



EAST PRESTON FAMILY RESOURCE
CENTRE

SEXUAL VIOLENCE COMMUNITY ENGAGEMENT

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Sexual Violence Community Engagement Coordinator



February Issue: Intergenerational Trauma

Intergenerational trauma is caused by events that target a group of people, such as slavery. Family members who have not directly experienced the trauma can feel the effects of the event generations later. The violence experienced in many of today's Black communities, the way children are taught to behave, the disproportionate incarceration of African Nova Scotians are all part of the effects and evolution of intergenerational trauma. Keeping ANS children safe from the harms of systemic and everyday racism is a very real concern for ANS families. Parents of ANS children are aware of systemic barriers and what they look like in everyday life during encounters with police, justice, health care, and child welfare systems to name a few. There are distinct historical reasons why Black communities tend to be wary of formal authorities.

Today, lack of representation in public institutions means that Black people don't see many people in positions of authority who look like them. Many African Nova Scotians do not report sexual violence or seek help because they have trouble building trust with people outside their community.

Transatlantic Slave Trade

The current lived realities of sexual violence cannot be examined without first looking at the history of Black people in North America and the Transatlantic Slave Trade. The unspoken reality is that the slave trade was not simply a trade in bodies of people for labour. It was also a trade in the bodies of people for sexual exploitation.

“A rule in most slave-holding states disqualified Blacks from testifying against a white person...for most of American history the crime of rape of a Black woman did not exist.”

- Dorothy Roberts, Killing the Black Body

There is well documented evidence of the sexual victimization of Black women during slavery. Much less has been documented about the victimization of Black men, but there is evidence that Black men’s bodies were traded and purchased for sexual exploitation by their owners. This trauma was internalized, normalized, and passed down through generations of Blacks. Dr. Joy DeGruy Leary calls this legacy “Post Traumatic Slave Syndrome” (PTSS). PTSS describes a set of behaviours, beliefs, and actions related to multi-generational trauma experienced by people of African descent that includes but is not limited to undiagnosed and untreated Post Traumatic Stress Disorder (PTSD) in enslaved Africans and their descendants.

Source: https://nscs.learnridge.com/modules/african_nova_scotian_perspectives

To take the online training, please visit
www.breakthesilencens.ca/training



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UPCOMING PROGRAM

STARTING THIS THURSDAY!



EAST PRESTON FAMILY RESOURCE CENTRE

The focus of this group is to provide a space for Black Women to connect in healing, support, wellness, and solidarity with one another. The group will be a place where we can learn from one another, safely unpack what it means to be Black in Nova Scotia, share mental health resources, share stories of successes and struggles.

SOUL SISTER TALK

Sister talks will be meeting Thursday evenings starting:

January 28th from 6:00PM-7:30PM

For more information or to register, please contact Courtney brown at anssvfrc@bellaliant.com or text 902-818-4504





EAST PRESTON DAYCARE/ FAMILY RESOURCE CENTRE

**STAND UP, SPEAK
OUT**

**JOIN THE MOVEMENT ON INSTAGRAM:
(@BREAKTHESILENCENS)**