



EAST PRESTON FAMILY RESOURCE
CENTRE

SEXUAL VIOLENCE PREVENTION COMMUNITY ENGAGEMENT

June Issue: Choices Following Sexual Violence

Only the survivor knows what they have been through
and what is best for them.



That's why it's crucial that
a survivor of sexual
violence have control over
all decisions related to
their recovery.

Choices Following Sexual Violence

When someone decides to sexually violate another person, they take away that person's freedom to make decisions about their own body. This can be deeply traumatic and have long-lasting consequences.

That's why it's crucial that a survivor of sexual violence have control over all decisions related to their recovery, big and small.

This includes things such as:



What kind of support they require.

When, where, and to whom they disclose.



**For more information, please visit
<https://www.internetmatters.org/>**



Any decisions related to their safety, physical and mental health.

What language they use to describe the violence and the person who perpetrated it.



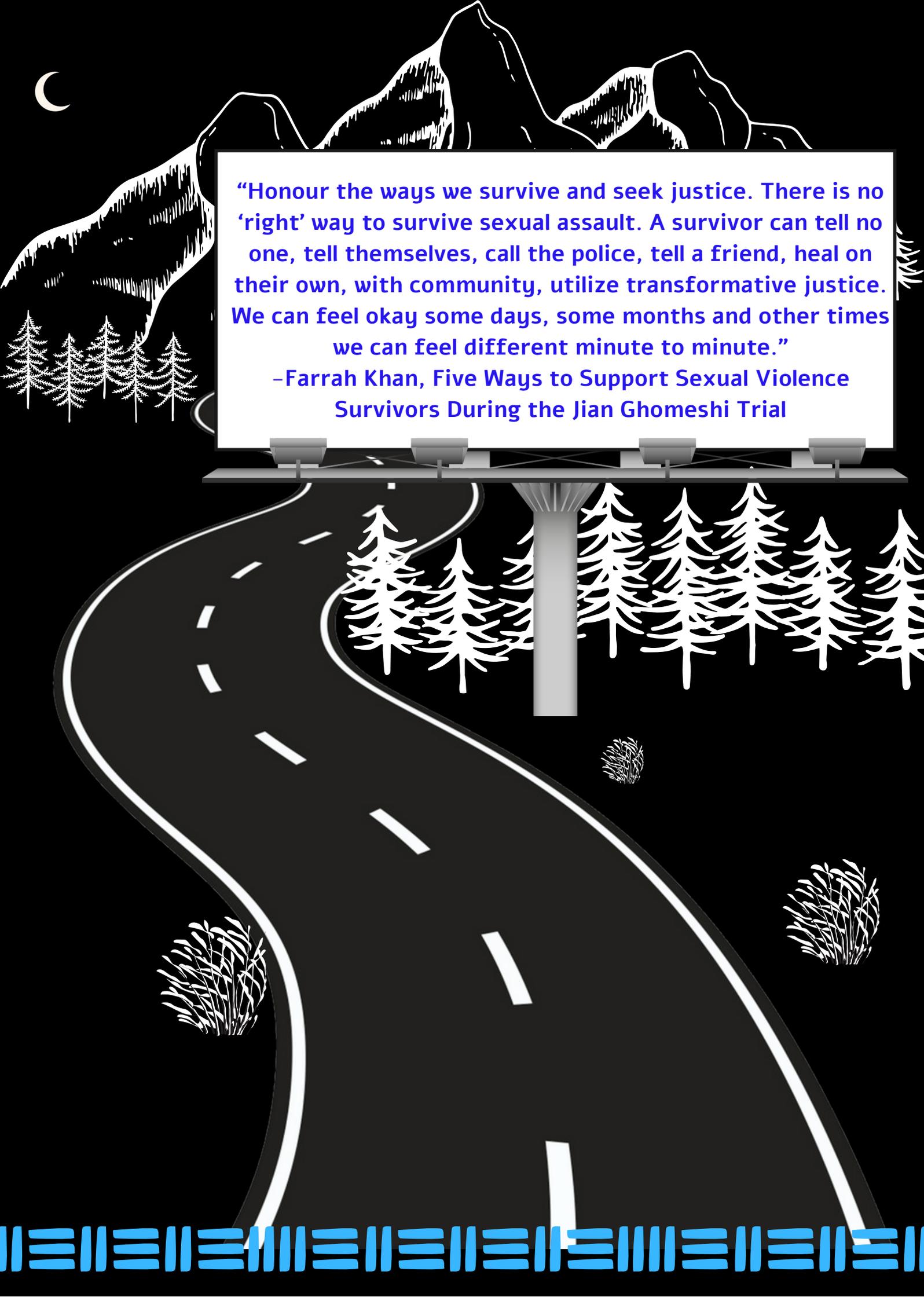
If they wish to report to police.

Choices for Youth

When the victim/survivor is under 16 (or under 19 if the person who perpetrated the violence is a parent/guardian) you must alert the local child protection agency, even if this information was told to you in confidence.

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“Honour the ways we survive and seek justice. There is no ‘right’ way to survive sexual assault. A survivor can tell no one, tell themselves, call the police, tell a friend, heal on their own, with community, utilize transformative justice. We can feel okay some days, some months and other times we can feel different minute to minute.”

-Farrah Khan, Five Ways to Support Sexual Violence Survivors During the Jian Ghomeshi Trial