



UNIVERSITY OF
CALGARY



start with believing

Sexual violence support

If someone discloses sexual violence to you, it's okay not to have all the answers. You don't have to be an expert to support them.

Belief is a powerful tool and is often the first step in the positive healing of a sexual violence survivor. Survivors who get a positive response when they tell someone are more likely to get help and report.

You also have a number of resources available to you, as you support someone through their healing process, available at ucalgary.ca/sexualviolencesupport.

One of the most important things you can do is listen compassionately.

Believe them. Tell them it's not their fault.

Ensure their safety. Are they currently in a safe location? Do they require medical attention? If they are in immediate danger, call 9-1-1 or Campus Security.

Respect confidentiality. Ensure they understand how and when you will share information they have provided to you. Confirm you have their consent.

Ask what support looks like for them. Let go of assumptions. Reporting to the police is not every survivor's version of justice.

Value boundaries. Refrain from asking specific details about the event.

Listen without judgement. Everyone responds differently to trauma. This response, and the healing process, is an individual experience and will look differently for everyone.

How we can help

All university community members have access to support, regardless if the act happened on- or off-campus, or if you experienced sexual violence before coming to UCalgary.

We can help with:

- Navigating procedures and resources within the university and the community
- Self-care resources
- Academic consideration and workplace accommodations
- Referrals to counselling and medical services
- Understanding the reporting options available
- Having someone to listen

you are not alone

Sexual Violence Support Advocate

ucalgary.ca/sexualviolencesupport

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