We see you.
We believe you.
We stand with you.

Hold yourself tight and patiently.
Remember, healing is not linear.

Trust the wisdom of your body.
Persist & resist.

Your emotions are valid and there is support waiting for you.

Your voice is the one that matters.
How can the community best support you?

It wasn't your fault, nor will it ever be.
I stand with you.


I hope love and care surround you wherever you go.
You are loved. • You are worthy of love and acceptance. • Remember, My Dear... You are beautiful, smart, talented, cherished, important, special, worthy, and loved. Don’t allow your own thoughts to tell you otherwise. • Your everyday acts of living are a resistance to misogyny. • You are not alone. You are loved. You matter. • You are so powerful and loved. • You are loved and valuable, and we are so glad you are here. • Look inside you to see how powerful and resilient you are and can be. Do not let anyone dictate your life and your future. Believe in yourself, and you will be surprised! • #dearsurvivor, Sending you a virtual hug, kindness and care. What happened was not okay. Please know that I am sending you positive, healing energy. • There are people who love you and care about you. You are not alone in this. • He silenced me by fear and told me no one would believe me, not wanting a bad reputation for myself I did not report him, he still walks free. • You matter. Your story and voice are powerful. • We are stronger than our experiences, and we are worthy of healing and love. • May the tears you cried water the flowers you grow today. • You are not at fault. You deserve to feel safe and loved. • Hold yourself tight and patiently. Remember healing is non-linear. • I believe you, this isn’t your fault, and you are more than what happened to you. You can do hard things. • My heart, soul, body, and mind are with you! • I hear you, your experience is valid, and you are not alone in any of this. • You are more. You are strong. I care. • You are braver than you think, and stronger than you think. You are always supported. • We are here for you. We believe you. You are courageous. Please reach out if you need help. • YOU ARE LOVED <3 • You thought they took your spark away. Yet you are shining brighter than ever. • I believe you, and I respect you. • It wasn’t, nor will it ever be, your fault. I stand with you. • You are worthy. • How could the community best support you? Your voice is the one that matters. Much love. • This life, this body is yours, magnificent and unique, no one can take your strength away. • We believe you. It is not your fault. • I see you, I hear you, and I stand with you. • This will not define who you are. You are loved. • It’s not your fault. Hold your head up high! • You can reach out. You’re loved and we are here to support you when you are ready. • Remember that you are not alone, and that you are RESILIENT and BRAVE! • Your voice matters, your story matters, your healing matters. You matter. • You are deserving of all the love and dignity in the world. Stay strong. • Your courage inspires! There is great love here for you. • I believe you. To be a support when you need it and to help you find support you feel you need it. • You survived. I loved you then and I love you now. • You mean very much to us! • Now that I am an adult, I get to decide what to do with my body. • I hope that love and care surround you wherever you go. • May you breathe in gentleness and light. • We see you. We believe you. You are not alone. • Your emotions are valid and there is a world of support waiting for you. • Be still and shout out. Persist and resist. Trust the wisdom of your body. • You are above and beyond what happened to you. By speaking my truth, I join your path of resiliency. • You have value, you have strength, and you are loved. • You are beautiful. • You are more than what happened to you.

About this Project

As part of Sexual Assault Awareness Month (SAAM) 2021, SFU and FIC students, faculty and staff were invited to submit short messages of hope, care, and support for people who have experienced sexual violence. Within two weeks, we received 50 submissions, which were translated into this poster by graphic recorder and illustrator Adriana Contreras Correal. The final artwork conveys the overall themes of the submissions along with representative messages. All 50 messages are listed here. This project was inspired by Survivor Love Letter, an initiative founded by filmmaker and activist Tani Ikeda in 2012. The purpose of #dearsurvivorsfu is to not to trivialize the realities of trauma and recovery, but to offer this message to people who have experienced sexual violence: Wherever you are in your journey, we see you; we believe you; we are here for you.

For more information about our services and supports, visit sfu.ca/sexual-violence

Each person is invited to find their own meaning(s) in the artwork, but we have also developed an interpretive guide for anyone who is curious about the elements of the image:

• On the top-left side, we see two figures in an embrace: they represent both a person who is caring for themselves and the embrace of a loved one offering a space for healing.
• The crowd of people in the centre represents both our solidarity with survivors and the activism that generates social change.
• Along the bottom, we see a grey landscape, which signifies the physical, psychological or emotional harm from sexual violence.

We witness a person cycling through grief, anger, hope, and recovery: a journey of healing that takes many forms.
• The figure on the far right, looking outward to the viewer, stands with dignity and strength and a fire in their heart, nurtured by love and support from their community.