

RSAC

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

February 2019

RSAC

Issue: It Couldn't Have Been Abuse Part 2: I Wanted It



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Yes, it is already February!

We have officially completed the first chapter of 2019!

January typically symbolizes a "fresh start" to refocus our goals and turn them into reality. So let's reflect on the past month. How is everyone doing? If you're anything like me, I am still a work in progress, but that is okay!

A recent study done at the University College of London states that in order to make something a habit, it takes approximately 66 days rather than the conventional 21 days. So, in saying that, we still have time to grow.

Like always, please feel free to submit feedback, or suggestions for topics around sexual violence that you would like to see covered in future RSAC Newsletters to kristin.rsac@sasktel.net with the subject line RSAC newsletter!

Upcoming Dates

February 6th and 7th - SASS Leadership Forum

February 12th- Understand Us Mental Health Talk at Path Cowork 6:30-8:30pm. Five speakers telling their story and will be part of a panel where anyone can ask questions and help drive the discussion around mental health. Stay and socialize with others or just come and observe. Bring friends or family (\$10 minimum donation to Understand Us is recommended)

February 13th- Core Ritchie Community Centre Regina Region Local Immigration Project 9am - 12 pm. Information session for newcomers about community services (free admission and refreshments)

February 23rd- Coldest Night of the Year - YWCA Regina

March 2/3- First Responder Training to new volunteers

March 5/6th- First Responder Training to Moose Jaw Airforce Base

May 2/3- First Responder Training to Moose Jaw Mental Health

What We Have Been Up To

We reopened our doors on January 2nd after some much needed holiday time! Throughout January we experienced steady involvement between RSAC and the community.

We are very grateful to Local Barre Fitness YQR for hosting their Local Love class for RSAC on January 16th.

What's a barre class you ask? This reads straight from their website:

"In its most basic sense, barre exercise is a low-impact, total body workout that combines elements of ballet, yoga, and Pilates with the intention to tone and create lean muscle mass. At Local Barre we broke the mold on barre and truly barre to our own beat. Targeting muscle group by muscle group, song by song, we tone and sculpt the whole body through large and small movements. We build intensity through high repetition of low impact exercises and use low weights and resistance bands to build long lean muscles. The music gets you lost in the beat, tricking your mind to push the body further."

All registration proceeds collected from the Local Love class is donated to a charitable organization (which happened to be us this month)! Thank you again Local Barre!



RSAC participated in the YWCA's Women's March on January 19th with a public education booth for the post-march social. We also would like to thank our brave volunteers, Amanda S and Katrina P, for walking in the -40 temperatures and representing the RSAC booth. Despite the cold, approximately 300 people took part in the Women's March! What a great cause!

On January 23rd, counsellors, Sarah and Kate, implemented their 1 hour workshop on Maternal Wellness for new and expectant mothers at Family First Maternal Wellness Centre!

What We Have Been Up To Cont'd.

January 30/31 was a play at Artesian entitled "I Dream Before I Take the Stand". RSAC staff assisted in a Q & A portion with preset questions, as well as provided the audience with an opportunity to text in questions. Participants at the event generously donated \$740.00 to RSAC.

The RSAC website has undergone some changes that we welcome you to check out!

Finally, we have nominated our SAFE Nurse, Steph Carlson, for the YWCA Women of Distinction Award. She is unwaveringly dedicated to the compassionate care of victims, the first board certified forensic nurse examiner in Saskatchewan and an influential force within the forensic nursing field on an international level. Saskatchewan is fortunate to have her.

It Couldn't Have Been Abuse Part 2: I Wanted It

Many survivors of childhood sexual trauma struggle to understand the reality of their abuse because they cannot align their personal experiences with the violent depiction of sexual abuse portrayed in the media. Instead of violent interactions, they remember a loving relationship between their abuser and themselves. It is those memories that causes problematic thinking such as "I did not know what I was doing, but I liked it or wanted it" that hinders their ability to heal because it emphasizes guilt and shame.

How to understand the reality and replace the shame.

Reconnect with your inner child. If you can, surround yourself with children who are the same age as you were when the abuse began. By doing this, you can understand how vulnerable you were at that age.

Understand that abusers:

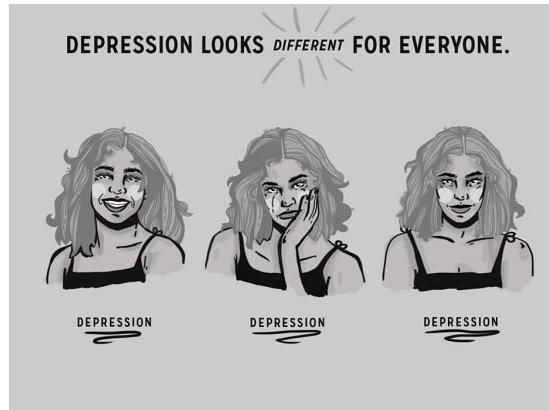
- establish a sense of trust with their victims to ensure that force is not necessary and the secret is kept
- rely on trust, manipulation, and codependency to control their victims
- introduce sexual encounters as forms of love and affection
- may present sexual acts in the form of games or something to gain the attention of the child
- take advantage of a child's natural need for affection, and condition their victims to act out sexually to receive attention
- present children with the choice of receiving sexual attention or no attention at all
- mistake the child's admiration of the closeness of the relationship as enjoying the abuse
- reinforce the idea that the child is at fault by telling them they only did it because they wanted it, or enjoyed it

Resources

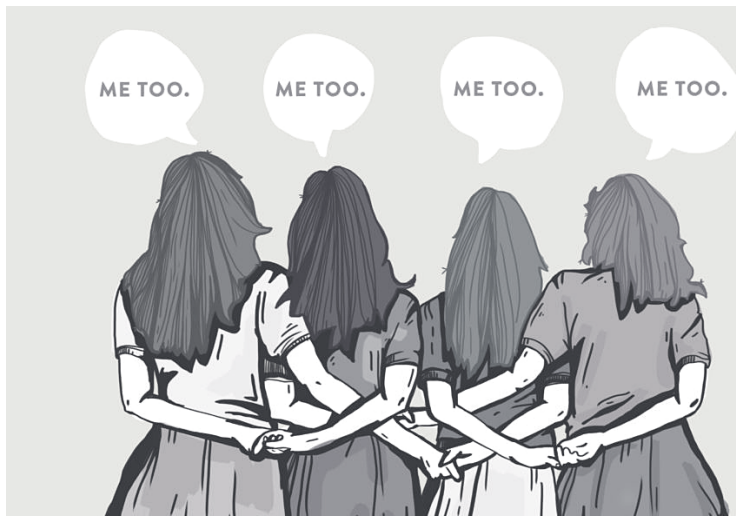
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illustrations done by Kelly Malka



EMOTIONAL BAGGAGE



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