We believe you.

A colouring book for survivors and supporters

NOVA SCOTIA
We Believe You - a Colouring Book for Survivors and Supporters

is an initiative of the Office of Sexual Violence Support and Education at Ryerson University in Toronto, Canada. Feel free to print and share the colouring book. Post your coloured images on social media with the hashtag #BreakTheSilenceNS.

We are glad you are here. This book is dedicated to YOU.

There is no right way to heal from sexual violence. It is not linear. Some days you might feel okay and others, you may not. This colouring book is filled with reminders for self-love and care. Fill the pages with colour, journal when it feels right and skip pages that are too much. This is a choose-your-own-adventure-book. You are writing a new story.

Survivors are more likely to disclose to people in their community - friends, family, neighbours - YOU - than they are to professionals. This colouring book is an invitation to respond with care when someone discloses. A compassionate response creates an opening for a survivor to feel heard, respected and to build trust.

Need support? You are not alone.
Check out our list of resources: breakthesilencens.ca/where-to-get-help

Original Ryerson Project Team:
Farrah Khan, Coordinator, Office of Sexual Violence Support and Education
Tesni Ellis, Lead Storyteller, Student Affairs Creative
Kirsty Pazek-Smith, Manager, Office of the Vice-Provost Students
Karen Campos Castillo, Illustrator

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I REMIND MYSELF

Five things you can tell yourself to take care
I have the right to be heard, to love, to tell my story, to wear what I want. My rights include...

SELF-CARE

Take deep breaths.
i have the RIGHT to be SAFE
I believe myself.
No one else knows better than me that...

SELF-CARE

Drink some water.
I Trust Myself
I matter. Fill in the badges below with things you celebrate, love and cherish about yourself.

Create: draw a picture, belt out a song, dance.
My Voice Matters
What happened to me does not define who I am. I am writing new stories about my life right now.

Hold something that is calming; be it a pet, a stone or a stuffed animal.
I'M WRITING A New STORY
Stretch, wiggle, dance - move.
Be silly and active for a few minutes.
it's
OKAY
to not be
OKAY
THINGS TO REMEMBER

Five things you can say when someone discloses
Survivors deserve to be seen, heard and believed. Things I need to hear when I share what happened...

People I want to tell:

*Sometimes the first person we need to disclose to is ourselves

How I want to be supported:

SELF-CARE

Open a window. If you can, go outside.
Too often we are shamed and blamed for abuse as if it wasn’t “so bad” or was somehow our “fault.”

List the things you’ve heard and what you can say back.

For example: What were you wearing? My choice of dress is not a yes. Why did you go on a date with them? It’s not my fault; it’s the perpetrator’s.

SELF-CARE

Notice and list things in your surroundings.
It's NOT your FAULT.
My boundaries act like a force field that can protect me. They can be an alarm system when my emotional and physical space isn’t being respected.

Limits and boundaries I want to establish or am putting into place...

SELF-CARE

Say out loud your name, your age, the date, and your location.
List some things you’ve done today, or are going to do.
CONSENT COMES first
There are many people who believe you and other survivors.
List of people I can connect with when I feel sad, isolated or need compassion.

*They could be ancestors, writers, friends, chosen family members, celebrities

They inspire me through...

SELF-CARE
Play a categories game. Name favourite songs, or clothing items, or cities...
YOU are not ALONE
I choose when, where and how I heal.

Draw yourself surrounded by the people, things or activities that bring you joy.

Splash water on your face or run your hands under the faucet.
you choose what to do next
I REMIND MYSELF

i have the RIGHT to be SAFE

I Trust Myself

My VOICE MATTERS

I’M WRITING a New STORY

it’s OKAY to not be OKAY

THINGS TO REMEMBER

I BELIEVE you.

It’s NOT your FAULT

CONSENT COMES first

YOU are not ALONE

you choose what TO DO Next
Nova Scotia Sexual Violence Strategy

email: strategy@novascotia.ca
tel: 902.424.6841
web: novascotia.ca/coms/svs/
social: #BreakTheSilenceNS

www.breakthesilenceNS.ca

Sexual assault centres:

Antigonish Women’s Resource Centre and Sexual Assault Services Association (SASA)
tel: 902.863.6221
web: awrcsasa.ca

Avalon Sexual Assault Centre
tel: 902.422.4240
web: avaloncentre.ca

Colchester Sexual Assault Centre
tel: 902.897.4366
web: colchestersac.ca