

PREVENTION STARTS WITH EDUCATION

SEXUAL VIOLENCE AWARENESS MONTH

WOULD YOU LIKE TO FIND SUPPORT, INFORMATION, or REFFERALS?

Learn where to reach out on and off campus



SEE INSIDE to LEARN MORE...



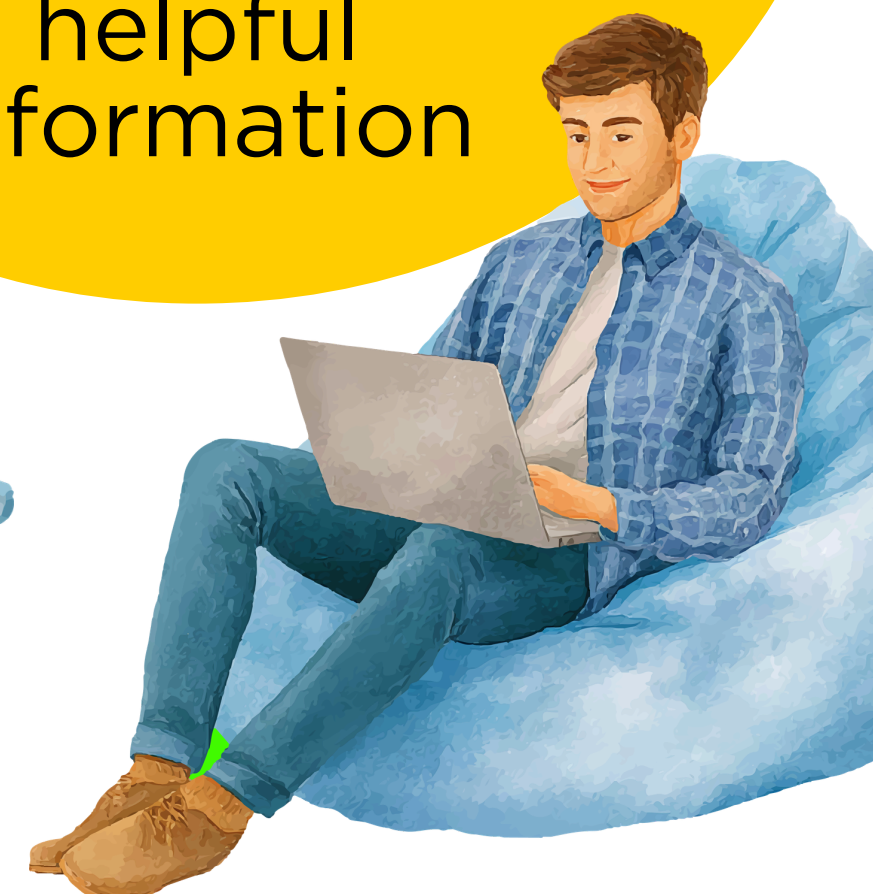
DO YOU HAVE or WORK WITH CHILDREN?

Learn how to talk with children and youth

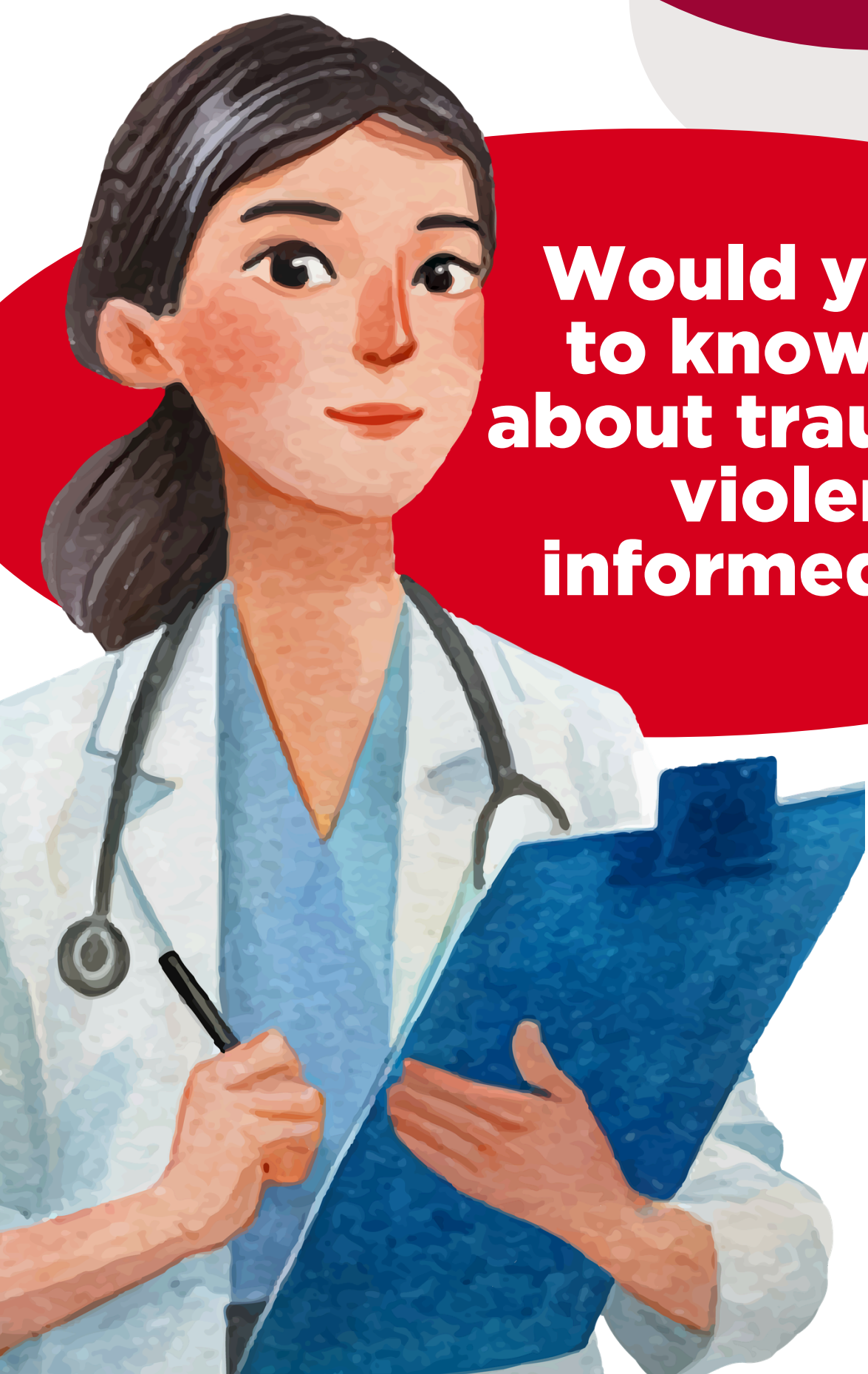


CURIOUS, BUT NOT SURE WHERE TO BEGIN?

Check out great articles, books, and other resources for accessible and helpful information



Would you like to know more about trauma and violence informed care?



Designed and Compiled by Kiara Mikita, PhD



ON CAMPUS RESOURCES INFORMATION, SUPPORT, and REFERRAL

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Sexual and Gender-Based Violence Prevention and Support Office

The SGBVPSO provides confidential support and care for any university community member impacted by sexual and gender-based violence, whether it occurred on- or off-campus, or before you came to UCalgary.

With your consent, they can help you with informing you of and advocating for your rights; accommodations; referrals; resources; reporting options; navigating systems and resources; accompanying you to appointments; education; and, just being there to listen. [Learn more.](#)

Student Wellness Services

Student Wellness Services are your on-campus resource for health and wellness support, with a wide range of service options. Counselling services are located at Student Wellness Services in the MacEwan Student Centre, Room 370. [Learn more.](#)

Women's Resource Centre

The WRC provides a safe, supportive place while advancing gender equality and building community. The WRC is located in the MacEwan Student Centre, Room 482. [Learn more.](#)

Q Centre

The Q Centre for sexual and gender diversity is a safe, comfortable and inviting space for the LGBTQA2S+ community. The Q Centre is located in the MacEwan Student Centre, Room 210. [Learn more.](#)

OFF CAMPUS RESOURCES

INFORMATION, SUPPORT, and REFERRAL

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Calgary Communities Against Sexual Abuse (CCASA)

CCASA is the primary sexual abuse and sexual assault crisis service provider for Calgary. CCASA can provide various services including immediate crisis support and counselling.

<http://www.calgarycasa.com/> or call 1-877-237-5888 (toll free)

Centre for Sexuality

The Centre for Sexuality delivers programs and services around sexual health, sexual identity, gender orientation and sexuality. The centre offers a safe space and support for members of the LGBTQ2S+ community and allies.

<https://www.centreforsexuality.ca/> or call 403-283-5580

Skipping Stone Foundation

The Skipping Stone Foundation supports and empowers trans and gender diverse youth and their families through mental health support, peer support, community building events and medical transition related services.

<https://www.skippingstone.ca/> or call 587-333-4342

Alberta's One Line for Sexual Violence

One Line is an Alberta-wide text, call and chat service staffed by specialized responders from 9 a.m. to 9 p.m. seven days a week. Responders will listen, provide support and information, and share resources for anyone impacted by sexual violence. Services are anonymous and are available in more than 200 languages.

<https://aasas.ca/initiatives/ibelieveyouonline/>
or call 1-866-403-8000 (toll free)

RESOURCES TALKING WITH CHILDREN and YOUTH



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An Open Letter from Childhood Innocence About Sex Ed

See this charming and playful [article](#) by Mike Reynolds.

Sex Positive Talks to Have With Kids: A Guide to Raising Sexually Healthy, Informed, Empowered Young People

See this practical and accessible [handbook](#) addressing children of all ages by Melissa Pintor Carnagey.

My Body Belongs to Me: A Book About Body Safety

See this [book](#) to read with kids that helps adults teach kids about body boundaries and getting help to stay safe by Jill Starishevsky.

Resources for People Caring for Gender and Sexually Diverse Children and Youth

Go [here](#) to explore 5 ways to support gender and sexual diversity in families, including what to say to parents, guardians, and others caring for gender and sexually diverse children and youth and links to additional resources.



RESOURCES

TRAUMA and VIOLENCE INFORMED CARE

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Trauma and Violence Informed Care (TVIC): A Tool for Health and Social Service Organizations and Providers

Trauma can result from what doesn't happen, for example when systems fail to recognize and respond to people's violence experiences. Explore this resource to help better respond.

[Learn more.](#)

Top Things Any Provider Can Do To Support People Experiencing Violence

Usually you do not know if a person has a history of, or is currently experiencing violence. Trauma and violence informed care is an appropriate approach to use whether or not you know. Good care does not require a disclosure of such experience; the goal is safe care for all. [Learn more.](#)

Trauma Review Exercise

This exercise invites you to approach and enter a setting, consider first contacts within it, explore the spaces where people wait or are gathered and the spaces in which patients or clients are treated or met with. As you do so, the exercise prompts you to contemplate a number of reflective questions and considerations. [Learn more.](#)

RESOURCES ACCESSIBLE and HELPFUL INFORMATION



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Sexual Assault in Canada: Law, Legal Practice and Women's Activism

See this incredible and comprehensive **book** edited by Elizabeth A. Sheehy

"Sexual Assault in Canada" is the first English-language book in almost two decades to assess the state of sexual assault law and legal practice in Canada. Gathering together feminist scholars, lawyers, activists and policy-makers, it presents a picture of the difficult issues that Canadian women face when reporting and prosecuting sexual violence. The volume addresses many themes including the systematic undermining of women who have been sexually assaulted, the experiences of marginalized women, and the role of women's activism. It explores sexual assault in various contexts, including professional sports, the doctor-patient relationship, and residential schools. And it highlights the influence of certain players in the reporting and litigation of sexual violence, including health care providers, social workers, police, lawyers and judges. "Sexual Assault in Canada" provides both a multi-faceted assessment of the progress of feminist reforms to Canadian sexual assault law and practice, and articulates a myriad of new ideas, proposed changes to law, and inspired activist strategies.



RESOURCES ACCESSIBLE and HELPFUL INFORMATION

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The Impact of Trauma on Adult Sexual Assault Victims

See this [essential reading](#)

by Dr. Lori Haskell and Dr. Melanie Randall

"The focus of this report is on outlining some of the key findings from the body of knowledge of neuroscience, and applying them to the issue of sexual assault and its impacts on victims. More specifically, we review and highlight some of the significant developments, which have emerged from the field of the neurobiology of trauma as they relate to the unique crime of sexual assault.

Misconceptions vs. Facts

See this lengthy [list](#) of misconceptions vs. facts noted by McGill University's Office for Sexual Violence, Response, Support, and Education

Victim blaming: Understanding the dynamics

An [overview](#) of what victim-blaming is, why people do it, who is blamed, and the impact of victim-blaming.

Mr. Smith Exercise

This [exercise](#) is intended to highlight the frequent victim-blaming that occurs in cases of rape. Imagine if the types of questions that are normally asked of rape victims were asked of a robbery victim. The text is intended to illustrate how such an interview would then proceed.



Explore additional resources

**SEXUAL VIOLENCE
AWARENESS and EDUCATION**

CONNECT WITH **KIARA MIKITA, PhD**