

## Campus



### Security Services (24 hr)

- [mru.ca/security](http://mru.ca/security)
- 403.440.5900 emergency
- 403.440.6897 non-emergency

### Dating, Domestic and Sexual Violence Response Advocate

- [mru.ca/sexualviolence](http://mru.ca/sexualviolence)
- 403.440.5623

### Iniskim Centre

- [mru.ca/iniskim](http://mru.ca/iniskim)
- 403.440.5596

### Student Counselling Services

- [mru.ca/counselling](http://mru.ca/counselling)
- 403.440.6362

### Health Services Clinic

- [mru.ca/healthservices](http://mru.ca/healthservices)
- 403.440.6326

### Mental Health Nurses

- [mru.ca/mentalhealth](http://mru.ca/mentalhealth)
- 403.440.6326



### SAMRU Peer Support

- [samru.ca/psc](http://samru.ca/psc)
- 403.440.6269

### SAMRU Student Advocacy Resource Centre (SARC)

- [samru.ca/advocacy](http://samru.ca/advocacy)
- 403.440.7779

## Community

### GENERAL RESOURCES



### Calgary Immigrant Women's Association

- [ciwa-online.com](http://ciwa-online.com)
- 403.263.4414



### Calgary Communities Against Sexual Abuse

- [calgarycasa.com](http://calgarycasa.com)
- 403.237.5888, 1.877.237.5888

- Alberta's **ONE LINE** for Sexual Violence  
1-866-403-8000
- One line (call or text)  
1.866.403.8000

The Alberta One-Line provides private, toll-free talk-text and chat service that connects individuals who have been impacted by sexual violence to specialized support.



### Centre for Sexuality

- [centreforsexuality.ca](http://centreforsexuality.ca)
- 403.283.5580



- [sagesse.org](http://sagesse.org)
- 403.234.7337



- [clg.ab.ca](http://clg.ab.ca)
- 403.234.9266



- [calgarywomensshelter.com](http://calgarywomensshelter.com)
- 24-hour family helpline:  
403.234.7233 (SAFE)  
Toll-free: 1.866.606.7233  
TTY: 403.262.2768



- [awotaan.org](http://awotaan.org)
- 24-hour crisis line:  
403.531.1972  
403.531.1976

### 24-HR CRISIS SERVICES



### Calgary Sexual Assault Response Team (CSART)

\*accessible only within the first 96 hrs after an assault has taken place (can be accessed through the Children's Hospital and Sheldon M. Chumir Urgent Care Centre or any emergency department or urgent care centre).



### Wheatland Crisis Society

- [strathmoreshelter.com](http://strathmoreshelter.com)
- 24-hour crisis line: 403.934.6634  
Toll-free: 1.877.934.6634



- [calgarycounselling.com](http://calgarycounselling.com)
- 24-hour crisis line: 403.266.4357

### Family Violence Info Line

- 24-hour provincial helpline:  
310.1818



- [ywcalgary.ca](http://ywcalgary.ca)
- 24-hour crisis line: 403.266.0707



### SECURITY SERVICES ARE AVAILABLE 24/7

If you have questions or comments about this folder you can contact the Sexual Violence Response and Awareness Coordinator at [cionson@mtroyal.ca](mailto:cionson@mtroyal.ca) or 403.440.5623. The Vice-President Student Affairs of the Students' Association of Mount Royal University can also be contacted at [vpstudentaffairs@samru.ca](mailto:vpstudentaffairs@samru.ca) or 403.440.6407

# Responding to a disclosure of Dating, Domestic and Sexual Violence

mru.ca/sexualviolence

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## Listen

- ◆ Listen without judgement
- ◆ Be comfortable with silence
- ◆ Allow them to disclose at their own pace

*"Take your time"*

*"Thank you for telling me"*

2

## Believe & Validate

- ◆ Often times people fear they won't be believed or their experience will be minimized or seen as "not that bad"
- ◆ Take the disclosure seriously
- ◆ Reassure the student that you believe them, you are there to listen and support them
- ◆ Reassure the student that it was not their fault

*"I believe you"*

*"This was not your fault"*

*"It is okay to feel \_\_\_"*

3

## Restore Choice & Power

- ◆ Allow them to have control over all decisions related to their recovery experience, including how they want to be supported
- ◆ Respect their decisions in what they want to do next
- ◆ Provide them with options and resources available
- ◆ Trust their expertise in their life and deciding what is best for them

*"I will support whatever decision that you decide to make"*

*"You get to choose what to do next"*

*"I will help you find support"*

*"You can tell me as little or as much as you'd like"*

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## Be Aware

- ◆ Be aware of your own feelings and triggers
- ◆ Only make promises you can keep and take on what you can handle
- ◆ Don't probe for details
- ◆ Don't judge someone on their behaviours or choices they made before, during or after a traumatizing experience
- ◆ Consider what your own biases are
- ◆ Don't pressure someone into reporting or going to counselling

### SIGNS OF A

## Healthy Relationship

- ◆ You trust each other
- ◆ You both have equal power
- ◆ You have the space to make your own decisions
- ◆ You make decisions that concern the relationship together
- ◆ You both communicate openly and truthfully
- ◆ You feel comfortable to express your inner feelings, thoughts and wishes
- ◆ Your arguments are productive and fair
- ◆ You share responsibilities and tasks
- ◆ You support each other
- ◆ You can disagree
- ◆ You have fun together

### WARNING SIGNS OF AN

## Unhealthy Relationship

- ◆ Your partner does not hear and accept 'No'
- ◆ You feel pressured, intimidated, or coerced into making decisions you otherwise would not
- ◆ Your partner can be extremely jealous, insecure or has an explosive temper
- ◆ You are constantly being judged, criticized or put down
- ◆ You feel pressured to have sex or engage in sexual activities you don't want to do
- ◆ Your partner monitors what you do or keeps you from going out
- ◆ Your phone and email is being checked without your permission
- ◆ You are discouraged from spending time with family or friends
- ◆ Your partner makes excuses for their behaviour and denies any wrongdoing or personal responsibility

## Abusive Behaviours

### PHYSICAL ABUSE

- ◆ Pushed, shoved, kicked, slapped, bitten, strangled, hit, punched
- ◆ Denied help when ill, injured or pregnant
- ◆ Locked out or denied access into the home
- ◆ Use of weapons or objects against the individual
- ◆ Abandoned in a dangerous situation
- ◆ Not being allowed to leave a situation through physical force

### EMOTIONAL & PSYCHOLOGICAL ABUSE

- ◆ Threats of harm to individual, family or pets
- ◆ Belief systems, race, heritage, class, sexual orientation or religion is ridiculed
- ◆ Manipulated with lies and contradictions
- ◆ Stalking

### SEXUAL ABUSE

- ◆ Forced to have sex or watch sexual acts
- ◆ Forced to have sex as a condition of the relationship
- ◆ Forced to perform sexual acts or have sexual acts performed on them

### ECONOMIC ABUSE

- ◆ Denied access to bank accounts, credit cards or vehicle
- ◆ Prevented from getting or keeping a job or from going to school
- ◆ Limits access to health, prescription or dental insurance
- ◆ One partner controls all the finances

If you or someone you know has been victimized by dating, domestic or sexual violence, you are not alone. Help is available.

The Dating, Domestic & Sexual Violence Support Advocate is a confidential support for community members at Mount Royal University who have been victimized by dating, domestic, and sexual violence. **An advocate can help you with:**

- ◆ Immediate support
- ◆ Information about resources on and off campus
- ◆ Academic Accommodations
- ◆ Options for reporting to the Police & MRU
- ◆ Initiating a report to MRU and providing support throughout the process
- ◆ Safety plans

Response Advocates are available for students, faculty and staff who have experienced dating, domestic, and/or sexual violence recently or historically.

### ACCESSING AN ADVOCATE:

Office of Campus Equity and Meaningful Inclusion - C201  
Book an appointment at [mroyal.ca/sexualviolence](https://mroyal.ca/sexualviolence)

403.440.5623

[sexualviolence@mroyal.ca](mailto:sexualviolence@mroyal.ca)

## KEY COMPONENTS OF

# Consent

- ◆ Consent is the active and affirmative agreement to engage in physical contact or sexual activity.
- ◆ Consent is ongoing and can always be withdrawn (e.g. kissing does not necessarily lead to oral sex).
- ◆ Consent is always necessary and never assumed, even in relationships: no one is ever 'owed' sex.
- ◆ It is the responsibility of the person pursuing a sexual activity to ensure that there is unambiguous consent.
- ◆ In some situations consent cannot be truly given or shared - too drunk, asleep, duress, not the age of legal consent, etc.
- ◆ No consent means STOP, not try and convince. If someone does not stop, they are sexually assaulting.
- ◆ The absence of a no does not mean a yes.
- ◆ Impaired judgement of the person pursuing sexual activity is not an excuse for sexual violence.

## BYSTANDER

# Interventions

- ◆ If you see someone being harassed there are many effective ways that you can respond, depending on the situation.
- ◆ **Distract:** Create a distraction. Walk over and change the conversation or redirect the focus. Give the person being bothered time to get away.
- ◆ **Direct:** Directly confront the situation if you feel safe. Help the person leave or ask the harasser to stop.
- ◆ **Delegate:** Find someone in charge of the space (bartender, bouncer, supervisor, etc.) to help with the situation.
- ◆ **Delay:** If none of these work, or it doesn't feel safe to step in, wait it out. Check in with the person later to offer support.
- ◆ For enhanced skills on how to respond to a disclosure of sexual violence or how to be an effective bystander please register or request a training at [mru.ca/cemi](http://mru.ca/cemi).

## Sexual Violence Myths & Facts

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#### MYTHS

Sexual assault is rare

Sexual assault happens when someone can't control themselves

If a person is not visibly upset, it must not be that serious

People lie about being sexually assaulted for attention or to manipulate a situation

Sexual assault is usually perpetrated by strangers

After being in a relationship for a while, consent is no longer important

Women who use poor judgement, drink too much, dress provocatively and go out alone will probably be sexually assaulted eventually

Men cannot be sexually assaulted

#### FACTS

39% of women have been victimized by someone else at least once. 1 in 5 women will experience sexual assault while in post-secondary.

Sexual assault is a choice related to asserting power and control over someone else. Sexual assault is not about sex.

Everyone responds to trauma differently. Some may cry, while others remain calm. Behaviour is not an indicator of what they experienced.

False reports are extremely rare. Studies show that between 2%-9% of reports are false.

Most sexual assaults (82%) are perpetrated by someone who is known to and trusted by the survivor, including friends, acquaintances, dating partners, and spouses.

No one ever has ownership over someone else's body. Every time two people engage in sexual activities, consent must be obtained.

Sexual assault is not a consequence of somebody's judgement. Sexual assault occurs when someone makes the decision to sexually assault someone else.

Anyone can be sexually assaulted. 1 in 6 boys are victimized by childhood sexual abuse. 3% of men report they have been sexually assaulted at some point in their lifetime.

## Dating & Domestic Violence Myths & Facts

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#### MYTHS

If the violence is so bad, the person being victimized will leave.

Jealousy and possessiveness is a sign of true love.

Abusers cannot be loving partners.

Domestic violence is an anger management problem.

Both sides are probably at fault when domestic and dating violence occurs.

Domestic and dating violence mostly occurs within straight relationships.

#### FACTS

When someone chooses to leave an abusive situation, the risk for violence escalates as the person being abusive works to maintain power and control over the person leaving. Leaving an abusive relationship is the most dangerous time for potentially life-threatening danger.

There can be financial and legal ties, as well as emotional ones. Abuse typically starts when an emotional connection has already developed.

Many feel afraid to leave. Victims of domestic violence are most at risk for being murdered while in the process of leaving the relationship. Sometimes there is pressure to stay from family, community and cultural belief systems.

For those who are LGBTQ+, there can be complicating factors, such as being outed or excluded from community.

For those who have a disability, they may be reliant on their abuser for necessary care.

There are also additional barriers of language, race, culture, ability, and class to access resources and support services such as shelters, counselling or the police.

Some feelings of jealousy are normal, but extreme jealousy can indicate a lack of trust or seeing one's partner as a possession. Jealousy is a common early warning sign that a relationship will become abusive.

Often people who behave abusively are loving partners when they are not being abusive, which can be a reason why people have difficulty leaving.

Domestic violence is deliberate. Abusers choose who to abuse, when and how.

Nearly always when abuse and violence occurs within intimate relationships, it is because one partner is trying to dominate and control the other.

Prevalence rates for violence are the same in LGBTQ+ relationships as they are in straight relationships.