



Spring 2018

RESISTING VIOLENCE, SUPPORTING SURVIVORS

For far too long sexual assault has been shrouded in silence. Survivors have feared speaking out because of the societal shame and blame that is often placed on them. But as more and more survivors bravely speak out, others are emboldened to share their stories.

For the last couple years there have been a proliferation of social media campaigns focused on sexualized violence, including #yesallwomen, #beenrapedneverreported, #MeToo, and #TimesUp. Since the #MeToo* campaign took off last fall many survivors have spoken out about their experiences of sexualized violence and harassment. And it feels like we are at a tipping point.

SEXUALIZED VIOLENCE IS NEVER JUSTIFIABLE.
IT IS ALWAYS THE RESPONSIBILITY OF THE PERSON WHO COMMITTED THE VIOLENCE.
IT IS NEVER THE FAULT OF THE SURVIVOR.
VICTORIA SEXUAL ASSAULT CENTRE - WWW.VSAC.CA

These campaigns, supported by years of activism by survivors and feminists, are shifting the conversation about sexual assault. Together we are challenging the culture of violence and misogyny that underpins sexual assault and demanding an end to violence and harassment.

As people speak out, the shame and stigma of sexual assault is also being challenged. Society is being pushed to listen to and believe survivors, and begin holding perpetrators accountable for their actions.

Another result of these campaigns is a surge in requests for services at the Victoria Sexual Assault Centre (VSAC). Survivors are reaching out for support and healing in numbers like we have never seen before.



In the past year requests for services have increased by:

- 22% for crisis counseling and criminal justice system support
- 173% for the Sexual Assault Response Team

We project that the demand for these services will continue.

As survivors continue to come forward it is critical that they have access to crisis support, counseling, and justice system support. **Supporting survivors is one of the strongest acts of resistance to violence you can make.** You ensure these services are available and accessible.

Your support means so much to each and every survivor that walks through our doors. Without you, we would not be able to sustain our services. **Thank you for standing in support of survivors.**

*The phrase "Me Too" was originally coined in 2006 by American activist Tarana Burke to raise awareness of the pervasiveness of sexual assault.



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CHARITABLE BUSINESS NUMBER: #10822 0054 RR0001

Become a Fast Five Fundraiser!

Want to take action to support survivors of sexual assault and have fun while doing it? It's not too late to start a Fast Five Fundraiser! This March VSAC supporters are getting creative to raise \$500 or more for the Victoria Sexual Assault Centre! All you need to get involved is a good idea and a passion for supporting survivors.

Here are some ideas to get you started:

- Host a raffle at your workplace
- Have a bake sale
- Host a game night, quiz night, or karaoke night
- Make something crafty and sell it to friends, family and colleagues
- Piggy Bank Challenge: Ask friends, family or colleagues to collect their change for the month of March
- The Pyramid: make a team of 5, each team member asks 5 friends to donate \$20

SWEET TREATS

We are fundraising with Purdy's Chocolatier, just in time for Easter! This is a great opportunity to get your sweet treats and support a good cause.

If you'd like to support Victoria Sexual Assault Centre through purchasing some sweet Easter gifts for friends, family and yourself, please visit this link:
<https://www.purdysgpp.com/692912>



Don't want to create your own event? No problem! Check these out:

- Shi Studio (local jewelry designer) Trunk Show, March 26th
- Hoynes Brewing is donating proceeds from the sale of flights of beer for the month of March

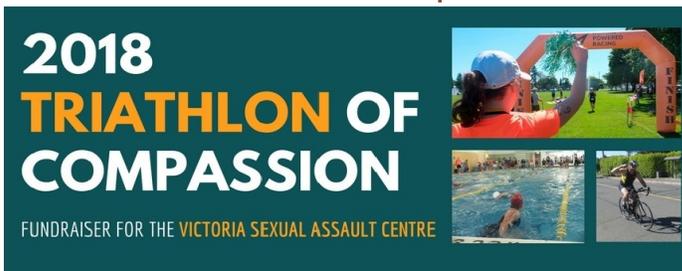
Visit our [website for more details](http://www.vsac.ca/fastfive) on these and other Fast Five Fundraisers and to learn more about starting your own: www.vsac.ca/fastfive



After you've signed in, you can buy our amazing chocolates or invite others to join and support our fundraising campaign. Easter just got a whole lot sweeter!

Thank you so much!

Join us for the 25th Annual Triathlon of Compassion!



When: Sunday June 24, 2018
Where: Esquimalt Rec Centre
Register: www.triofcompassion.com

The Triathlon is VSAC's longest running fundraiser, and over the past 25 years has raised over \$275,000 in support of survivors of sexual assault! This fun and family-friendly event sees athletes of all abilities and ages come out to swim, bike and run to support VSAC's programs and services.

If you ever had "completing a triathlon" on your bucket list, the 25th anniversary of the Tri of Compassion is the perfect opportunity to make your goal a reality.

The word *triathlon* can be intimidating but the Triathlon of Compassion really puts the "try" in Triathlon - our focus is on completion, not competition!

It is a shorter distance triathlon (500m swim, 20k bike and 5k run), making it an ideal event for beginners and a great tune-up for experienced athletes! The event also features race distances for kids, ages 5 years old and up.

In addition, there are great prizes for the top fundraisers like a new bike.

The 2018 Triathlon of Compassion is now open for registration. Sign up as an individual or a team!

Questions? Contact Carissa Ropponen at 250-383-5545 or carissar@vsac.ca. We hope to see you in June!

Production of this newsletter was generously discounted by:

