

## Sexual Violence Support and Reporting

**Did you know The Red Zone consists of the first six to eight weeks of the fall semester at post-secondary institutions, where the number of sexual assaults is heightened compared to other times of the year. Join us in bringing awareness onto campus and check out the events from the SVEPC office!**

Brandon University is committed to maintaining a safe and respectful learning environment for all students. If you or someone you know has experienced sexual harassment, assault, or any form of gender-based violence, there are several ways to seek support and report incidents:

1. **REES (Respect, Educate, Empower, Survivors) Platform:**

- Log in to your REES account to access resources, connect with support services, and report incidents. REES provides a confidential and secure platform for survivors to seek assistance and explore their options. Anonymous reporting, repeat perpetrator identification, connect to my campus, and anonymous messaging with SVEPC.



2. **Visit the Sexual Violence Education and Prevention Centre (SVEPC):**

- Our SVEPC office, located 312 Clark Hall, offers confidential support and information. You can drop by during office hours to speak with Jessica Laxdal, SVEPC. Community resources in Brandon and Westman available on Brandon University Sexual Violence page.

3. **Contact the SVEPC, Jessica Laxdal:**

- **Phone:** Text/Call 431-542-1707 \*not a 24/7 monitored crisis line\*
- **Email:** [Laxdal@BrandonU.ca](mailto:Laxdal@BrandonU.ca)
- **Instagram:** @BU\_Sexualviolenceprevention
- **BU Website:** [www.brandonu.ca/sexualviolence/get-help/](http://www.brandonu.ca/sexualviolence/get-help/)

4. **Reach Out to a Staff/Faculty Member:**

- If you feel comfortable, you can approach a trusted staff or faculty member. They can connect you with the SVEPC and provide guidance on available resources.

5. **Accommodations and Safety:**

- Even if you choose not to pursue a formal investigation, accommodations can be made to ensure your safety and well-being. We prioritize your comfort and security. Examples of possible interim measures include change in residence, change in work or class assignment with support of student services, no contact with specified individuals, increased monitoring and supervision, ongoing support with SVEPC.

The SVEPC office is a place you can feel safe, valued and heard. Remember that seeking support is an essential step, and you are not alone. Your well-being matters, and we are here to support you. Whether you need a quiet space to study, a listening ear, or just a friendly chat, my door is always open. Here, everyone is welcome, and together we can create a supportive and inclusive environment. Looking forward to meeting you!

Jessica Laxdal- SVEPC

## You are not alone

Reach out if you are unsure, have questions, or just want to talk.

## On-campus support

Brandon University offers supports to members of the campus community during all normal business hours.

### Sexual Violence Education Prevention Coordinator — Jessica Laxdal

Office: 312 Clark Hall

Phone: 204-727-9740

Cell: 431-542-1707

Email: LaxdalJ@BrandonU.ca

### Student Services Personal Counsellors

Office: 102 A.E. McKenzie Building

Phone: 204-727-9785 to schedule an appointment

## Remind yourself

- ▶ It was never your fault
- ▶ Whatever your reactions, they are normal
- ▶ Many people don't tell anybody for many years
- ▶ Most perpetrators of rape or abuse are known to their victims
- ▶ You are not alone...  
And there is support

## Resources in Brandon and Westman

Many supports are available in the area at any time of the day or night.

### Klinic Sexual Assault Crisis Line (24/7)

1-888-292-7565

### Women's Resource Centre

thewomenscentrebrandon.com

### Westman Crisis Services

#### Mobile Crisis Unit (24/7)

204-725-4411

1-888-379-7699

### Manitoba Suicide Prevention

#### and Support Line (24/7)

Crisis Line: 1-888-322-3019

Suicide Line: 1-877-435-7170

### First Nations & Inuit

#### Hope for Wellness Help Line (24/7)

1-855-242-3310

### Trans Lifeline (24/7)

1-877-330-6366

### Farm, Rural & Northern Stress Line

1-866-367-3276



## Self-Care for Survivors of Sexual Trauma



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## How do people respond to sexual assault?

All survivors suffer trauma in different ways. How you feel will depend on many things such as:

- ▶ The support you receive from family and friends;
- ▶ The reaction of people you meet after the assault;
- ▶ Your own past experiences with trauma.

Some common reactions include: shock, denial, self-blame, shame, anger, anxiety, mood swings, self-harm, suicidal thoughts, changes in eating and sleeping.

## If you have experienced sexual trauma ...

Medical care can address concerns around:

- ▶ Internal and external injury;
- ▶ Sexually transmitted infections;
- ▶ Pregnancy and emergency contraception.

Depending on your location, a medical professional can collect evidence for a police investigation for 3-5 days after an incident. You can get medical care at your doctors, a hospital, a walk-in or an STI clinic at ANYTIME following a sexual assault.

Adapted from [klinik.mb.ca](http://klinik.mb.ca)

## Self-care after trauma

Whether the sexual trauma occurred years ago or recently, self-care strategies can assist you to cope with short- and long-term effects.

### Physical Self-Care

When you are coping with trauma it is important to keep your body healthy and strong. Think about the last time you felt really physically healthy and ask yourself the following questions:

- ▶ How were you sleeping?
- ▶ What type of foods were you eating?
- ▶ What type of exercise were you doing?
- ▶ Did you perform any specific routines?

### Emotional Self-Care

Emotional self-care means different things to different people. The most important thing about emotional self-care is being in tune with yourself, and knowing what makes you feel grounded, calm and balanced. To help you decide what makes you feel that way, think about a time where you felt grounded, calm or balanced and ask yourself the following questions:

- ▶ What fun or leisure activities were you enjoying?
- ▶ Did you write your thoughts in a journal or a diary? Were you drawing, making music or using some sort of other creative expression?
- ▶ What supports were you using?
- ▶ Were meditation or relaxation a part of your regular schedule?
- ▶ What inspirational words were you reading?
- ▶ Who did you spend time with?
- ▶ Where did you spend your time?

Adapted from [rainn.org/about-rainn](http://rainn.org/about-rainn)

## Coping with flashbacks, intense anxiety or panic

The following strategies are “grounding” strategies

- ▶ Get out of the situation, if possible
- ▶ Breathe deep breaths through your nose and exhale slowly through your mouth
- ▶ Call someone you trust and express your feelings to them
- ▶ Move around or engage in physical activity
- ▶ Focus on the simple objects around you. Many people find it helpful to go through the sequence of identifying: 5 things they can see, hear, smell
- ▶ Remind yourself of the current time, place, etc.
- ▶ Use positive self-talk in conjunction with slow breathing
- ▶ Ask yourself: “What is the most supportive thing I can do for myself right now?”

Adapted from [womenscollegehospital.ca](http://womenscollegehospital.ca)

## Free phone apps

### The Mindfulness App

Includes a 5-day guided meditation practice, reminders for when it is time to relax and other offers based on individual meditation habits. Free with trial

### Headspace

A meditation app that is perfect for people starting a meditation routine. Includes \$10 fee exercised as a trial that can help you learn about meditation and how you might apply it in your life.

### Calm

Calm offers a wide range of guided meditations to help people to add more relaxation to their lives.

**Get  
Tested!**

**Healthy Sexuality  
Harm Reduction &**

**FREE & CONFIDENTIAL**

**CLINIC OPEN**

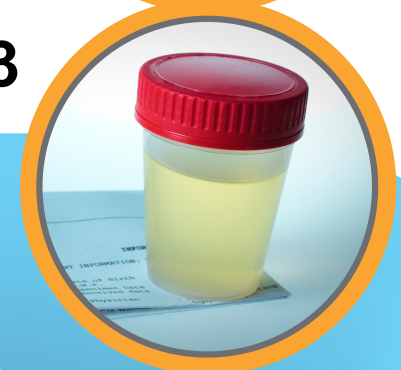
**for WALK-INS  
Monday to Friday  
9:30 am - 4 pm**

***Brandon Public Health Office  
A5-800 Rosser Ave.  
(Town Centre)***

- Condoms
- STBBI urine & blood testing  
(Sexually Transmitted Blood Borne Infections)
- Birth control supplies
- Emergency contraception
- Safer Injection Supplies
- Naloxone Kits
- Safer smoking supplies

**To book an appointment call on 204-578-2513**

***Closed on Stat. Holidays***



# Sexual Violence can happen to anyone

Brandon University has partnered with **REES (Respect, Educate, Empower Survivors)** to provide online reporting for sexual violence on campus.

This display is to create awareness of the **RED ZONE** which is the first six to eight weeks of fall semester where sexual assault is heightened at post-secondary institutions. Check out our pick of books, research articles and other resources.

**Feel free to take stickers, coasters, colouring pages, safe sex guides, and sexually transmitted infections booklets.**

For more information scan the QR code or reach out to the Sexual Violence Education and Prevention Coordinator at Brandon University below



Jessica Laxdal  
Room 312, Clark Hall  
431-542-1707  
(Texting is available)  
[LaxdalJ@brandonu.ca](mailto:LaxdalJ@brandonu.ca)