

## DID YOU KNOW?

1 in 3 women  
will experience sexualized  
violence within their lifetime

1 in 2 trans people  
will experience sexualized  
violence within their lifetime

1 in 6 men  
will experience sexualized  
violence within their lifetime

Only 6% of survivors report their  
sexual assault to police

We serve over 2500 people  
each year.

Research shows that when a  
survivor receives compassionate  
support during the initial  
response, it has a significant  
impact on their healing

## THANK YOU TO OUR FUNDERS & GRANT PROVIDERS

Ministry of Justice - *Stopping the Violence & Victim Services contracts.* Province of British Columbia - *Community Gaming Grant - Project Respect & youth-focused counsellor.* Provincial Employees Community Services Fund - *Crisis & Information Line, Information Meetings, Workshops for Supporters.* United Way of Greater Victoria - *Project Respect.* Vancouver Foundation - *Trans\* Inclusion.* Canadian Women's Foundation - *Project Respect.* Telus Community Fund - *Project Respect.* Government of Canada - *Canada Summer Jobs - Project Respect.* Status of Women Canada - *Preventing and Responding to Sexualized Violence.* Girls Action Foundation - *Project Respect.* Thrifty Foods Smile Card Program - *Signage and Promotional Material.* Harweg Foundation

"Thank you for helping me help myself. Thanks to you I have discovered strengths I did not know I possessed."  
~ VSAC client

"Group counselling gave me back myself when I saw my experience reflected in others"  
- VSAC client

## WHAT WE OFFER?

What exactly does the Victoria Sexual Assault Centre *do*?

### Crisis and Information Line –

Available 24/7 through a partnership with the Vancouver Island Crisis and Information Line, this line is available to anyone directly or indirectly affected by sexualized violence. This Line offers emotional support, connect with services, as well as find out about resources. **250-383-3232**

### Sexual Assault Response Team (SART) –

Provides recent survivors of sexual assault with a coordinated and collaborative emergency response. SART provides immediate support, referrals and if the survivor chooses, medical attention and options for reporting to police.

### Victim Services Program –

Provides support to survivors either going through or considering going through the criminal justice system. Our victim service workers support survivors through reporting to police, provide case status updates as well as provide accompaniment throughout the court process.

### Counselling Programs –

We have a team of 7 counsellors that provide short-term counselling, long-term counselling as well as group counselling. Women and trans survivors can access counselling for recent sexual assaults or historical cases of sexual assault and childhood sexual abuse.

### Trans Inclusion –

The active process of making our services accessible and welcoming to trans survivors, which includes updating our resources and policies to be trans-inclusive, providing community-based workshops & consultations with an advisory committee.

### Community-Based Response

**Network** - Designed to coordinate a sustainable network of organizations and other stakeholders in Victoria, BC, with the goal of developing strategies to better respond to sexualized violence across diverse communities. The network is currently comprised of the

Victoria Native Friendship Centre, the Intercultural Association of Greater Victoria, Child Abuse Prevention and Counseling Society of Greater Victoria, PEERS Resource Society, Victoria Women's Transition House and Victoria Immigrant and Refugee Centre.

### Prevention programs:

**Project Respect** - A prevention program that consists of youth and adults who work together to create awareness and dialogue around the issue of sexualized violence by encouraging critical thinking and addressing root causes.

Project Respect offers school-based workshops for youth 12-21. Using fun games, discussion, and other tools, youth learn how to identify and communicate sexual boundaries and learn why asking for consent and challenging gender stereotypes is key to creating positive and equal relationships.

**Shift Project** - A four-year project (2013-2017) which is part of a national network of projects, funded in large part by the Canadian Women's Foundation, that is focused on creating responsive, school-based, youth-led social action toward ending violence.

**Top Left** - A youth-led movement focused on engaging boys and young men in working to end violence against girls, women, and trans people.

**Hollaback! Victoria** - An online space for people to share their stories of street harassment and join the movement to end street harassment backed by a network of activists around the world.

**Rhizome** - A space for youth to meet up and network with other youth from Victoria to explore how sexualized violence happens in their lives and communities, and how we can prevent/end it through social action.

fall  
2014

## OUR MISSION

The Victoria Sexual Assault Centre is a feminist organization committed to ending sexualized violence through healing, education, and prevention. We are dedicated to supporting women and all trans\* survivors of sexual assault and childhood sexual abuse, through advocacy, counselling, and empowerment.

## VSAC BOARD OF DIRECTORS

Heidi Exner, Co-Chair  
Sean Dhillon, Co-Chair

Kelly Branchi  
Julia Denley  
Jean Ference  
Gulrose Jiwani  
Nat Johnstone  
Lisa Josza  
Sinan Soykut

Makenna Rielly,  
Executive Director



Victoria Sexual  
Assault Centre

healing, education & prevention

## BEGIN BY BELIEVING...

When someone experiences sexualized violence, some of the biggest deterrents to seeking help can be the fear that they will not be believed, fear of being blamed, and fear that what happened will not be seen as important.

Recently, we have seen survivors take to twitter using the hashtag #beenrapedneverreported to share why they never came forward. There were thousands of stories, and each one explained why survivors of sexual assault and childhood sexual abuse make the choice NOT to report their experience to police, or even share with close friends and family. Many will never tell anyone. At Victoria Sexual Assault Centre we begin by believing and acknowledging that however people choose to share, or not share, their experience is valid.

Over the last month we have seen a conversation about sexualized violence unfold in the media. Gabor Maté, M.D., Vancouver-based author and speaker, said: "The problem is worldwide... We fool ourselves if we believe that our advanced society has come even near to resolving it. A new consciousness and a new conversation are needed." Our hope is that we are in the midst of cultural change regarding how we think and talk about sexualized violence, colonialism, patriarchy, and other issues of power and control.

As the majority of the country wakes up to the realities of sexualized violence and begins the conversation about how we, as a society, intend to make shifts, we have to give credit to all the people that have been doing this work every day and live with the realities of sexualized violence in our communities. The Victoria Sexual Assault Centre continues to work to fulfill our mission to end sexualized violence through healing, education, and prevention. This is a complex issue and we all have a part to play. Let's all begin by believing...

We could not do our work without the support of thousands of donors who ensure our crisis line remains staffed and our doors remain open. Best wishes to you all for a happy holiday season,

*Makenna Rielly*

Makenna Rielly,  
Executive Director

"When someone shows you who they are, BELIEVE them." -Dr. Maya Angelou

Want to get connected or learn more? Call 250-383-5545 or email [info@vsac.ca](mailto:info@vsac.ca)

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VISIT OUR WEBSITE AT [WWW.VSAC.CA](http://WWW.VSAC.CA) ~ CHARITABLE BUSINESS NUMBER: #10822 0054 RR0001

# NEW PROGRAMS!



Meet **Kara Taylor**,  
Community-Based  
Response Network  
Coordinator.

### What is the purpose of the Community-Based Response Network?

Ultimately, our goal is to better respond to sexualized violence in the greater Victoria area by collaborating with multiple agencies and developing strategies to better serve multiple communities.

This is a 2 year project funded by Status of Women Canada. Currently we are working with six partner agencies, The *Victoria Native Friendship Centre*, *The Intercultural Association of Greater Victoria*, *Child Abuse Prevention and Counseling Society of Greater Victoria*, *PEERS Resource Society*, *Victoria Women's Transition House* and *Victoria Immigrant and Refugee Centre*.

**How come the Victoria Sexual Assault Centre decided to initiate this network?** Internally we were asking ourselves, "Who is accessing our services and who is not?" We recognize that the services that are available may not be accessible or desirable to everyone. It became apparent that many of our partners know that violence is happening, but they do not necessarily have the mandate or the funding to address it.

This network will work to not only improve the services we offer

at VSAC, but also support other agencies in doing this work. We want to create options for survivors in our communities.

**This network is still new, what has been the most exciting so far?** The relationships we are building between agencies.

### Why do you think it is important to build these relationships?

It is so valuable! It allows us to understand each other's services, and learn from each other's experiences. Relationship building helps with problem solving and addressing gaps in services or communication.

### Considering how busy all of the network agencies are, why do you think everyone was so willing to be part of this network?

I think because they see it as necessary to address the violence that is happening. Everyone is seeing the pain in the communities that they live and work in and see the necessity in supporting not only the clients but also the staff that are working with these clients. We have to ask ourselves, "How do we become better at supporting people where they are at?"

Also, the funding we have received for this project allows the work we do as a network to be supported financially in terms of staff time, community honoraria, and other logistic needs. It is all too common to see "collaboration" as part of a project, without the funds allocated to do so.

### What do you see as the benefits of having a community-based response network?

Having multiple perspectives is huge! There is a lot of expertise at the table and it has helped to recognize that we cannot work in silos and we need to work together.

Meet **Megan Quigley and Sage Lacerte**, Co-facilitators for the Building Bridges to Justice Project.



### What is the purpose of the Building Bridges to Justice Project?

Building Bridges to Justice is a project that is happening across Canada in four communities, with the aim of creating tool kits and curriculum to address intimate partner violence in the lives of young self-identified women. The curriculum will center the needs and knowledge of the youth participants as core contributors to the direction of the project. Participants will explore what justice means for them, what supports already exist, and what else is need-

ed to increase their access to justice. The project aims to be responsive to the diverse social contexts in which young women across our communities are experiencing violence. The curriculum or process developed with young women to address these issues will then be made available through the Girls Action Foundation as a resource for community organizations across Canada who work with youth who experience barriers

### Why is it important to include the voices of youth/young people?

In terms of responses to and prevention of violence, developing relationships with youth and bringing in their expertise and knowledge is crucial in ensuring that services are inclusive, accessible, and relevant. Through this project, young people can cultivate and imagine what justice looks like to them and create the communities they want to be a part of.

### How is justice defined in this project?

That is the question we are hoping to answer! The Building Bridges to Justice working group has worked hard to incorporate inclusive considerations of what the narrative of justice is. I think a

key part of the project is to recognize that every community and every person will have a unique and dynamic understanding of what justice means to them. The project therefore works towards centering the narratives of young people who experience barriers to define justice for themselves and to feel supported in accessing the justice they envision.

### What excites you about this program?

One of the most exciting aspects of this project for me is the concrete opportunities for VSAC and the youth involved to co-create curriculum. The language of justice can often create barriers for young people to express their experiences, but the openness of defining justice in the project is affirming and exciting, and I look forward to exploring it with the group.

"As a young person, this is a great project to be a part of because I get to connect with people my own age, but from a different point of view as I am one of the facilitators. It is great to be in a position where I can help start conversations and create space for other young people get to share their experiences, thoughts and aspirations."

**Sage LaCerte**, youth co-facilitator

# WAYS OF GIVING

## 100% of Your Donation!

We fundraise in a multitude of ways including telemarketing, events and on-line campaigns, just to name a few. We appreciate all donations, regardless of the size or the method in which you choose to donate. However, when you donate directly to our agency through one of our mail campaigns or simply by calling us, **100% of your donation will go towards the healing, education and prevention provided by the Victoria Sexual Assault Centre.**

## \$1000 Club

Join the \$1,000 Club and commit to donating \$1,000 this year or by becoming a monthly donor at \$85 per month! We started the "\$1000 Club" in 2007 and since then we have had 120 people join and together they have raised \$120,000 for the Victoria Sexual Assault Centre. Our goal is to reach 150 people to make a grand total of \$150,000! That means **we just need 30 more people to join the "\$1000 club" this year** to reach our goal. Become a member of this club by contacting Lenore Kennedy today at (250)383-5545 or [development@vsac.ca](mailto:development@vsac.ca).

## Call Us

If you would prefer to donate over the phone, free feel to give us a call! You can reach us at **250-383-5545** on Monday to Friday between 9am - 5pm. Just ask for Lindsay, Lenore, Gagan or Kate and we will be happy to help you over the phone.



## A Place to Call Home: Leaving a Gift in Your Will

It is **only** through the generosity of individuals who decided to leave a donation to the Victoria Sexual Assault Centre in their will that we were able to purchase our current counselling and office space. Having a place we can call home not only means increased financial stability for our agency, but it means that survivors have a warm, welcoming space to heal.

If you want to make a gift that ensures the health and vitality of the Victoria Sexual Assault Centre and guarantees that cost-free services remain available to survivors of sexualized violence, consider leaving a bequest in your will. A bequest can be any size, and anyone who makes a will can leave a portion of their estate to a charity.

If you are considering making a planned gift to VSAC, we would be pleased to meet with you and to recommend next steps. We also encourage you to consult with a professional advisor who can tell you about the tax benefits of planned gifts and explain various ways to leave a legacy gift.

Lenore Kennedy - 250-383-5545  
[development@vsac.ca](mailto:development@vsac.ca)

## OUR 2014 AGM

We held our AGM on Tuesday, September 30<sup>th</sup> at the Cedar Hill Golf Course. Dr. Sarah Hunt was our guest speaker at the event. Sarah spoke on the topic of representing resistance: Indigenous approaches to gender, self-determination and anti-violence activism. With over 15 years experience as a community-based researcher and educator, we are grateful that Sarah was able to join us at our AGM and offer her insights and help us inform the work we do at the Victoria Sexual Assault Centre.

Five new Board members were also voted in at our AGM. We are pleased to have Nat Johnstone Sinan Soykut, Gulrose Jiwani, Lisa Jozsa & Jean Ference join our Board and we excited about the expertise and knowledge they will bring to our agency.



Some of our staff, Board and community partners at our 2014 AGM.

## Find us on the Web!

[www.vsac.ca](http://www.vsac.ca)

[www.yesmeansyes.com](http://www.yesmeansyes.com)

We now have a blog! Keep up-to-date at: [www.vsac.ca/blog](http://www.vsac.ca/blog)



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