

# SEXUAL ASSAULT | ASSISTING SURVIVORS

A resource for faculty and staff responding to students who disclose that they have been sexually assaulted

## WHAT IS SEXUAL ASSAULT?

- ✓ Sexual assault is any unwanted sexual contact within or outside a relationship
- ✓ Sexual assault is a crime and is never the fault of the survivor
- ✓ Sexual assault happens to people of all ages, genders and sexualities

## WHAT TO EXPECT WHEN SOMEONE DISCLOSES A SEXUAL ASSAULT

Survivors of sexual assault will express a range of emotional and physical symptoms. Sexual assault is never the fault of the survivor and each may react differently. Survivors are the experts in determining what steps and supports are best for them.

## YOUR ROLE

*Responding to and supporting someone who has been sexually assaulted can be complex but chances are they have come to you because they trust you. Be compassionate, respectful, and supportive. Ensure they can access resources.*

# HOW TO ASSIST

## 1 ATTEND TO SAFETY

**!** If someone is in immediate danger or needs urgent medical attention, call Emergency Services: 9.1.1

Encourage the student to seek medical care and confirm they have somewhere safe to stay.

### 📍 KELOWNA GENERAL HOSPITAL

Assessment and treatment of injuries, sexual transmitted infections, and pregnancy prevention as well as forensic evidence collection and emotional support. Student should be offered access to the Sexual Assault Response Team (SART) upon disclosure at the hospital and receive specialized care.  
Kelowna General Hospital – Emergency Department  
2268 Pandosy Street  
250.862.4000

### 📍 HEALTH AND WELLNESS CENTRE

Provides medical (treatment of minor injuries, STI treatment, pregnancy prevention – but unable to perform forensic exam) and counseling services in a caring, safe and confidential space. 9 a.m. to 4 p.m. Monday to Friday (call to make an appointment).  
UNC337 - 3272 University Way  
250.807.9270  
[students.ok.ubc.ca/health-wellness](https://students.ok.ubc.ca/health-wellness)

### 📍 CAMPUS SECURITY

Provides 24/7 response on campus and assistance with safety planning.  
Emergency: 250.807.8111  
Non-emergency or after hours call: 250.807.9236  
[security.ok.ubc.ca](https://security.ok.ubc.ca)

## 2 LISTEN AND SHOW YOUR SUPPORT

- ✓ Allow the survivor to lead the conversation.
- ✓ Listen without interrupting. Encourage the survivor to take their time if necessary.
- ✓ Respect the words they use to describe what's happened to them.
- ✓ Believe and support the survivor. Remind them they are not at fault.
- ✓ Encourage the survivor to seek the support they need and allow them to make their own decisions.
- ✓ Ask what you can do to be supportive. Ease any concerns the student might have about academic considerations in the moment.

I'm here to listen and can help connect you to any supports you feel you need.

UBC has places you can go to get information or support confidentially.

Even if you don't know what you want to do right now, it can be helpful to talk to someone about your options.

## 3 PROVIDE INFORMATION ON RESOURCES BY COPYING THE BACK PAGE

Be sure the student is aware of UBC and community support services listed on the back page.

*You don't need to know or recommend which service the student might want to follow up with. Simply providing the options supports the student.*



**TAKING CARE OF YOUR OWN WELLBEING IS IMPORTANT. YOU CAN GET SUPPORT THROUGH UBC EFAP: 1.800.387.4765**

If you'd like to speak with someone about how to refer a student to specific support services or to put the appropriate accommodations in place, please call the Associate Vice President, Students office at 250.807.8809 or email [avps.ok@ubc.ca](mailto:avps.ok@ubc.ca).



# SEXUAL ASSAULT | SUPPORT FOR SURVIVORS

## RESOURCES (SEPTEMBER 2017)

### 📍 HEALTH AND WELLNESS

Provides medical services (not including forensic exams) in a caring, safe and confidential space. Health and Wellness also provides free one-on-one counseling to support those persons who have been sexually assaulted and/or impacted by sexual abuse and other forms of sexualized violence. Health and Wellness may also assist with coordinating resources to support the survivor (for instance, academic accommodations, residence issues, financial aid).

UNC337 - 3272 University Way

250.807.9270

[students.ok.ubc.ca/health-wellness](http://students.ok.ubc.ca/health-wellness)

### 🕒 24-HOUR CONTACTS

#### 📍 UBC OKANAGAN CAMPUS SECURITY

Provides response and assistance with safety planning and supports students in accessing health and wellness resources.

Emergency: 250.807.8111

Non-emergency or after hours call: 250.807.9236

24-hour Safewalk service: 1.250.807.8076

[security.ok.ubc.ca](http://security.ok.ubc.ca)

#### ☎️ SEXUAL ASSAULT HELP LINE

Toll-free, confidential crisis line.

1.877.392.7583

[wavaw.ca/24-hour-toll-free-crisis-line](http://wavaw.ca/24-hour-toll-free-crisis-line)

#### ☎️ VICTIMLINK

24-hour, multilingual service.

1.800.563.0808

TTY: 604.875.0885

Text: 604.836.6381

[victimsinfo.ca/en/services/victimlink](http://victimsinfo.ca/en/services/victimlink)

#### ☎️ HEALTH LINK BC (811)

Call 8-1-1 from anywhere in BC to speak with a nurse any time of the day or night.

811

[healthlinkbc.ca](http://healthlinkbc.ca)

#### 💻 STUDENT SERVICES WEBSITE

The sexual assault page on the Student Services website provides more information and resources for survivors.

[students.ok.ubc.ca/sexual-assault](http://students.ok.ubc.ca/sexual-assault)

[students.ok.ubc.ca/saam](http://students.ok.ubc.ca/saam)

[students.ok.ubc.ca/health-wellness/counselling](http://students.ok.ubc.ca/health-wellness/counselling)

### 📍 ELIZABETH FRY SOCIETY

Provides specialized therapy to survivors of sexual assault, childhood sexual abuse and/or ritual abuse. The Elizabeth Fry Society also provides education and group therapy to help survivors understand and overcome the effects of trauma related to sexual violence.

280 - 1855 Kirschner Rd., Kelowna BC V1Y 4N7

250.763.4613

[empowerific.com](http://empowerific.com)

### 📍 KELOWNA GENERAL HOSPITAL

Assessment and treatment of injuries, sexual transmitted infections, and pregnancy prevention as well as forensic evidence collection and emotional support. Student should be offered access to the Sexual Assault Response Team (SART) upon disclosure at the hospital and receive specialized care. The team is specially trained to provide medical care and emotional support to anyone who has been sexually assaulted.

Kelowna General Hospital - Emergency Department

2268 Pandosy Street

250.862.4000

## REPORTING OPTIONS (STAFF, FACULTY AND STUDENTS)

A survivor can report an assault to local law enforcement, the University, neither or both. It is hoped that all students will begin their process of reporting at Health and Wellness to ensure their personal health and wellbeing are tended to first. If survivors prefer, they can report directly to:

### UNIVERSITY PROCESSES

*(To make a complaint and request a University investigation)*

Survivors can contact the Director of Investigations at

604.822.1897 or [director.of.investigations@ubc.ca](mailto:director.of.investigations@ubc.ca)

[calendar.ubc.ca/okanagan/index.cfm?tree=3,54,1030,0](http://calendar.ubc.ca/okanagan/index.cfm?tree=3,54,1030,0)

### LAW ENFORCEMENT

**ROYAL CANADIAN MOUNTED POLICE (RCMP)** *(To pursue criminal charges)*

If the assault took place off campus, it can be reported to the police department or law enforcement agency in the district where the assault occurred.

Kelowna 250.762.3300    Vernon 250.545.7171    Penticton 250.492.4300

