

Take a S.T.A.N.D Against Sexual Assault

- Do not Commit Sexual Assault
- Believe, Listen and Support Survivors
- Educate yourself
- Be Critical of Media
- Recognize the Power of Language
- Speak Out

By making these changes you will be helping to change the statistics and end sexual violence.

WHEN WE SEE,
BELIEVE, AND
SUPPORT PEOPLE,
HEALING IS MORE
THAN POSSIBLE,
IT IS PROBABLE.

For more information visit:

www.standasa.com
Erinb@standasa.com
Monday and Wednesday 9AM to 3pm
1-403-983-1668
Or
Toll Free: 1-888-377-1668



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SEXUAL ASSAULT

A guide.

S | T | A | N | D
AGAINST SEXUAL ASSAULT

What is S.T.A.N.D. ASA?

S.T.A.N.D. Against Sexual Assault is a grassroots organization that provides support for survivors by survivors. We envision a world where there is no stigma attached to sexual assault.

S.T.A.N.D. ASA focuses on:

- Preventing sexual assault through education and awareness.
- Providing peer support to survivors of sexual assault.
- Promoting physical, mental, and emotional well-being through holistic healing practices.

Coping Mechanisms

- Tell yourself you are having a flashback.
- Remind Yourself that the worst is over.
- Breathe.
- Get grounded.
- Reorient to the present.
- Get in touch with your need for boundaries.
- Get support.
- Take time to recover.
- Honour your experience.
- Be patient.

SEXUAL ASSAULT IS
COMMON. 2 IN 3
ALBERTA WOMEN HAVE
EXPERIENCED AT LEAST
ONE INCIDENT OF
PHYSICAL OR SEXUAL
ASSAULT SINCE THE AGE
OF 16.

Sexual Assault 101

Sexual Assault is the legal term used in Canada to refer to any form of sexual contact without voluntary consent.

Consent is defined as a voluntary agreement to engage in sexual activity.

Sexual assault **CAN** happen to anyone.

Sexual assault is about **POWER** and **CONTROL**.

The **ONLY** person responsible for sexual assault is the person who chooses to harm. Sexual assault is in act of **VIOLENCE**.

Alcohol is by far the most prevalent substance used to commit a **DRUG-FACILITATED** sexual assault.

Grounding Exercise



Identify:

- 5 things you can see.
- 4 things you can feel.
- 3 things you can hear.
- 2 things you can smell.
- 1 thing you can taste.

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BYSTANDER INTERVENTION

What you can do.

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Bystander Intervention

A bystander is a witness with the power to prevent sexual assault from happening.

There are a lot of ways to intervene without being confrontational and without escalating the situation.

The first step in bystander intervention is to understand and recognize sexual violence.

87% OF THE TIME
PEOPLE ARE SEXUALLY
ASSAULTED BY SOMEONE
THEY KNOW.

The 4 D's of Bystander Intervention



Direct: Addressing the situation head on.

EX. “that person is too drunk to go home with you” “stop asking them to hook up, they already said no” “are you ok, do you need help getting home”



Distract: Indirectly de-escalate the situation.

EX. Tell a joke, change the subject, spill a drink.



Delegate: Get someone else involved.

Ex. Tell a person's friends, tell a staff member or authority.



Delay: Follow-up with the person experiencing harm to check in and offer support.

Ex. offer resources, plan to see that person to make sure they are ok.

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SUPPORTER GUIDELINES

How you can help.

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Providing Support

Sexual assault deeply affects survivors, their families, friends, partners, and everyone who cares for them.

Supporters can have a profound impact on a survivor's recovery.

APPROXIMATELY 1 IN 3
FEMALES AND 1 IN 6
MALES WILL BE
SEXUALLY ASSAULTED IN
THEIR LIFE.

Guidelines



Listen: Be patient and approachable. Let the survivor talk without interruptions. Do not pressure the survivor to talk about sexual assault. Let them tell you what they feel comfortable with.



Believe: The survivor is in no way responsible for the assault or the decisions they made leading up to the assault. Avoid asking “why” questions as these can lead to assumptions that you do not believe the survivor. Tell the survivor, “I believe you.”



Validate: Anger, pain, fear, all emotions are natural healthy responses. Let the survivor express them. Use supportive responses. Ask the survivor how they would like to be supported. Let the survivor make their own decisions, as it will help to give them some of their power back. Support whatever decision they choose to make.



Get Help for Yourself: You will have many feelings about the abuse or assault. Get support for yourself. You need to take care of yourself to take care of others.