

RSAC

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

July 2019



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RSAC

Hey Regina!

We have exciting news!

Since we had such an amazing response to our psycho-educational groups on trauma, we have decided to extend the dates, increase the duration of the groups, and include a new group on Identity!

Groups are 100% free, but are limited in space. (10 people per group) Pre-registration is required. To ensure a spot for yourself, please contact us asap at our office 306-522-2777. If the date you wish to attend is full, we will have a waitlist for cancellations. With saying that, if you are registered for a group, and can no longer make it PLEASE call us to let us know so others may participate.

Groups will be hosted on Fridays at RSAC 10am-12pm.

Please note that these groups are not counselling groups, but focus on providing information and practical strategies!

If you have any questions or wish to have a poster in your office or organization, please contact rsac@sasktel.net.

See next page for group details.

TRAUMA AND YOU

Friday July 12 or August 9

Group Focus:

- (1) The impact of trauma on the mind and body
- (2) How to identify triggers and cope with them
- (3) Basic coping strategies for unwanted feelings such as anxiety
- (4) Importance of self-care in recovery

Call to Register: 306.522.2777

Limit 10 People

First Come First Serve

TAKING CARE OF YOU

Friday July 19 or August 16

Group Focus:

- (1) The impact of trauma on the mind and body
- (2) How to use grounding and mindfulness (breath work, visualization, meditation, imagery, use of the five sense) to cope with negative emotions and promote peace and relaxation

Participation is strongly encouraged

Call to Register: 306.522.2777

Limit 10 People

First Come First Serve

HELPING CHILDREN HEAL FROM TRAUMA

Friday July 26 or August 23

For Parents and Caregivers (Childcare not available)

Group Focus:

- (1) How trauma affects children and development
- (2) Identifying triggers in children, and basic coping strategies
- (3) How trauma may affect parenting and child's behaviour
- (4) Language and conversation styles to talk about trauma

Call to Register: 306.522.2777

Limit 10 People

First Come First Serve

IDENTITY AFTER TRAUMA: WHO AM I?

Friday August 2 or August 30

Group Focus:

- (1) Trauma's effects on the body and the development of personal identity
- (2) Understanding how identity develops and factors that influence it
- (3) Tools about recovering identity and ways for trauma to be one part of their life and healing journey, rather than the whole story

Call to Register: 306.522.2777

Limit 10 People

First Come First Serve

Violence Against Women Case Review (Philadelphia Model)

Sexual violence is a highly stigmatized crime within society and for many years it has been restricted to the private sphere, and meant to be kept secret. In response, sexual violence is heavily associated with shame, guilt, self-blame -- discouraging survivors to seek resources. Today, these past beliefs and attitudes are strengthened through myths such as: perpetrators of sexual violence are strangers, only woman can endure sexual violence, sexual violence only occurs with weapons, threats, and force, individuals who have multiple sexual partners cannot be subjected to sexual violence, someone in a committed relationship cannot be sexually violated by their partner, and women fantasize about sexual violence (Williams et al., 2011). Often times, we forget that police officers are members of the same society and also exposed to these same beliefs and attitudes toward sexual violence, which can impact investigations. As mentioned in our May 2019 issue, RSAC will be starting the Violence Against Women Case Review, commonly known as the Philadelphia Model, in partnership with Regina Police Service. Sexual Assault Services Saskatchewan (SASS) has received funding from the Government of Saskatchewan to conduct this pilot project, which will begin Fall 2019. The project is a collaboration between police and advocate agencies, such as RSAC, and focuses on reviewing cases of sexual violence where no charges have been laid. Advocates review all file materials, including officer notes, video interviews, and Computer-aided-dispatch (CAD), then give recommendations with the goal of improving police response and investigations of sexual violence. We are confident in this upcoming project and our partnership with Regina Police Service.



Let's talk about the "c" word...

We are finally starting to have more open conversations about consent and what it means, but these conversations are typically directed at young adults. Canadian law states that persons under the age of 16 lawfully cannot consent to sexual activity. So what about our youth under 16 years of age participating in sexual activity?

The PLEA: Hanging Out and Hooking Up provides guidance around what consent looks like in this context:

Respecting personal boundaries is one key element of any healthy and respectful relationship. However, for young people there are also legal considerations that deal with the age of consent. In Canada, the age of consent to most sexual activity is 16, with two "close in age" exceptions.

Practically speaking this means that...

- youths aged 12 or 13 may consent to sexual activity with someone who is no more than 2 years older than them
- youths aged 14 or 15 may consent to sexual activity with someone who is no more than 5 years older than them

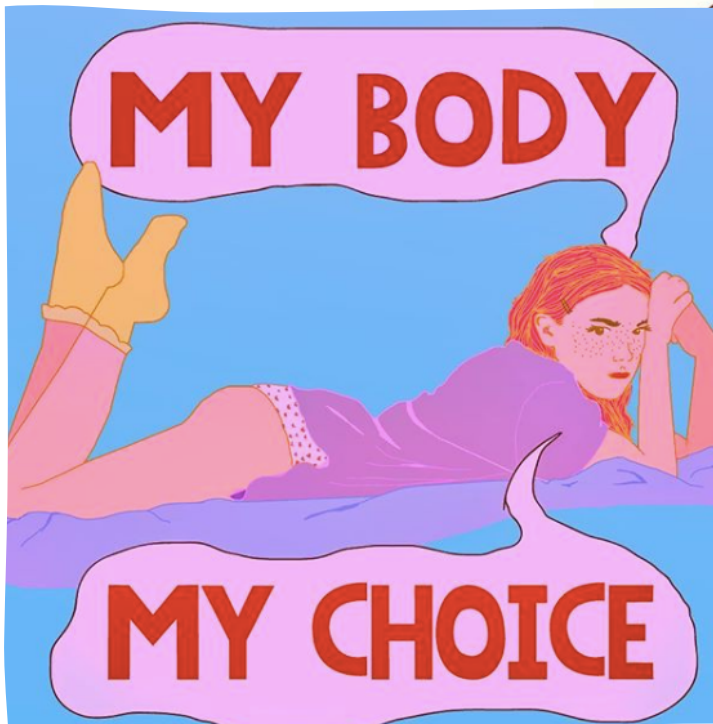
provided that...

- the other person is not in a position of trust or authority to the young person
- the other person is not someone the young person is dependent on
- the sexual activity is not exploitive

When an exception does not apply, individuals under the age of 16 cannot legally consent to any sexual activity. When an exception does not apply, sexual contact with someone under the age of 16 is sexual assault.

This specific plea issue can be downloaded from plea.org and can be an excellent resources for anyone working with youth.

PHOTOS FROM @LIBERALJANE



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www.reginasexualassaultcentre.ca