

THIS Zine
is thinking
about



Territory Acknowledgment

The Anti-Violence Project would like to acknowledge the Communities and Nations in whose territories we work and live: the Lekwungen (Chekonein, Chilcowitch, Swengwhung, Kosampsom, Whyomilth, Teechamitsa, Kakyakaan, Songhees, Esquimalt) and WSÁNEĆ (SṠÁUTW/Tsawout, WJOLÉLP/Tsartlip, BOKEĆEN/Pauquachin, WSIKEM/Tseycum) Peoples. We would also like to express gratitude to the other local Peoples and Nations in this region including the MALAXET (Malahat), Scia'new (Beecher Bay), T'Sou-ke (Sooke), Ditidaht, and Pacheedaht Peoples.

We recognize the inherent connections between colonialism and all forms of violence. Recognizing the violence of ongoing colonialism and engaging in anti-colonial actions is critical to our work as anti-violence advocates.

The Anti-Violence Project

We offer services to all people of all genders who have been impacted by gender-based violence, either by directly experiencing it, through causing harm to someone, or supporting or knowing someone who has experienced it.

We promote an anti-oppressive approach to anti-violence work that seeks to recognize the interconnectedness of forms of violence and the different ways that gender-based violence manifests in society, based on various systemic and institutionalized forms of violence.

We strive to provide anti-oppressive and sex-positive services, advocacy and action on-campus and off, in partnership and collaboration, in order to address and resist gender-based and all forms of violence.

Understanding Sexualized Violence

Sexualized violence can be a traumatic violation of the *body*, *mind*, and *spirit* that can profoundly affect your health and emotional wellbeing.

Sexualized violence can happen to *anyone*.
Nobody ever "asks for it" or deserves to be assaulted regardless of what they were wearing, who they were spending time with, how much they had to drink, and so on.

Everyone has the right to personal safety. If you were sexually assaulted, it is important that you know that

it was **NOT** your fault.

There is no "type" of person who gets sexually assaulted it happens to people of **all** genders, cultures, races, ages and sexual orientations.

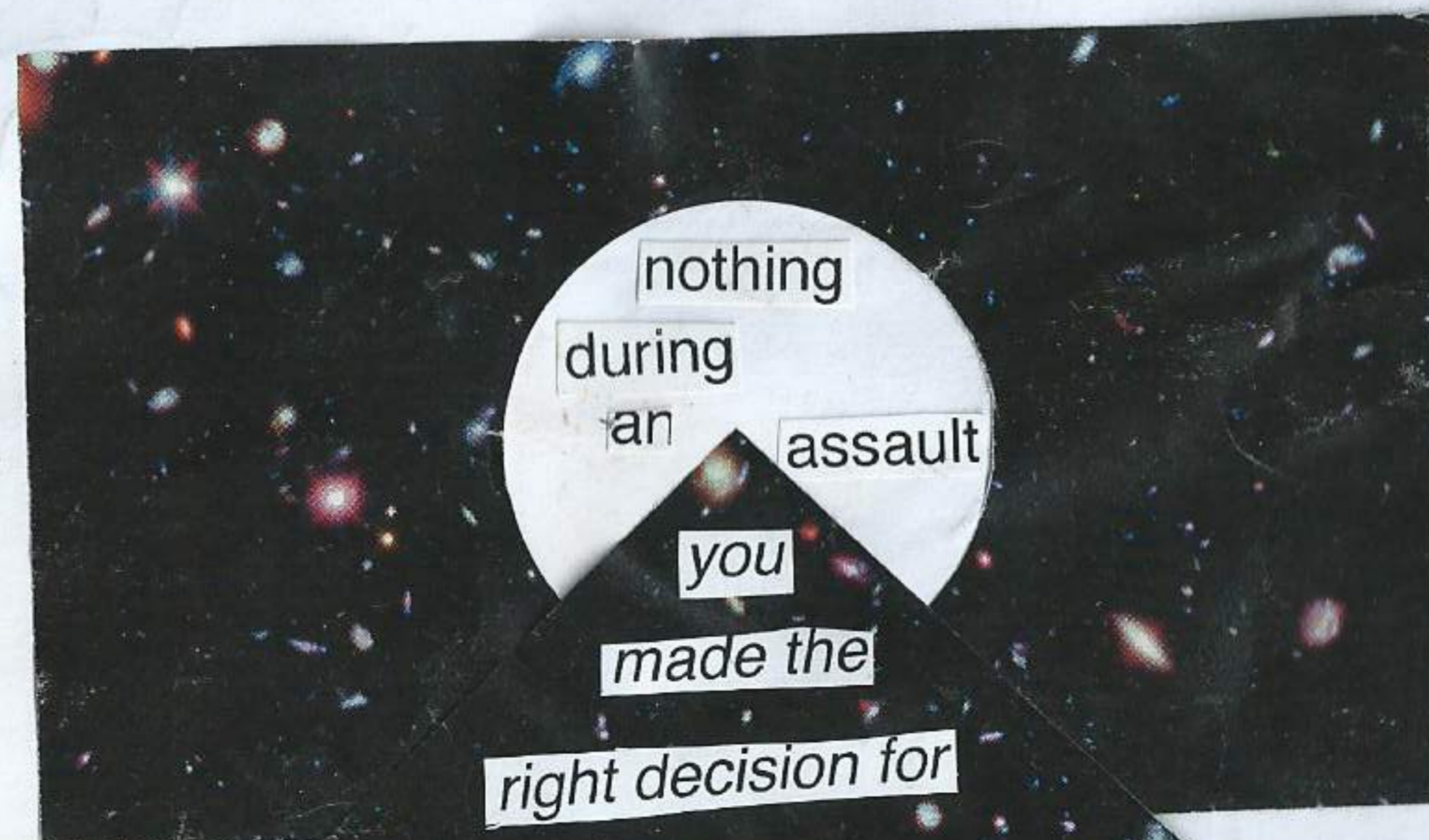
The same is true of people who cause harm.

A person who causes harm is not always a stranger in fact, most often, sexual assault is committed by someone the survivor knows.

Sexualized violence is about power and control, a person may use intimidation, physical force or manipulation to commit a sexual assault.
+ it's **STILL NOT YOUR FAULT**

It doesn't matter if you fought

back, or if you did



nothing during an assault

you

made the

right decision for

you,

and

you

survived.

The AntiViolence Project has created this booklet in order to provide survivors of sexualized violence with useful tools and information to help in the healing process.

Reactions to Sexualized Violence

Sexualized violence is a **personal** and **destructive crime**, and its effects on you can be

physical, emotional, behavioural and cognitive.

Listed below are some common reactions you may experience after sexualized violence,

but it is important to remember that there is not one "normal" reaction to sexual assault.

They can be brief in duration or

last a very long time.

Your individual response will be **different** depending on your personal circumstances.

These symptoms are listed under different categories, but it's

important to note that **not all symptoms**

fall neatly under

one category

or another.

For example, many physical symptoms are related to

emotional stress,

and many

emotional reactions are related to

psychological pain.

Again,

there is no right or wrong way to feel.

Emotional

Feeling Overwhelmed
Guilt
Sadness/Depression
Feeling Lost and/or Abandoned
Fear/Panic
Anger/Outrage/Fury
Helpless/Powerless
Vulnerability
Loss of Selfesteem
Numbness
Shock
Irritable
Self Blame
Grief

Behavioural

Withdrawal/Avoidance
Suspiciousness
Increased Smoking
Increased Alcohol/
Drug use
Unusual Behaviour
Overly Vigilant to the Environment
Excessive Humor
Emotional Outburst
Missing Classes
Changes in Appearance
Changes in Usual Activities
Act Like Nothing has Changed

Physical

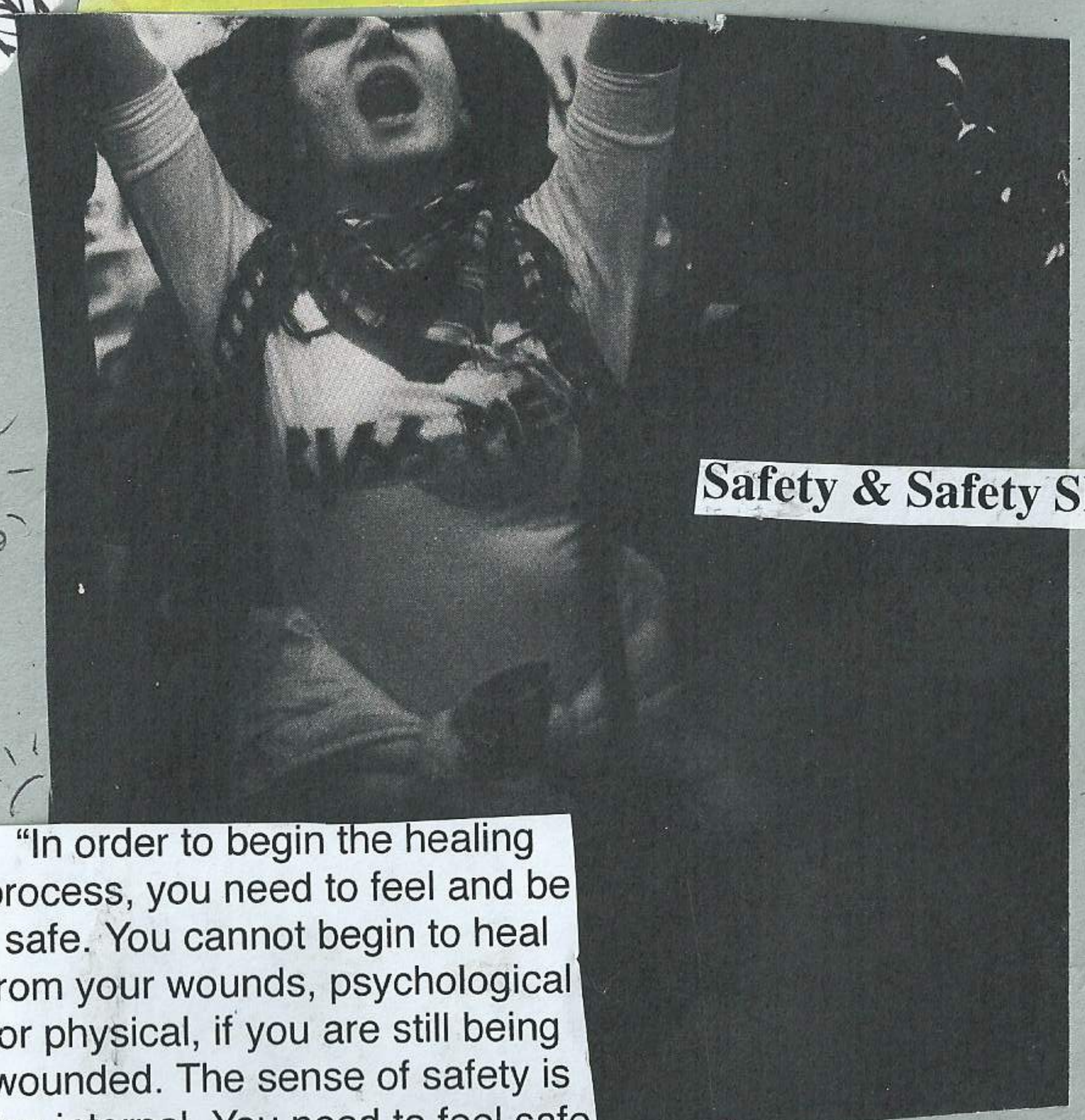
Nausea/Vomiting
Tremors/Shakiness
Loss of Coordination
Sleep Disturbances
Easily Startled/Jumpy
Increased Arousal
Decreased Arousal
Chills
Diarrhea
Chest Pains
Rapid Heart Rate
Stomach Pain
Headaches
Muscle Aches
Difficulty Breathing
Fatigue
Appetite Changes
Crying
Tense

Cognitive

Difficulty Making Decisions
Flashbacks
Nightmares
Confusion
Disorientation
Difficulty with Calculations
Difficulty Concentrating
Memory Problems
Decreased Attention Span
Racing Thoughts
Religious Confusion

SOME
EXAMPLES

"Just as violations of safety are
life-destroying, the means of establishing safety
are
life-enhancing."



Safety & Safety Skills

"In order to begin the healing
process, you need to feel and be
safe. You cannot begin to heal
from your wounds, psychological
or physical, if you are still being
wounded. The sense of safety is
also internal. You need to feel safe
with your thoughts, feelings and
behaviours before you
can begin to contemplate the
trauma. This does not mean you
won't sometimes have
*troublesome thoughts
or feelings,
but rather that you feel
you can manage them.*"
~ Matasakis



Physical Safety:

Until people are physically out of harm's way,

addressing traumatic events or responses is not a good idea.

Often, becoming physically safe is the **required first step** to healing.

Four Types of Safety

Mental Safety:

Many survivors have thoughts and beliefs that make it hard to feel safe in their own mind ("It's my fault, I can't handle this").

You may struggle with thoughts of suicide, flashbacks, or intrusive imagery.

The voices of your abuser or other toxic relationships may also play in your head.

Thoughts may feel out of control or seem unable to stop.

Emotional Safety:

Emotional safety is the ability to **feel one's emotions** and not become overwhelmed, terrorized or retraumatized by them.

Many survivors will not know what this means or what this *feels* like.

Even people who feel **numb** to their emotions are usually *afraid* to accept them as they fear being swept away by the force of those emotions.

Spiritual Safety:

The experience of trauma can leave people

questioning their relationship to the Divine or to the Universe, or even their very sense of self or identity.

Or perhaps a survivor has lost her belief in a higher power

or in the

goodness and trustworthiness of others, after having been betrayed and abused.

Rebuilding one's connection to something greater can restore one's sense of spiritual safety.

Ways to Achieve Safety

- Build a support system and identify resources
- Create ground rules/boundaries
- Establish a protective ritual/ceremony
- Develop coping strategies
- Practice selfcompassion
- Practice selfcare
- Develop a safe place (real or imagined)
- Deep breathing & grounding
- Practice containment
- Grounding

Grounding is a set of simple strategies to detach from emotional pain (e.g., substance cravings, selfharm impulses, anger, sadness).

It works by *focusing on the here and now*,

rather than the past or future.

You can also think of it as

centering.

Bakery, one piece of cake, Krakow, Poland, 1988.

Being conscious of current experience allows you to make decisions about what you need to do for yourself.

There are many techniques that can help bring you back to the present moment;

ways to orient you to the *now* and the fact that you are safe in the *now*.

Being grounded means being aware of your body ,

your feelings,
your thoughts and
feelings
connected to them.

It is about being

grounded in current reality

rather than

being overwhelmed
with powerful emotions.

When you are in touch with your
physical and emotional experience
you

are better able to keep yourself
safe.

[TACTICAL INSIGHT]

Most survivors have used some
grounding techniques to get
through difficult times, you might
not even be aware of them.

It is important to become aware of
what has worked for you.

For example,

one simple device is to
keep something with you
that

will remind you

to come back to the safety

of the present moment

and

your current experience,

such as a grounding object.

Carrying a stone in your pocket or
purse is useful for many people.

Grounding Guidelines:

Grounding can be done

any time, any place, anywhere,

and no one has to know

Focus on the present,
not the past or future.



Keep your eyes open,
scan the room,
and turn the light on
to stay in touch with the present.
Stay neutral,

avoid judgments of
'good' and 'bad'.

For example,
instead of

"The walls are blue;
I don't like blue because it reminds
me of depression", simply say,
"The walls are blue"

and

move on.



If you like,

you can rate your mood before

and after
grounding,

to test whether it worked.

Before grounding,

rate your level of

emotional pain

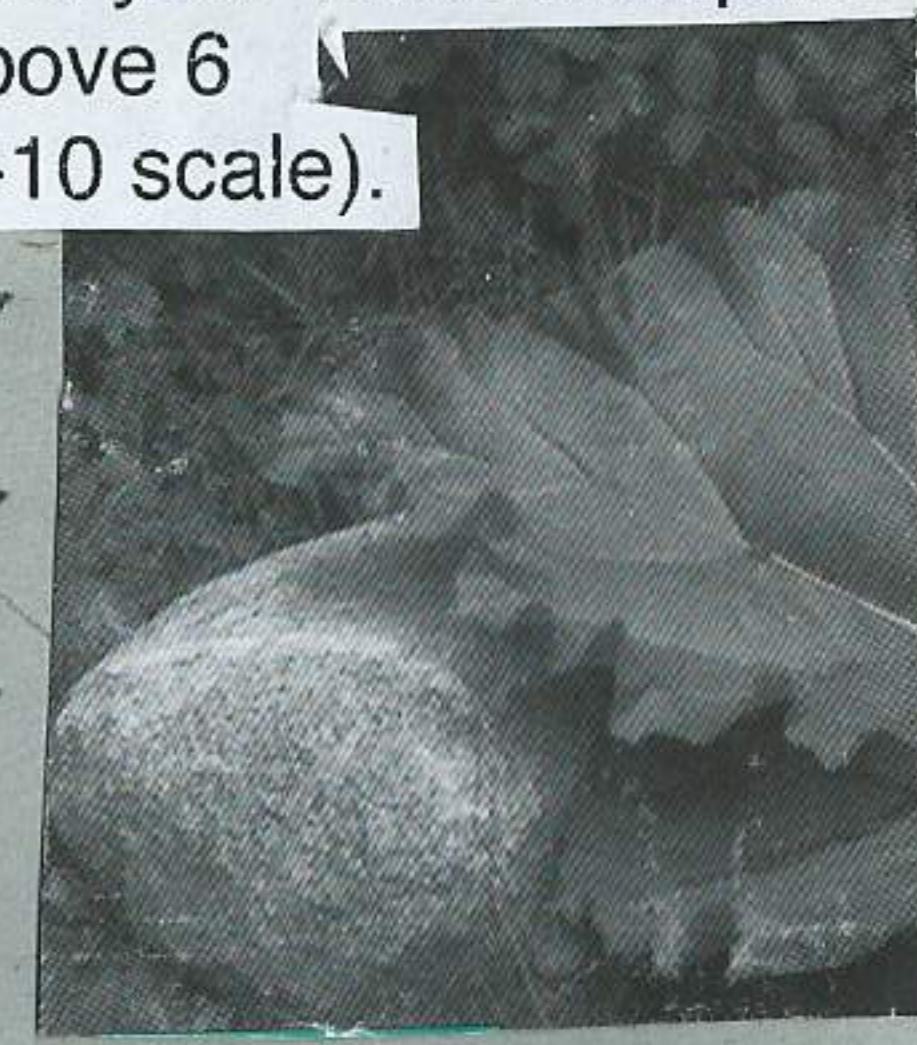
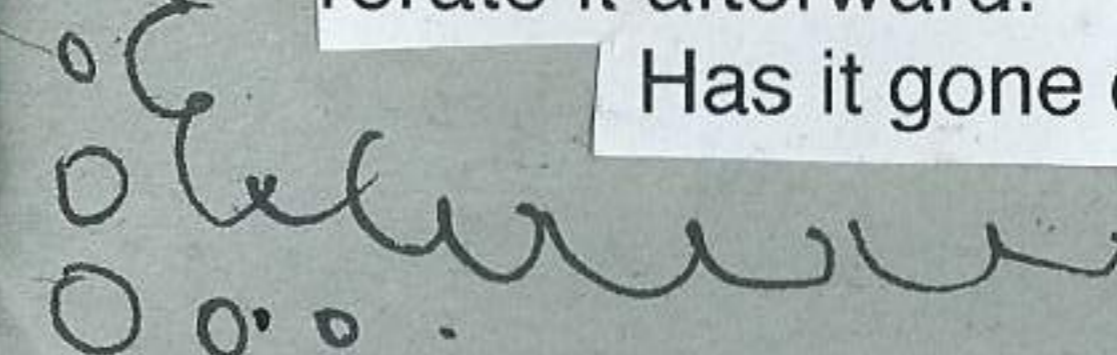
(0-10, where 10 means extreme
'pain').

Then,

rerate it afterward.

Has it gone down?

Use grounding when you are
faced with a
trigger, enraged, dissociating,
having a substance craving, or
whenever your emotional pain
goes above 6
(on a 0-10 scale).



It may not be useful to talk about feelings or journal/write at this time you may want to stay away from distressing feelings, or not get in touch with them.

Processing feelings can happen later.

Grounding puts healthy distance between you and these feelings

Ways of Grounding

Three major ways of grounding are described below *mental*, *physical*, and *soothing*.

"*Mental*" means focusing your mind;

"*physical*" means focusing your senses (e.g. touch, hearing); and

"*soothing*" means talking to yourself in a very kind way.

You may find that one type works better for you,

or all types may be helpful.

Mental Grounding

Describe your environment in detail, using all your senses. Play a "categories" game with yourself.

Try to think of "types of dogs", "jazz musicians", "countries that begin with A", "cars", "TV shows", or "cities".

Describe an everyday activity in detail,

such as a meal that you cook.

Read something, saying each word to yourself.

Or read each letter backward so that you **focus**

on the letters and

not the *meaning* of words.

Count to 10 or say the alphabet very

s l o w l y.

Physical Grounding

Run cool or warm water over your hands.

Grab tightly onto your chair as hard as you can.

Touch various objects around you. Notice textures, colours, materials, weight, temperature.

Compare objects you touch:

is one colder? Lighter?

Dig your heels into the floor.

Notice the tension centred in your heels as you do this.

Remind yourself that you are connected to the ground.

Carry a grounding object in your pocket

a small object like a rock, clay, a ring, a piece of cloth or yarn

that you can touch

whenever you feel triggered.

Notice *your body*:

the weight of **your** body in the chair;

wiggling **your** toes in **your** socks;

the feel of **your** back against the chair.

You are connected to the world.

Stretch.

Extend your fingers, arms, or legs

as far as you can;

roll your head around.

Clench and release your fists.

Walk slowly,

noticing each footstep, saying

"left"

or

"right"

with each

step.

Eat something,

describing the flavours

in detail.

Focus on your breathing, noticing each

inhale and exhale.

Repeat

a pleasant word

to yourself.

on each

inhale

(e.g. a favourite colour, or a soothing word

such as "safe" or "easy").

Say a coping statement:

"I can handle this,

This feeling will pass."

Plan a safe treat for yourself, such as

a piece of chocolate, a nice dinner,

or a warm bath.

Think of things you are looking forward to

in the next week.

Soothing Grounding

Say kind statements,

as if you were talking to a small child.

For example,

"You are a good person
going through a hard time. You'll get
through this."

Think of **favourites**.

Think of your favourite colour, animal,
season, food, time of day, TV show.

Picture people you care about and

look at photographs of them.

Remember the words to an inspiring song,
quotation, or poem

that makes **you** feel better.

5,4,3,2,1 Here and Now Exercise

This exercise can be helpful if you are having problems staying present or are feeling anxious.

What you do is:

Name 5 things that you see.

Name 5 things that you hear.

Name 5 things that you sense/touch,
e.g. feet in shoes, heart beating,
temperature.

Name 4 things that you see.

Name 4 things that you hear.

Name 4 things that you sense/touch,
e.g. feet in shoes, heart beating,
temperature.

Name 3 things that you see.

Name 3 things that you hear.

Name 3 things that you sense/touch,
e.g. feet in shoes, heart beating,
temperature.

Name 2 things that you see.

Name 2 things that you hear.

Name 2 things that you sense/touch,
e.g. feet in shoes, heart beating,
temperature.

Name 1 thing that you see.

Name 1 thing that you hear.

Name 1 thing that you sense/touch,
e.g. feet in shoes, heart beating,
temperature.

Each time you identify something that you see, hear or feel, you say:

"I see..., I see..., I see..., I
see..., I see..., I hear..., I hear..., etc."

The same object, sound, or feeling can be
used twice, or more, in a row.

It can be repeated as often as you need to.

The exercise can be done in silence or
out loud.

You can use it in busy

or quiet places.

This exercise works best if you are sitting
down or standing still.

(You should not do it while you are
driving.)

This rhythmic repetition

can be relaxing and calming.

More Grounding Ideas:

Call someone (e.g. crisis line; friend)

Pet an animal

Imagine growing roots

Breathing Exercises

Rubbing feet on floor

Being barefoot in the grass

Gardening

Smelling flowers or essential oils

Orienting self to here and now

What day is it? What time is it?

Who am I? Where am I?

Practice the Abdominal Breathing or
Calming Breath Exercise
for five minutes every day
for at least two weeks.

If possible, find a regular time
each day to

do this so that your breathing
exercise becomes a habit.

With practice you can learn in a short period of time to "damp down" the physiological reactions underlying anxiety and panic.

By extending your practice of either breathing exercise to a month or longer, you will begin to retrain yourself to breathe from your abdomen.

The more you can shift the centre of your breathing from your chest to your abdomen, the more consistently you will feel relaxed on an ongoing basis.

Once you feel you've gained some mastery in the use of either technique, apply it when you feel stressed, anxious, or when you experience the onset of panic symptoms.

Abdominal Breathing Exercise

1) Note the level of tension you're feeling. Place one hand on your abdomen right beneath your rib cage.

2) Inhale slowly and deeply through your nose into the "bottom" of your lungs in other words, send the air as low down as you can.

If you're breathing from your abdomen, your hand should actually rise.

Your chest should move only slightly while your abdomen

e x p a n d s.

3) When you've taken in a full breath

pause for a moment,

then exhale through

your nose or mouth depending on your preference.

Be sure to exhale fully.

As you exhale,

allow your whole body to just let go.

(You might visualize

your arms and legs going loose and limp like a rag doll.)

4) Do ten slow, full, abdominal breaths.

Try to keep your breathing smooth and regular, without gulping in a big breath or letting your breath out all at once. It will help to

slow down your

breathing if you very slowly count to four

on the inhale and then

very slowly count to four on the

exhale.

Remember to pause briefly at the end of each inhalation.

Count from ten down to one, counting

backwards one number with each

The process should go like this:

Slow inhale...Pause...Slow exhale...Count

Slow inhale...Pause...Slow exhale...Count

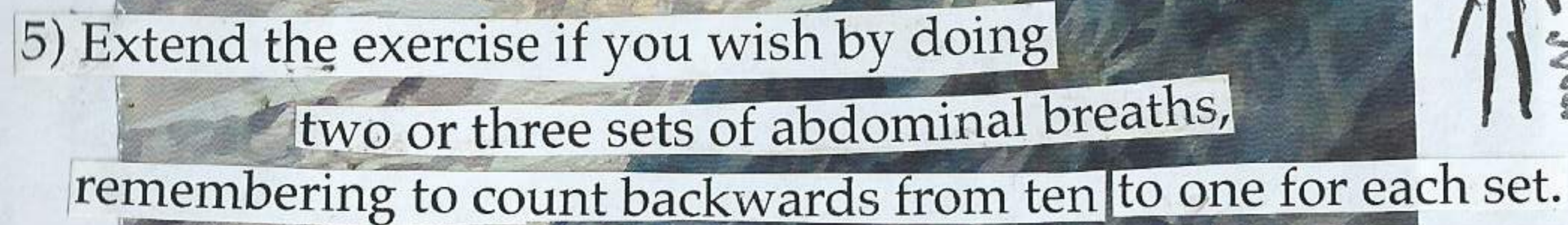
Slow inhale...Pause...Slow exhale...Count

exhalation.

"ten"

"nine"

"eight"



5) Extend the exercise if you wish by doing two or three sets of abdominal breaths, remembering to count backwards from ten to one for each set.

6) Five full minutes of abdominal breathing will have a pronounced effect in reducing anxiety or early symptoms of panic.

Some people prefer to count from one to ten instead.

Feel free to do this if it suits you.

Calming Breath Exercise

1) Breathing from your abdomen, inhale through your nose slowly to a count of five.

2) Pause and hold your breath to a count of five.

3) Exhale slowly, through your nose or mouth, to a count of five (or more if it takes longer).

4) When you've exhaled completely, take two breaths in your normal rhythm, then repeat steps 1 through 3 in the cycle above.

5) Keep up the exercise for at least three to five minutes.

This should involve going through at least ten cycles of in five, hold five.

Allow these variations in your counting to occur if they do, and just continue with the exercise for up to five minutes,

remembering to take two normal breaths between each cycle.

If you start to feel lightheaded while practicing this exercise, stop for thirty seconds and then start again.

As you continue the exercise, you may notice that you can count higher when you exhale than when you inhale.

6) Throughout the exercise, keep your breathing smooth and regular, without gulping in breaths or breathing out suddenly.

7) Option: Each time you exhale, you may wish to say "relax," "calm," "let go," or any other relaxing word or phrase, silently to yourself.

Allow your whole body to let go as you do this.

If you keep this up each time you practice, eventually just saying your relaxing word by itself will bring on a mild state of relaxation.

Self Care

Learning to care for yourself is a lifelong journey.

Your needs will change over time, and you will get better at it with practice.

There are many different aspects of yourself to take care of:

your body, your emotional and mental wellbeing, your community,

your financial life, your spiritual life, your family and relationships,

your mission or meaning in life, your career, your sexuality,

and your healing.

Eat, Drink, Sleep, and Be Merry

Eating well can be a challenge for many survivors. Aim for two to three good meals a day including plenty of fruits, vegetables and protein.

Drinking at least eight glasses of water a day will help your body flush out toxins that are released in the process of deep emotional work.

Sleep regularly, seven to ten hours a night. And include pleasure in your life.

What makes you smile or laugh?

What brings that sense of warmth or comfort to your body?

Perhaps you enjoy petting your cat, dancing, feeling the warmth of the sun, taking a luxurious hot bath...

Do something pleasurable

at least once per week.

Notice your enjoyment.

Let Your Body Move

Movement, including walking, biking, aerobic workouts, dancing, or running, can have a profound effect on

your physical and emotional health.

Movement

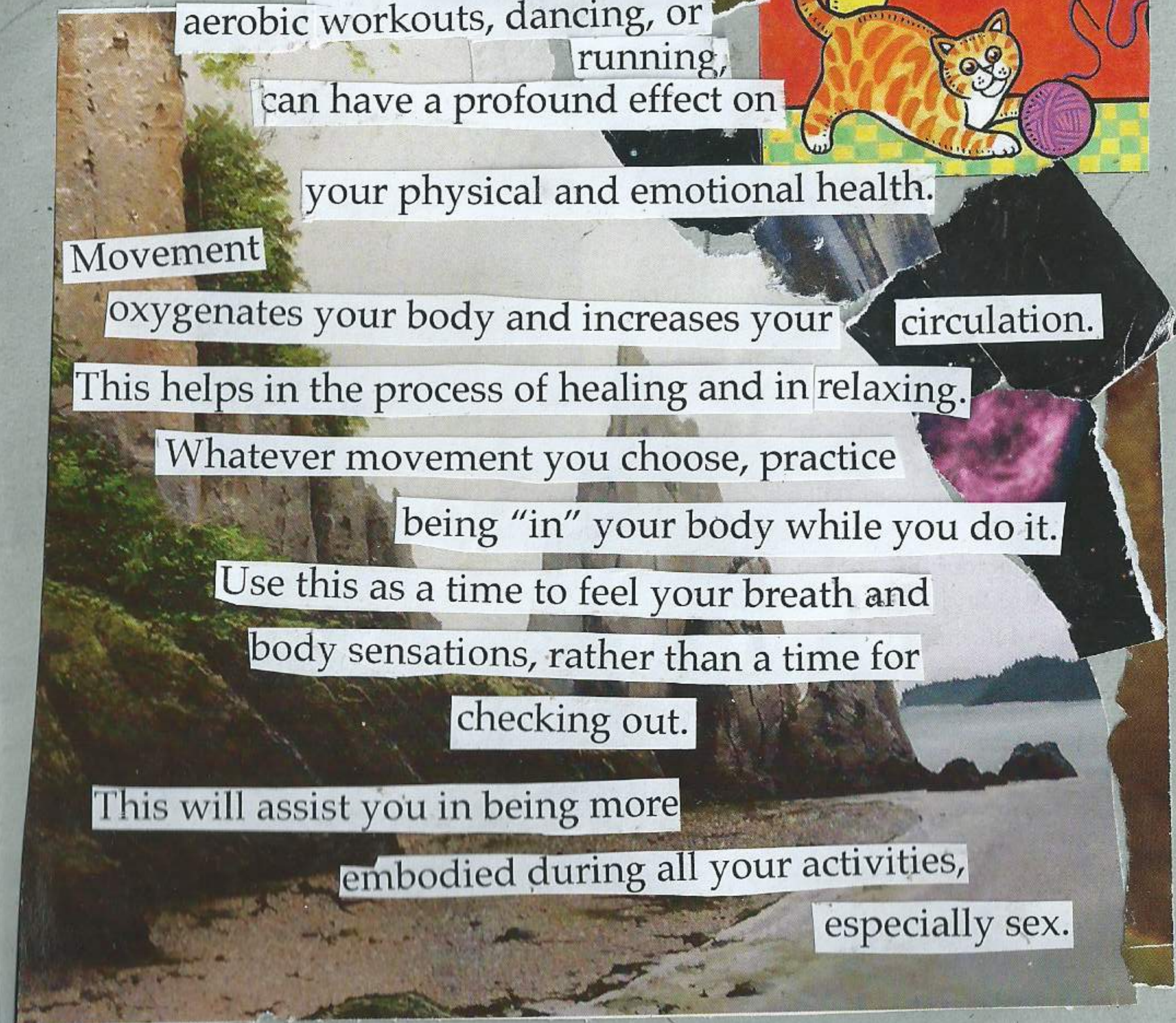
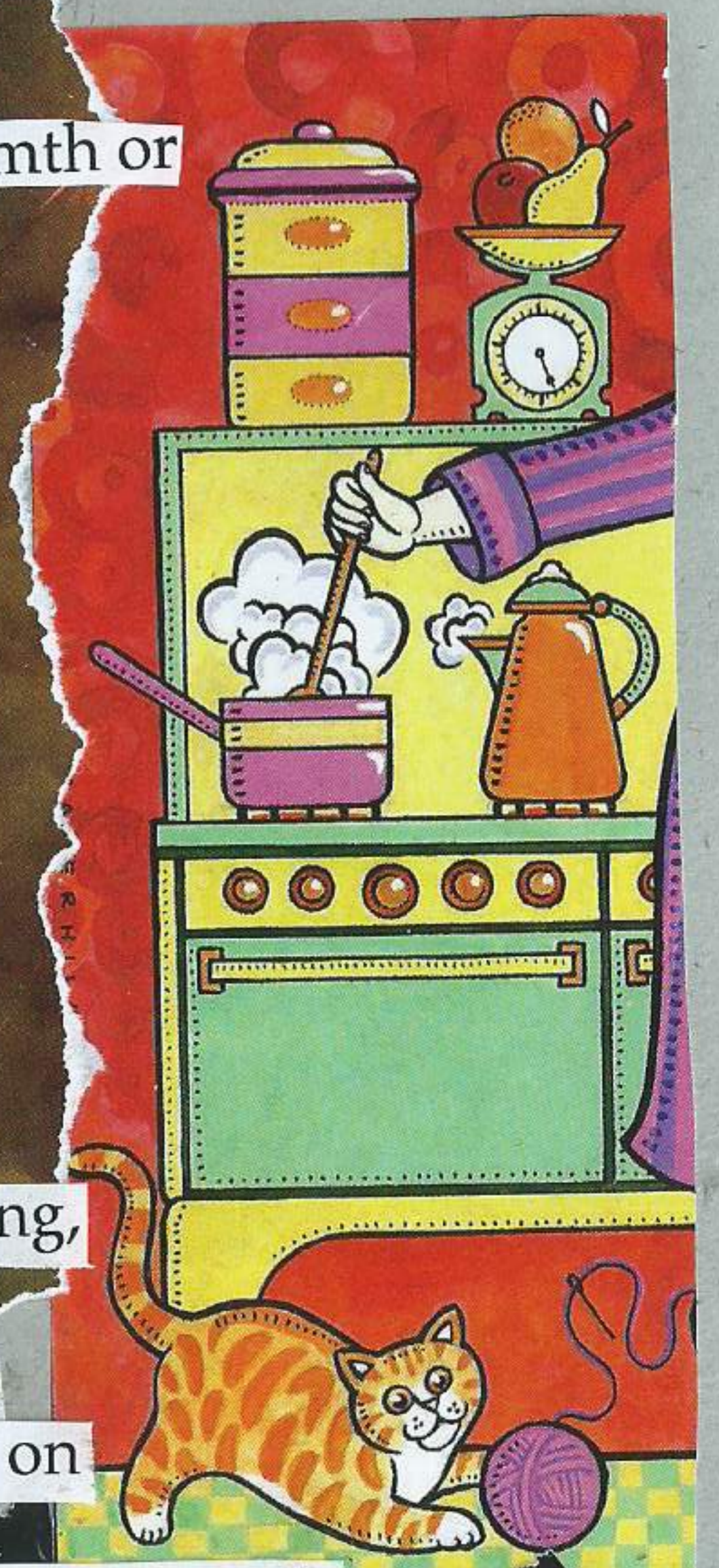
oxygenates your body and increases your circulation.

This helps in the process of healing and in relaxing.

Whatever movement you choose, practice being "in" your body while you do it.

Use this as a time to feel your breath and body sensations, rather than a time for checking out.

This will assist you in being more embodied during all your activities, especially sex.





Breathe

Breathing
seems obvious, but it is not.

Drop your breath lower in your body so
that your diaphragm and chest move when
you breathe. Notice when you are holding your breath,

or breathing shallowly,
and breathe deeply again.

Treat Yourself with Dignity

How do you talk to yourself?

Do you handle yourself with care and respect?

Imagine how you would speak to a young
child or a friend who is feeling afraid.

You would not yell at her or be harsh.

Rather, you would be comforting, offering
support and guidance.

How you treat yourself internally
is as important as what you do on the outside.

Give Yourself Lots of Acknowledgment

Actively
acknowledge yourself for
your steps in healing.

Notice
all the risks you are taking,
and give yourself support and kudos.

Make Time for Solitude

Solitude

is also important to selfcare.

Make time for yourself weekly.

You can use the time to write in a journal,
sit quietly, do artwork, meditate, or

whatever else
serves your process.

Incorporate Spirituality in Your Life

Many people also incorporate
a spiritual practice or meditation
into their lives.

A spiritual practice can offer sustenance
and a larger perspective to rest within.

Meditation can be an excellent way to
touch base with yourself, develop
discipline, and learn to notice your own
emotional processes.

It is also a good way to learn to notice
what is happening in your body, and to
feel centered and at peace with yourself.

81 Presents to Give Yourself

Walk instead of ride
Search out a long lost friend
Light a candle
Frame a picture
Fly a paper airplane
Try a new food
Jump into a pile of leaves
Sign up for a class
Meditate
Hug someone
Walk in the rain
Waste a little time
Return something you've borrowed
Turn off the TV and talk
Take a bubble bath
Bake bread
Send a card to someone for no reason
Laugh at yourself
Walk barefoot
Encourage a young person
Allow yourself to make a mistake
Go to a fair
Rearrange a room
Hide a love note where a loved one will find it
Contact someone you've been thinking about
Surprise a child
List 10 things you do well

Enjoy silence
Take yourself to lunch
Go to the library
Tell someone you love him or her
Do something you've always wanted to
Learn something new
Take an early morning walk
Look at old photos
Visit a lonely person
Give yourself a present
Write a poem
Have breakfast in bed
Take a different road to get home
Build a sandcastle
Start a new project
Reread your favourite book
Watch the sunset
Get up before anyone else
Lie on the grass
Give yourself a compliment
Read a poem aloud
Be thankful

Sing in the shower

Pay a compliment

Curl up by a fire with some cocoa

Organize some small corner of your life

Draw a picture (you CAN draw!)

Smell a flower

Clean out your wallet

Tell a joke

Talk to a pet

Go for a swim

Follow an impulse

Volunteer some time to a good cause

Give your dog a bone

Let someone do you a favour

Make a surprise gift

Do something hard to do

Let someone care about you

Break a bad habit, if just for today

Look at the stars

Use a new word

Walk to the nearest park

Help a stranger

Take a risk

Take a rainy day nap

Hum

Give away something you don't like

Buy a ticket to a special event

Pop popcorn

Practice courage in one small way

Go wading

Kiss someone

THESE
ARE ONLY
SOME IDEAS,
THE SPACE
BELOW IS FOR
YOUR OWN
THOUGHTS TO
FILL!

Resources

On Campus Resources ANTIVIOLENCE PROJECT

University of Victoria Student
Union Building Room B027 (basement level)
250 4724388
info@antiviolenceprojet.org
www.antiviolenceproject.org

UVIC CAMPUS SECURITY

Office located in Main Bus Loop CSEC
Security Services: 250 7217599
Crisis & Emergency Line: 250 7216683
Administration
Web.uvic.ca/security/

UVIC COUNSELING SERVICES Campus Services Building (by the Bookstore) 250 7218341

<http://www.coun.uvic.ca/>

Multifaith Services Centre Campus Services Building, Room 151 250 7218338

<https://web.uvic.ca/multifaith/>
EQUITY & HUMAN RIGHTS
Sedgewick Building, Room C123
Director: Cindy Player 250 721 7007
Human Rights Advisor:
Moussa Magassa 250 472 4114
<http://web.uvic.ca/eqhr/>

HOUSING / RESIDENCE

250 7218395
<http://www.uvic.ca/residence/>

On Campus Academic Support Resources

If you have been sexually assaulted, and are finding that this has affected your ability to study or perform academically, you may be able to request an academic concession or deferral.

The university requires that your counsellor or doctor provide a letter to support your request.

OFFICE OF THE ADMINISTRATIVE REGISTRAR

<http://registrar.uvic.ca/undergrad/records/documents/def.html>

UNIVERSITY OF VICTORIA HEALTH SERVICES

Jack Petersen Health Centre 3800
Finnerty Road
250 7218492
<http://www.stas.uvic.ca/health/>

UVIC COUNSELING SERVICES

University Centre
250 7218341

<http://www.coun.uvic.ca/>

OMBUDSPERSON

Student Union Building, Room B205
250 7218357
www.uvss.uvic.ca/ombudsperson

Community Resources

Victoria Sexual Assault Centre (VSAC)
3060 Cedar Hill Road #201, Victoria, BC V8T 3J5
Crisis & Info: 250 3833232
www.vsac.ca

Vancouver Island Crisis Line Confidential location

24hour
telephone: 18884943888
6:00 - 10:00 PM Monday - Friday
Texting Number: 2508003806
<http://www.vicrisis.ca/>

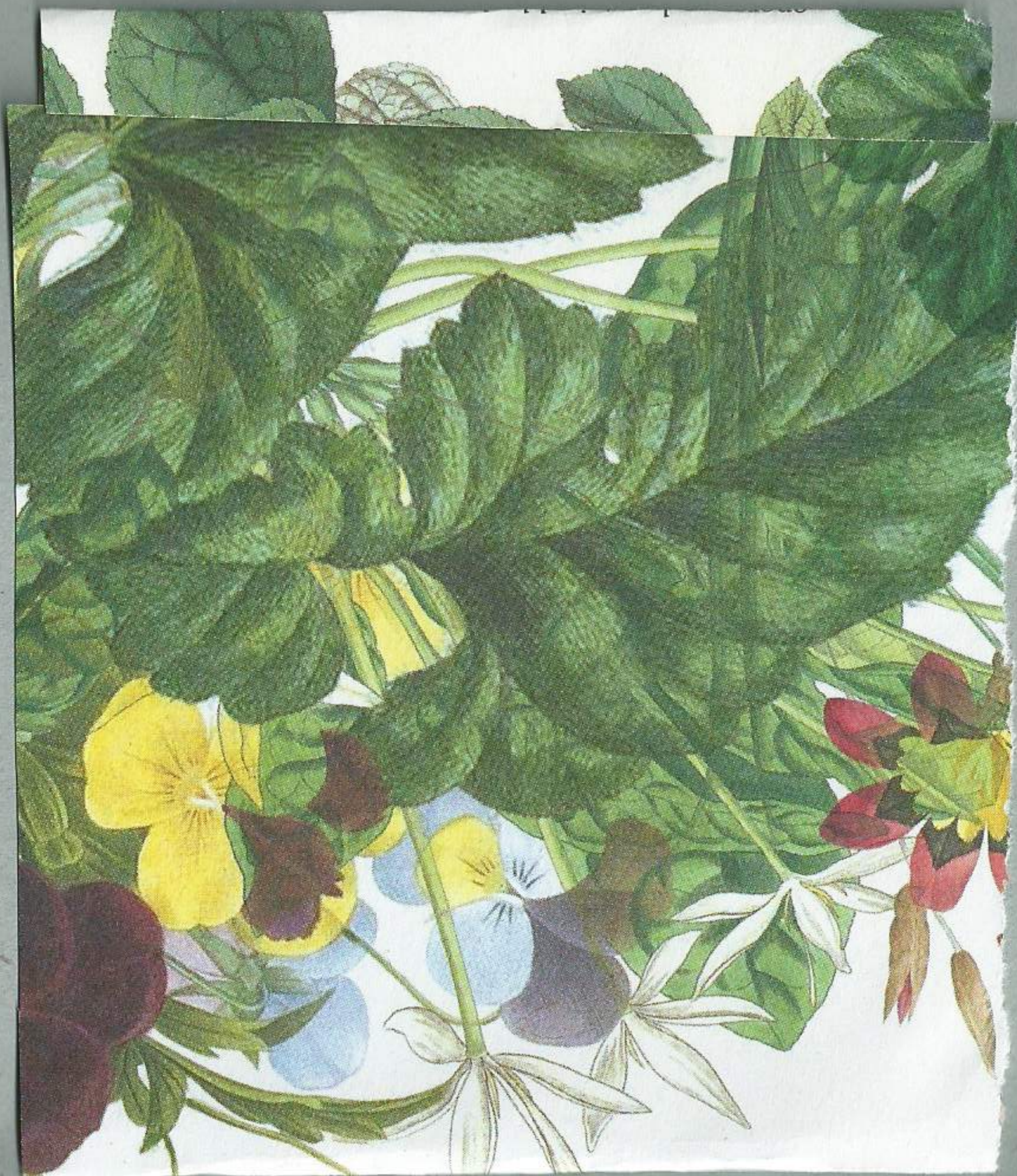
VICTORIA WOMEN'S TRANSITION HOUSE

Community Office: #1003060
Cedar Hill Rd.
Victoria, BC V8T 3J5
250 592
2927
www.transitionhouse.net

MEN'S TRAUMA CENTRE

203 1420
Quadra St., Victoria BC
250 3816367
www.menstrauma.com





This zine was written by a magical
and unknown volunteer and put
together by another.

y.e.