as well as workplace accommodations.

Campus Public Safety

778.782.4500

www.sfu.ca/srs

Emergency support at all SFU Campuses 24/7. Security staff can assist with after-hours support and referrals.

Health & Counselling Services

778.782.4615

www.sfu.ca/students/health

Medical and counselling services available for all SFU and FIC students.

MySSP (Student Support Program)

1.844.451.9700

011.416.380.6578 from outside North America

Or download the free app:

www.sfu.ca/students/health/support/mental-health/my-ssp

Free, confidential counselling support and wellness resources for SFU & FIC undergraduate students and SFU graduate students and advice for staff/faculty supporting students. Available in multiple languages, 24/7.

FIC Wellness Office

778.782.5011

fic.counsellor@fraseric.ca

www.fraseric.ca/wellness-office

Culturally sensitive and respectful wellness support services for FIC students. Support and advice are available from FIC through counselling and case management services that focus on personal health and well-being.

Employee and Family Assistance Program (SFU Faculty & Staff Support Program)

1.800.663.1142

www.sfu.ca/human-resources

Provides confidential, professional assistance to help you or your family members resolve problems that affect your personal and work lives. Available 24/7 and you can choose to access sessions by telephone, face-to-face or e-Counselling.

COMMUNITY AND AFTER HOURS:

Victim Link BC

1.800.563.0808

Toll-free, confidential, multilingual telephone service available across B.C. Available 24/7. Provides information and referral for anyone impacted by crime.

Salal Sexual Violence Support Centre

604.255.6344 | 1.877.392.7583 | www.salalsvsc.ca

Salal SVSC is a feminist, anti-oppressive, decolonizing sexual violence support centre for people who have shared experiences of gender marginalization: cis and trans women, Two-spirit, trans and/or non-binary people. Salal offers 24/7 confidential immediate emotional support, referrals and accompaniment to hospital.

Surrey Women's Centre

604.583.1295

www.surreywomenscentre.ca

Sexual assault and domestic violence relief centre in Surrey available 24/7

Vancouver General Hospital Sexual Assault Services

604.875.2881

www.bcwomens.ca/sas

Specialized sexual assault support and medical treatment, including the option for forensic evidence collection. Free services for anyone 13 years or older within 7 days following a sexual assault. Services provided both at VGH Emergency and at UBC Urgent Care.

BC Society for Male Survivors of Sexual Abuse

604.682.6482

www.bc-malesurvivors.com

Not-for-profit society that provides therapeutic services for males who have been sexually abused at some point in their lives.