

RSAC

IS A MONTHLY NEWSLETTER THAT
DISCUSSES A VARIETY OF TOPICS
DEALING WITH SEXUAL ASSAULT
AND ABUSE AND HOW TO SUPPORT
SURVIVORS.

October 2019



RSAC

Kristin Kozakavich

It is spooky season!

OCTOBER NEWSLETTER CONTENTS

1. Annual General Meeting Highlights
2. Mindful Movement Trauma Yoga
3. The MeToo Kit
4. RSAC's Take Back the Night Event

Annual General Meeting - Highlights

Regina Sexual Assault Centre held its AGM meeting on September 5th, 2019!

We would like to introduce three new members to RSAC's board, and give them a warm welcome:

Tracey Dunnigan,

Brittney Schlechte, and

Amy Baldwin.

Our board is actively seeking an individual with an accounting and/or financial background. If you are interested please contact our Executive Director, Lisa Miller, at lisa.rsac@sasktel.net



Mindful Movement Trauma Yoga

Mid-September RSAC connected with Sam from Wilkie Wellness Healing Centre to implement a mindful movement class for our clients in a safe place.



SAMANTHA

Certified Yoga Therapist- Mount Royal University

Registered Yoga Teacher: specializing in trauma recovery

Reiki Master

"This is a safe, supportive and non judgmental space empowering students to come back home to their bodies. This carefully designed class provides a safe space for individuals to explore their own personal traumas through gentle exploratory movement, guided meditation and self inquiry. The postures, guided meditation and awareness are thoughtfully crafted to help understand trauma imprints, support the healing process, soothe the nervous system, and lessen the grip that past experiences of trauma may have on the heart."

-Sam



The MeToo Kit

"Your experience. Your kit. Your story. Your life. Your choice."

A MeToo company has released and advertised a do-it-yourself home rape kit. The kit was designed in response to high numbers of individuals not reporting their sexual assault experience due to "shame, humiliation, embarrassment, self blame or guilt, fear of not being believed, the desire to keep assault a private matter, lack of trust in the criminal justice system, and fear of being accused of playing a role in the crime."

The company has not yet released the kits officially, but has already received a huge amount of backlash and raised large amounts of controversy.

Advocating for clients is a huge role in our day to day operations at RSAC. We believe in standing up to hurtful oppressive systems. However, a do-it-yourself home kit may not be the answer.

Here are some of the arguments against the MeToo Kit:

- A forensic examination kit is an extensive exam in which professionals are trained to perform. Any evidence collected at home would not stand in a court of law.
- The forensic examination kit in a hospital also provides a medical examination that treats any presenting injuries, STI testing and treatment, and pregnancy prevention options.
- The hospital connects patients to communal resources such as sexual violence organizations and support persons that can assist their coping.
- Individuals would have to rely on insurance coverage, or paying out of their pockets, in order to purchase the do-it-yourself home rape kit rather than receiving it for free from health care professionals.

RESOURCES

<http://www.metookit.com/>

<https://www.vox.com/identities/2019/9/5/20850965/me-too-kit-metoo-rape-sexual-assault>

Take Back the Night Regina

"Take Back the Night is the first worldwide effort to combat sexual violence and violence against women. In the 70's the issue of violence against women became a topic of public conversation when a number of incidents garnered media attention. Take Back the Night Events have been documented in over 36 countries, in over 800 communities, with more locations taking a stand every year."
(takebackthenight.org).

While the march began as a way to protest the violence that women experienced while walking in public at night, the purpose of these marches was to speak out against this violence and raise community awareness as a preventive measure against future violence.
(sfwar.org).

"In 1981, The Canadian Association of Sexual Assault Centres declared the third Friday of September to be the evening for Take Back the Night marches nationwide."
(takebackthenight.org).

At the Regina Sexual Assault Centre, we work with individuals every day to cope with, and overcome their personal experiences with sexual violence. 1 in 3 women, and 1 in 6 men, are survivors of sexual assault. Furthermore, our province presents some of the highest rates of sexual violence.

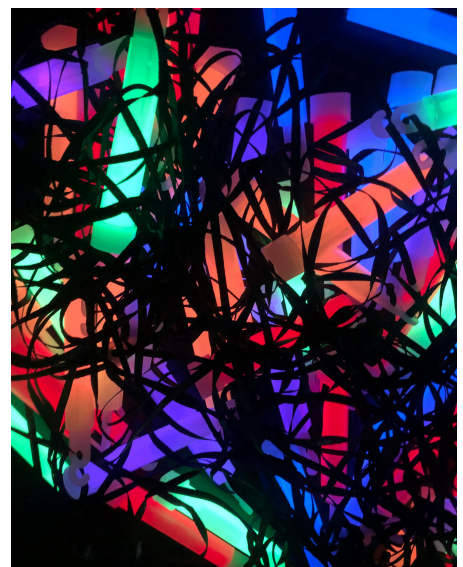
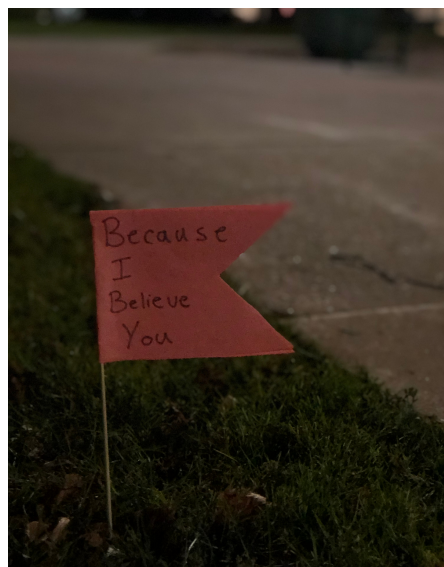
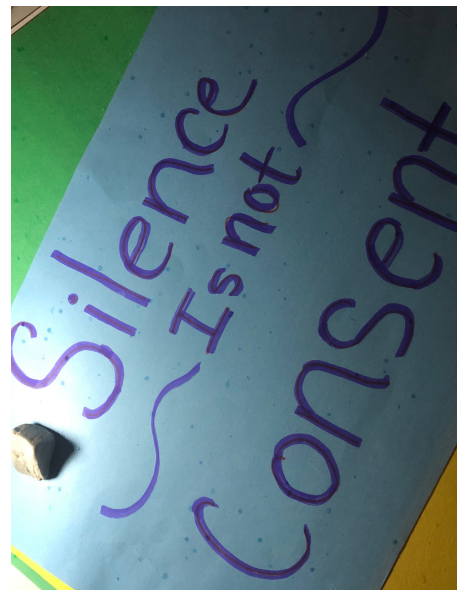
We believed that it was time to host our very own Take Back the Night in Regina. Our goal was to come together as a community to raise awareness on how prevalent our cities struggle with sexual violence is, prevent future violence, and challenge social constructs that reinforce violence and rape culture.

The statistics of sexual violence suggest that every individual is being affected by it, whether they have had a personal experience, or know someone who has. Regina's Take Back the Night event encouraged everyone of all ages and gender to come out and stand with us.

Upon mentioning sexual violence, most individuals become uncomfortable and end the conversation. Events such as Take Back the Night act to break the silence around sexual violence, connect survivors to resources and community, as well as brainstorm how to put an end to this within our city.

The event was hosted on Saturday, October 5th at 7:00 pm - 9:00 pm @ The University of Regina Greens. We were joined by Carla Harris who recited some of her poetry that reflects on being a survivor. We also had a beautiful musical performance by Delaney Swystun, who is student at the University of Regina and eager to participate in the fight for equality of women.

Take Back the Night



RSAC

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www.reginalsexualassaultcentre.ca

ILLUSTRATIONS FROM @RAPPART

