

STEPS FOR A SURVIVOR TO TAKE AFTER A SEXUAL ASSAULT


1 GET TO A SAFE PLACE.

Call 911 if someone is injured or in immediate danger.

2 GO TO THE NEAREST HOSPITAL.

Survivors may need medical attention even if you don't have visible signs of injury. If the assault took place within the last 7 days, there is a special team of nurses or doctors at the hospital who can help.

Ask for Sexual Assault Service at:

 Vernon Jubilee Hospital, 24/7
2101 32 Street, Vernon, 250-545-2211

 Kelowna General Hospital, 24/7
2268 Pandosy Street, Kelowna, 250-862-4000

3 GET SUPPORT.

Call the confidential **Sexual Violence Prevention and Response Office** at 250-807-9640 to get support and explore your options. We can help you find a safe place to stay, get help at school or work, accompany you to the hospital, police station, or court, and explain your reporting options.

4 REPORTING OPTIONS.

Call Kelowna RCMP at 250-762-3300 or go to Kelowna RCMP Detachment 1190 Richter Street

Want to stay anonymous? If you want to report a sexual assault to the police and remain anonymous, the SVPRO can help you file a Third Party Report. The SVPRO will not disclose your name or any other identifying information.

Report to UBC: If you want UBC to investigate a sexual assault or other form of sexual misconduct, please contact the Independent Investigation Office. Each investigation is conducted in a trauma informed, confidential and respectful manner in accordance with the principles of procedural fairness. You can report directly to this office.
604-827-2060 | director.of.investigations@ubc.ca

Maintain survivors' confidentiality.

Do NOT submit an Early Alert to refer students who disclose sexual violence. Instead, ask if you can refer them to SVPRO for support.

You can also refer survivors to the Central Okanagan Elizabeth Fry Society,

Monday to Friday 8:30am - 4:30pm
649 Leon Avenue, Kelowna, BC

250-763-4613 | info.efry@coefs.ca

SUPPORTING SURVIVORS OF SEXUAL VIOLENCE

The **Sexual Violence Prevention and Response Office (SVPRO)** is a safe and confidential place for students, faculty and staff who have experienced sexual violence, regardless of when or where it took place.

What is sexual violence?

Sexual violence is any act of a sexual nature against a person who does not or cannot give consent. It can be physical or psychological and include threats or attempts.

SVPRO can help:

- Make a safety plan
- Navigate hospital, police, and court systems
- Find emergency housing
- Explain reporting options
- Arrange academic concessions
- Coordinate workplace accommodations

Survivors do not have to go to the hospital or make a report to get help. We are here to help, whatever they decide.

SVPRO

1270 International Mews
120 Nicola Townhome
250-807-9640
svpro.okanagan@ubc.ca
svpro.ok.ubc.ca

WE BELIEVE YOU

UBC Sexual Violence Prevention and Response Office

TALKING TO A SURVIVOR

1 **RECOGNIZE A DISCLOSURE.**

In your role, A student, staff and faculty may share information with you about an incident of sexual violence. This is a disclosure.

Your response can have a positive impact on survivors' awareness of and access to critical campus resources.

When you receive a disclosure, refer to the Sexual Violence Prevention and Response Office.

If the survivor wants to make a report to UBC for an investigation, see back page of this folder and "Reporting to the IIO" insert.

2 **RESPOND WITH EMPATHY AND EMPOWER SURVIVORS TO MAKE THEIR OWN CHOICES.**

Encourage survivors to seek safety and support.

Survivors may need medical attention even if there are no visible signs of injury.

- If a survivor has experienced a sexual assault within the last 7 days, consult the "Steps to Take After a Sexual Assault" on the last page of this folder.

Encourage survivors to explore their options.

Survivors may experience a wide range of reactions that can impact any area of their life including attendance and/or performance at school or work.

- Survivors may want to explore academic concessions, workplace accommodations or other supports.

Encourage survivors to exercise autonomy and self-determination.

Survivors often experience a loss of power and control.

- Encourage survivors to make their own decisions.

3 **REFER SURVIVORS TO THE SEXUAL VIOLENCE PREVENTION AND RESPONSE OFFICE (SVPRO).**

Referring survivors to SVPRO can lessen the impact of trauma.

If survivors are hesitant to reach out for help, **there are 3 ways you can refer:**

- Call SVPRO at 250-807-9640 before, during, or after a disclosure.
- Accompany survivors to the SVPRO office
1270 International Mews, Nicola Townhome 120.
- Ask survivors if they prefer SVPRO to make initial contact by phone or email.

Ask survivors for consent before you take action. If a survivor consents, make a plan to follow up at a later time. Respect their decisions, whatever they decide.



Language Matters

Empathy means trying to understand a survivor's experience without judgement. Let survivors know they are not alone. Ask open-ended questions that start with "what" or "how."

"What do you need?"

"How can I support you?"

Every survivor is unique.

Be aware of specific needs, concerns, or barriers related to "their access to power and privilege, their sex, sexual identity, gender identity or expression, racialization, age, family status, religion, faith, ability, disability, national or ethnic origin, Indigeneity, immigration status, socio-economic status, class, and language."

UBC Policy 131, section 1