Mark Your Calendars!

ONE BILLION RISING

STRIKE - DANCE - RISE! 02.14.13
February 14th, 2013

ONE IN THREE WOMEN ON THE PLANET WILL BE RAPED OR BEATEN IN HER LIFETIME.
ONE BILLION WOMEN VIOLATED IS AN ATROCITY
ONE BILLION WOMEN DANCING IS A REVOLUTION

On V-Day's 15th Anniversary, 2.14.13, we are inviting ONE BILLION women and those who love them to WALK OUT, DANCE, RISE UP, and DEMAND an end to this violence. ONE BILLION RISING will move the earth, activating women and men across every country. V-Day wants the world to see our collective strength, our numbers, our solidarity across borders. What does ONE BILLION look like? On February 14th, 2013, it will look like a REVOLUTION.

3rd Party Events (events organized by others on our behalf) raised over $28,000 last year! Join the fun - Organize your own 3rd party event (contact Lenore Kennedy at 250-383-5545 or lenorek@vwsac.com for more information).

Bequests

Every gift, large or small, allows WSAC to do what we do best: support and empower those impacted by sexualized violence, and work to end that violence. This year we were honoured with several end-of-life gifts – some from long time donors and others from folks we’d never known.

Special thanks to the following people for their foresight and thoughtfulness when estate planning and heartfelt condolences to all of their loved ones. Anthony Peetz, Noel Richardson, and two anonymous donors.

Women's Sexual Assault Centre

healing, education & prevention

November 2012

The Power of Story

Recently we’ve seen dozens of survivors rise up and share their personal experience with sexualized violence in very public ways. On an international scale, Eve Ensler’s compilation of personal stories told in the play ‘Vagina Monologues’ sparked a movement that has swept across the globe and become a cornerstone in the quest to create an organized response to violence against women (to be inspired visit vday.org). Victoria’s own Christy Smith of Spice Creative, founder of the Shhh... T-Shirt campaign is one local example, as is the woman who so kindly wrote to donors in our Direct Mail this November.

When a survivor chooses to tell their story publicly it is the ultimate act of healing. Speaking out and demanding change is a very real way for a survivor to reclaim her voice after experiencing sexual assault or childhood sexual abuse. When a survivor comes forward to share their story, organize on our behalf, or advocate for other survivors, she does so because she sees herself as a catalyst for change. Powerful stuff.

Survivor empowerment starts with a safe place to heal. As Brené Brown explains in her book, The Gifts of Imperfection, “When you bring consciousness to anything, things begin to shift.” Survivors are leading the way and real change is happening. Just type ‘sexual assault stories’ into your search engine and you will find hundreds of articles, blogs, and conversations online, from around the globe. But the real work of change begins with you and me, right here locally.

Together we can stop the violence.

Warmest Holiday Wishes,

Makenna Rielly, Executive Director

Women’s Sexual Assault Centre ~ #511-620 View St. Victoria, BC, V8W 1J6
**Direct Client Services**

**Continuum of Care for Survivors of Sexualized Violence**

By Judith Prat, MA, M.Ed, RCC - Manager of Direct Client Services

In Direct Client Services, we provide survivors of recent or historic sexual assault with non-judgmental emotional and psychosocial support. To do this, we offer what we call a ‘continuum of care.’

In a ‘continuum of care,’ survivors receive services as needed and progress to other areas of care all under one roof rather than attempting to access services from several different organizations.

**Why is the continuum of care important?**

We know that the sooner a survivor is connected with emotional and psychosocial support, the more likely they are to ... that navigating through a sea of multiple services can be daunting and that without a continuum of care, clients are more likely to experience frustrating gaps in care. Our goal is to make our services accessible and seamless.

Through the continuum of care, we meet clients where they are; clients access services that are meaningful for them (one person may want long term individual counselling, another may want group counselling, and yet another may just need support via the telephone to get through a difficult day). We provide service options that are relevant to client needs.

At WSAC we hold survivors through each step of the healing journey: as they make a decision to heal, face the crisis, break the silence, and learn to trust and love. We want survivors to feel acknowledged, wherever they are on their path to healing, so that they are better able to cope with the immediate crisis or issues at hand and/or work through the long-standing impacts of historical trauma.

There are many ways to heal. There is no right way. If your life has been impacted by sexualized violence, you are not alone. The Women’s Sexual Assault Centre is here to help.

WSAC’s Continuum of Care*

*Visit vwsac.com for program details

WSAC Staff authored a chapter in the book, Becoming Trauma Informed, by Nancy Poole and Lorraine Greaves (Eds). Check out: Building community capacity for trauma-informed practice by Barbara K. Peck and Stephanie R. Capyk on the Centre for Addiction and Mental Health webstore: http://bit.ly/VJKVac

Counsellors Linda Jennings & Lorinda Alix

**Project Respect**

**RHIZOME YOUTH SOCIAL ACTION TEAM**

Project Respect’s Rhizome Youth Social Action Team is in full swing developing youth-led workshops for their peers that explore issues of sexuality, consent and respectful communication. We also just received word that the youth team’s proposal to facilitate a professional development workshop for teachers at the Tapestry 2013 conference was accepted! The workshop is called “Gender in the Classroom: Creating a Safe and Gender-Inclusive Learning Environment.”

As the youth wrote in their proposal: The workshop addresses how heteronormative terms, ideas and examples in the classroom can affect student comfort around gender expression and can lead to isolation and difficulty fitting in. This workshop will discuss inclusive language surrounding gender expression and help teachers explore ways to keep their teaching and classroom environments free from heteronormative expectations.

We’re so grateful for the passion and dedication of the youth leaders involved with Project Respect who are making the revolution happen everyday! We also want to give a major shout out to the folks who fund our youth-led social action projects: Canadian Women’s Foundation, Telus Community Fund, United Way of Greater Victoria, Province of British Columbia-Community Gaming Grant, Youth Philanthropy Initiative: Brentwood College School, and RBC Foundation.

Visit vwsac.com for program details

**Poster for Rhizome Youth Social Action Camp**

Project Respect youth at WSAC AGM

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“Sexualized violence... begins with a culture of constraining and oppressive roles and expectations, so-called “gender boxes”, that violate our fundamental right to sexuality free from violence.”*

“Working with youth, we facilitate discussions that look closely at gender as a social construction that must first be deconstructed to understand how sexualized violence happens and then re-envisioned to begin opening space for alternative, diverse, and positive expressions of gender that work to equalize power relations. The process of deconstruction, which involves questioning everything from the mundane (why are girls given pink at birth while boys are given blue?) to the more systemic and oppressive (why are boys expected to always want sex? Why are sexually active girls labeled as sluts while sexually active boys given props as players?), is a prerequisite to preventing violence.”*


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WWW.YESMEANSYES.COM

At Rhizome Youth Social Action Camp, participants put post-its up exploring what sexualized violence is; they were spontaneously arranged in a heart shape.

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