



THE UNIVERSITY OF
WINNIPEG

Supporting Someone Who Has Experienced Sexual Violence

uwinnipeg.ca/respect

How Can I Help?

All members of the UWinnipeg community have a role to play in ending sexual violence. If you witness sexual violence happening, here are some suggested ways to intervene:

Direct

Confront the behaviour directly. The target of the behaviour can choose to leave the situation, or the perpetrator may understand their behaviour is wrong. This could mean stepping in to separate the individuals, or approaching to ask "Is everything okay? Do you need help?"

Distract

Redirect the focus of either person to distract the perpetrator, or give the target a way to remove themselves. This could mean asking an unrelated question, or changing the subject in a conversation. It is also helpful to check in with the person who was targeted by this behaviour.

Delegate

Ask others, like campus security, your friends, or a bouncer at a club, to get involved to help take charge of the situation. This is especially important if you do not feel safe intervening yourself.

Options for Reporting

Filing a report after experiencing sexual violence is your choice. You have options around reporting, including filing anonymous reports. You can still receive medical and mental health support without filing a report.

REES Reporting Tool **reescommunity.com**

Use this tool for reporting online. You can work on a report at your own pace and choose who receives the report (UWinnipeg, the police, etc).

You can also provide anonymous reports.

Third-Party Reporting

The Winnipeg Police Service, in partnership with community agencies, offers an option for anonymous third-party reporting.

Third-party reporting allows a survivor to report an assault to a community agency, which will pass the report on to Winnipeg Police or the RCMP.

You can access third-party reporting through Klinik, Ka Ni Kanichihk, or Sage House.

If You Receive A Disclosure:

Without revealing the person's identity, the Sexual Violence Prevention Policy requires those who have heard a disclosure to report the nature of it to the Human Rights and Diversity Office (HRDO) for statistical purposes.

Non-Judgmental

A supportive response is non-judgemental and non-blaming of the person disclosing. Let the person know that you support and believe them. Do not ask the person for additional details.

Respect

Acknowledge the strength it has taken this person to disclose to you by respecting their decisions. This includes decisions around medical care, legal, and reporting options. Respect their confidentiality.

Refer

If a student has disclosed to you, they can access support through the Sexual Violence Response Team.

If a staff member has disclosed to you, they can access support through the HRDO.

Tips for Responding to Disclosures

1. Provide a safe and private space to talk
2. Listen with empathy and patience
3. Assess safety and share limits to confidentiality
4. Validate and acknowledge the person's experience
5. Provide non-judgemental, accurate information
6. Support the person to make their own decisions
7. Refer to further supports

Campus Resources

Sexual Violence Response Team

204-230-6660

Small team of employees who support and coordinate resources and accommodations.

Counselling Services

studentwellness@uwinnipeg.ca
Wellness Centre,
1st Floor Duckworth

Human Rights & Diversity Officer

204-988-7508

Takes reports of sexual violence, initiates formal and informal resolutions.

Campus Security

204-786-6666

Can help address immediate or ongoing safety concerns. Can connect people to SafeRide.

Off-Campus Resources

Klinic Sexual Assault Crisis Line

1-888-292-7565 (Toll Free)

167 Sherbrook St

Support and counselling related to sexual violence.

Services available 24/7.

Sexual Assault Nurse Examiner

204-787-2071

Health Sciences Centre,
Emergency Dept

Provides options for medical care/
reporting to police. Provides medications
to prevent infections and pregnancy.

Services available 24/7

Heart Medicine Lodge/Ka Ni Kanichihk

204-953-5820

455 McDermot Avenue

Culturally-based support and advocacy
services for Indigenous women.
Available to all who identify as women
and are over the age of 18.

If you have
experienced
sexual violence:

**It is not
your fault**

and

**you are
not alone.**