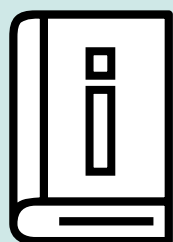


SANS
VIOLENCE
FREE

Impacts of sexual violence



Informational document

Topics covered

Impacts of sexual violence on physical, mental, cognitive, emotional and sexual health.

Post-traumatic stress disorder (PTSD)

Target audience

Facilitators working towards the prevention of sexual violence



Resources to
fight sexual and
gendered violence

An initiative by:



Funded by:



Graphic design by:

pilondesign

PART 1

The impacts of sexual violence on various aspects of a person's health



GENERAL OBJECTIVE

1. Clearly and concisely illustrate the impacts of sexual violence on various aspects of a person's health

Information

A supplementary 11 × 17 poster is available for print, which aims to raise awareness of the impacts of sexual violence on the various aspects of a person's health.

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PART 2

Testimonials



GENERAL OBJECTIVE

1. To make the impacts of sexual violence more concrete through the use of testimonials.

Information

In order to better understand the impacts listed on the poster, here are a few testimonials from people who have experienced sexual violence.

Do not hesitate to share this information with others at your place of work, so that they may be better aware of the effects that sexual violence can have on the functioning and well-being of survivors.

Warning! The following videos and texts may include content deemed explicit and could be triggering for some people.

Texts

PERSONAL TESTIMONIES - THE SURVIVORS TRUST

Personal testimonies from sexual violence survivors : <https://www.thesurvivorstrust.org/blogs/survivor-stories>

Source: The Survivors Trust: Survivor Stories (n.d.).

FOR PARTNERS OF SURVIVORS OF SEXUAL ABUSE – THE OPENING CIRCLE

Article directed at the partners of people who have experienced sexual abuse. Discusses what the partner can expect, and what they can do to help : <http://www.openingthecircle.ca/defining-abuse/for-partners-of-survivors-of-sexual-abuse>

Source: Opening the Circle (2022). For Partners of Survivors of Sexual Abuse

«I WAS RAPED AT UNIVERSITY. HERE'S WHY I NEVER REPORTED IT» - CBC FIRST PERSON

Article sharing a personal account of someone who was sexually assaulted, and the many obstacles they faced while attempting to report the case : <https://www.cbc.ca/news/canada/first-person-campus-sex-assault-1.6189141>

Source: Simard, M. (2021). I was raped at university. Here's why I never reported it. CBC First Person.

Videos

OUR STORY OF RAPE AND RECONCILIATION – TED

Testimony between a person who was sexually assaulted and the person who committed the assault.

- Impacts and defence mechanisms of the assault victim (6:36 à 8:00)
- Impacts and defence mechanisms of the perpetrator (3:56 à 6:36)

https://www.ted.com/talks/thordis_elva_and_tom_stranger_our_story_of_rape_and_reconciliation?language=en

Source: TED (n.d.). Our story of rape and reconciliation.

#METOO: RAPE AND SEXUAL ASSAULT SURVIVORS TELL THEIR STORIES – THE INDEPENDENT

Survivors of sexual violence describe their experiences, from their recovery to their relationships: <https://www.youtube.com/watch?v=owSzKb0gYh8>

Source: The Independent (2017). #MeToo: Rape and sexual assault survivors tell their stories.