

CRISIS & SUPPORT LINES

Suicide Crisis Helpline

Call or text 9-8-8
<https://988.ca/>

Kids Help Phone

1-800-668-6868
Text CONNECT to 686868
kidshelpphone.ca

Nova Scotia Mental Health Crisis Line

902-429-8167 or
1-888-429-8167 (Toll-free)

LEGAL SUPPORT

Independent Legal Advice Program (Nova Scotia)

novascotia.ca/sexualassaultlegaladvice

EDUCATION

Supporting Survivors of Sexualized Violence Free Training

<https://breakthesilencens.ca/training/>



AVALON
SEXUAL ASSAULT CENTRE

CONTACT US

<https://www.avaloncentre.ca/>

Trauma Therapy Intake

902-817-3821
intake@avaloncentre.ca

Sexual Assault Nurse Examiner (SANE) -

24/7 Response Line

902-425-0122

General Information

902-422-4240
info@avaloncentre.ca

Community Education

education@avaloncentre.ca

WHAT IS SEXUALIZED VIOLENCE?



AVALON
SEXUAL ASSAULT CENTRE

What Is Sexualized Violence?

Sexualized violence refers to any sexual act or behaviour that is carried out without consent.

Sexualized violence is not about sex. It is an expression of power, control, and entitlement, carried out through sexualized actions or behaviours.

What Is Consent?

Consent is a mutual agreement to engage in sexual activity. It should always be clear, voluntary, and communicated without pressure, manipulation, or fear.

Consent is always:

- Reversible
- Specific
- Needed every time

Who Is Affected by Sexualized Violence?

Sexualized violence can affect people of all genders, races, ages, classes, and abilities.

However, women, transgender, and non-binary people, particularly those who are Black, Indigenous, or racialized, experience it at much higher rates.

Sexualized violence doesn't happen in isolation. It is connected to larger systems of inequality and ongoing state violence.

It has been, and continues to be, used as a tool of colonialism, white supremacy, patriarchy, and racial capitalism, causing lasting harm, especially to marginalized communities.

What is a Disclosure?

A disclosure is when someone shares their experience of sexualized violence with another person.

This can happen in many ways – telling a friend, family member, counsellor, or someone they trust.

How to Support a Survivor

- Believe them.
- Listen with care.
- Make space for them to share.
- Validate their feelings.
- Thank them.
- Offer reassurance.
- Ask how you can support them.
- Model consent and boundaries.
- Be clear about confidentiality.

Scan the code, to learn more about how to support a survivor

