



A TOOLKIT: FOR SURVIVORS



SEXUAL VIOLENCE PREVENTION & RESPONSE OFFICE,
UNIVERSITY OF REGINA

WEBSITE [UREGINA.CA/SEXUAL-VIOLENCE](https://uregina.ca/sexual-violence)
EMAIL SEXUAL.VIOLENCE.RESPONSE@UREGINA.CA
PHONE 306-337-3149

You're not alone.



DEFINITIONS

AS DEFINED IN UNIVERSITY OF REGINA POLICY, SEXUAL VIOLENCE/MISCONDUCT (GOV-100-018)

Sexual Violence: Any sexual act or act targeting a person's sexuality, gender identity or gender expression, whether the act is physical or psychological in nature that is committed, threatened or attempted against a person without the person's consent. It includes but is not limited to sexual assault; sexual harassment; stalking; indecent or sexualized exposure; public masturbation; voyeurism; technology-facilitated sexual violence/harassment; and knowingly publishing, distributing, transmitting, selling, making available or advertising (collectively, "distribution") an intimate image of a person, through electronic or hardcopy means, without their consent.

Sexual Harassment: conduct, comment, gesture or contact of a sexual nature that a person knows or ought reasonably to know is offensive, unsolicited, or unwelcome

Sexual Assault: The intentional sexual contact or touching of another person with any object or body part without consent, or by force; It can include unwanted kissing, fondling, oral sex, anal sex, intercourse, or other forms of penetration, or any other unwanted act of a sexual nature.

Stalking: conduct, comment, gesture or contact of a sexual nature that a person knows or ought reasonably to know is offensive, unsolicited, or unwelcome

Technology-Facilitated Sexual Violence: Online or technology-facilitated sexually-based behavior that constitutes or leads to harm against the physical, psychological and/or emotional state of an individual or group. It includes but is not limited to online or technology-facilitated sexual comments or advances; attempts to obtain a sexual act; threats and intimidation; sexual coercion; spreading rumours; sending damaging messages, photos or videos; impersonations; and other forms of online or technology-facilitated sexually-based behaviour that damage a person's feelings, self-esteem, reputation, and/or mental health.



PROHIBITED RELATIONSHIPS

UNIVERSITY OF REGINA POLICY, SEXUAL VIOLENCE/MISCONDUCT (GOV-100-018)

The University of Regina recognizes that there are certain relationships with inherent power imbalances. The University prohibits sexual and/or Intimate relationships where an individual holds authority or influence over another's current or future academic activities, working conditions, career, academic advances, or athletic activities. These relationships include:

- FACULTY, OR TEACHING STAFF MEMBERS, OR EMETITI AND STUDENTS
- STAFF AND STUDENTS
- SPORT LEADERS OR ATHLETIC STAFF MEMBERS AND STUDENT ATHLETES
- SUPERVISORS AND SUBORDINATES, INCLUDING BUT NOT LIMITED TO STUDENTS IN POSITIONS OF AUTHORITY OVER OTHER STUDENTS.

These relationships can impact ones ability to give or withhold consent, along with a risk of bias, coercion and/ or actual or percieved Conflict of interest.

EXECPTION

Employees and committee members: The relationship has been previously addressed and permitted pursuant to the Conflict of Interest policy and procedures. A timely disclosure is expected.

Students in positions of power over other students: The relationship shall be disclosed to the appropriate managing authority to mitigate, which may include but is not limited to club executives, faculty advisors, or designated supervisory staff relevant to the position of power held. This disclosure is required to address potential conflict of interest and protect the well-being of members.

REPORTING

For reporting options refer to the following page.

Protection from retaliation: The University acknowledges that concerns about retaliation may discourage individuals from reporting relationships where a power imbalance exists. Retaliation, or the threat of retaliation or reprisal, against anyone involved in an investigation of a prohibited relationship will not be tolerated and may lead to discipline or other appropriate action



REPORTING OPTIONS

UNIVERSITY OF REGINA POLICY, SEXUAL VIOLENCE/MISCONDUCT (GOV-100-018)

When an individual experiences sexual violence and/or a prohibited relationship, they have the right to choose how they wish to proceed. A formal report is not required to access support through the Sexual Violence Prevention & Response Office (SVPR).

DISCLOSURE

- ☐ Connect with SVPR office
- ☐ Access confidential support without reporting

REPORT TO U OF R

(FOR ALLEGATIONS THAT MAY BREACH THE SEXUAL VIOLENCE MISCONDUCT POLICY)

- ☐ Connect with SVPR office
- ☐ If harm-doer is a part of the U of R campus community, you may choose to report to the university
- ☐ May lead to in-formal or formal resolution
- ☐ Supported by SVPR office throughout the process

There is no prescribed time limit to reporting, however, delays may impact the Universities ability to investigate.

REPORT TO POLICE

(FOR ALLEGATIONS THAT MAY CONSTITUTE A CRIMINAL OFFENCE)

- ☐ Contact SVPR Office (optional, if you would like support with the process)
- ☐ Police will take your statement and make you aware of next steps.
- ☐ Process may take up to 2+ years

There is no prescribed time limit to reporting.

REPORT TO POLICE & U OF R

(FOR ALLEGATIONS THAT MAY CONSTITUTE A CRIMINAL OFFENCE AND BREACH THE SEXUAL VIOLENCE MISCONDUCT POLICY)

- ☐ Connect with SVPR office
- ☐ Report to both police & U of R
- ☐ Supported by SVPR office throughout the process
- ☐ U of R investigation may pause if police are also investigating

Exception: A survivor's decision not to report may be overridden where there are reasonable grounds to believe that members of the University community or the broader community may be at risk of harm.

A disclosure does not automatically result in a report being made or an investigation being undertaken by the University, except for cases where personal safety is at risk.



TRAUMA RESPONSE

Trauma responses are normal ways our body tries to protect us. The response we have are involuntary, meaning it isn't a decision you make.

THERE IS NO WRONG WAY TO RESPOND TO TRAUMA.

FIGHT

The body mobilizes to defend itself through resistance, anger, or confrontation.

What this might look like:

- Physically pushing or hitting
- Yelling "no" or threatening the person causing harm.

FLEE

Trying to escape the threat.

What this might look like:

- Trying to run away or leave the situation.

FREEZE

The body is unable to escape or resist so it shuts down.

What this might look like:

- Unable to move, speak, or scream
- Feeling disconnected from your body- numb or detached

FAWN

When a threat is unavoidable, you try to please the threat to reduce the harm.

What this might look like:

- Trying to comfort the person causing harm
- Trying to keep the person causing harm calm

Example: A survivor might laugh nervously and agree to something to prevent further escalation.

A TRAUMA RESPONSE DOES NOT EQUAL CONSENT.

SAFETY PLAN

A safety plan is a tool used to increase safety when experiencing abuse. Having a plan laid out can help someone protect themselves or others during moments of crisis.

SAFETY WHEN PREPARING TO LEAVE:

If I have to leave the home quickly, I can go to: _____

How will I get there? _____

If I can't go to the place above, I will: _____

Who can I stay with for a longer period of time: _____

If I need money, who can I depend on: _____

Emergency supports:

- Mobile Crisis (can provide emergency financial and housing support) : 306-757-0127
- Regina Police (can help you leave your home in an emergent situation): 9-1-1 or 306-777-6500 (non-emergency number)

ITEMS TO PREPARE:

Place all these items in one place (a backpack) so that it can be easily grabbed in a hurry:

- ☐ **Identification** for yourself and children (if applicable). This would include Birth Certificates, drivers' license, health cards, social insurance numbers (SIN) and passports.
- ☐ **Money.** Have some cash on hand, especially if the harm-doer is connected to your bank account and/or credit cards.
- ☐ **Keys.** For your house/car/work.
- ☐ **Legal documents** (if relevant) such as court orders, restraining orders, and custody documents.
- ☐ **Medication and prescriptions.**
- ☐ **Citizenship or immigration** documents (if relevant).

REMINDERS:

- ☐ This safety plan is stored in a location that the harm-doer does not have access to?
- ☐ My location is turned off on my social media accounts and I am not sharing my location with others?



GROUNDING EXERCISES

Grounding exercises are techniques that help you reconnect with the present moment when you're feeling overwhelmed, anxious, or disconnected. By focusing your attention on your body, your senses, or your immediate surroundings, grounding can calm the nervous system and bring a sense of stability and safety. These exercises are especially helpful during moments of stress, strong emotions, or racing thoughts, and they can be practiced anywhere, anytime.

Ground

1. Sit down in a chair.
2. Place your feet on the ground. Wiggle your toes.
3. Push your legs into the ground. Feel your muscles tense up. Feel the tension of your feet on the ground.
4. Relax your legs. Wiggle your toes.
5. Repeat.

SHERSHUN (2021).



Orient

1. Slowly turn your head from one side to the other noticing your surroundings. Notice you are safe.
2. Repeat as needed to relax.

SHERSHUN (2021).



Touch

1. Place your hands on your heart or belly, or give yourself a hug. Whichever feels best.
2. Remind yourself: "In this moment, I am safe" or "In this moment I am present, I'm okay".

SHERSHUN (2021).



Script

1. Create a script for yourself to use when you feel overwhelmed. Repeat in your head or out loud as needed.
2. Put together words of affirmations and compassion.
3. Example: "My body and mind are not realizing I am safe. In this moment, I am at _____ (space you are in) and I know I am safe. I am grateful for my mind trying to protect me, but there is nothing in this moment that of threat to me."

SHERSHUN (2021) &
BISHOPP (2024)



Safe Space

1. Determine a safe space/ thing for you. It can be a space, person, pet or whatever else makes you feel safe.
2. Imagine this space or thing fully- what does it look like? What does it smell like?
3. Repeat whenever you sense your body is perceiving a threat, when you are in fact, safe.



Nature

1. Find a safe space in nature to sit or stand.
2. Take a deep breath.
3. Observe your surroundings- what temperature is the air? What can you smell? What can you hear?



RESOURCES

The following list is being shared to remind you that you're not alone and that support is available. You're encouraged to explore these options at your own pace and choose what feels most helpful to you.

ON-CAMPUS

Sexual Violence Prevention & Response Office	306-337-3149
Protective Services	306-585-4999
Student Wellness	306-337-2200

EMERGENCY

Regina Police Service	306-777-6500 OR 911
Police & Crisis Team (PACT)	306-777-8604
Mobile Crisis Regina	306-757-0127
Crisis Outreach and Support Team (COAST)	306-766-7800
Regina Sexual Assault Centre Crisis Line	306-352-0434

HOUSING

Regina Transition House	306-569-2292
My Aunt's Place (YWCA)	306-545-2141 (EXT. 201)
Isabel Johnson Women's Shelter (YWCA)	306-545-2141 (EXT. 110)
Souls Harbour Rescue Mission	306-545-7786
Tuhk Sih Nowin Youth Emergency Shelter (Street Culture)	306-522-7122
Kikinaw Women's Only Residence (YWCA)	306-545-3445

HELPERS

Regina + Area Sexual Assault Centre <i>Counselling for those impacted by sexual violence and intimate partner violence</i>	306-522-2777
Caring Hearts <i>Grief counselling and support groups</i>	306-523-2780
Regina Child Abuse Line <i>24 hour line to report or discuss child related concern</i>	306-569-2724
Rooted Connections <i>Counselling, family services, childcare, and newcomer services</i>	306-525-0521
Family Service Regina <i>Counselling, family services, and gender based violence services</i>	306-757-6675



*GET IN
TOUCH
WITH THE
SVPR
OFFICE.*

HAVE FURTHER QUESTIONS OR SEEKING SUPPORT?

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