

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 at the hospital who can help.

Ask for a Sexual Assault Nurse Examiner (SANE Nurse) at:

-  Vancouver General Hospital, 24/7
910 West 10th Avenue, 604-875-2881
-  UBC Hospital Urgent Care Centre, 8am-10pm every day,
2211 Wesbrook Mall, 604-822-7121
-  Surrey Memorial Hospital, 24/7
13750 96 Avenue, 604-953-4723
-  Abbotsford Regional Hospital, 24/7
32900 Marshall Road, 604-851-4700

3 GET SUPPORT.

Call the confidential **Sexual Violence Prevention and Response Office** at 604-822-1588 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.

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 AMS Sexual Assault Support Centre in the AMS Student Nest, 6133 University Blvd, Room 3127
604-827-5180

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 includes threats or attempts.

SVPRO can help:

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

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

SVPRO

6363 Agronomy Road,
4th Floor, Room 4071
604-822-1588

Monday-Friday, 8:30am-4:30pm
gethelp@svpro.ubc.ca
svpro.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, or faculty member may share information with you about an incident of sexual violence. This is a disclosure.

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

When you receive a disclosure, refer the student, staff, or faculty member to the Sexual Violence Prevention and Response Office.

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 604-822-1588 before, during, or after a disclosure.
- Accompany survivors to the SVPRO office in Orchard Commons, 6363 Agronomy Road, Room 4071.
- 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