
Healing is possible

Please remember these things



1

It's okay not to be okay

Survivors of sexual violence often feel a wide range of emotions. If you're struggling it's okay and there is support available.

Everything and anything is normal

There are lots of different ways that people may be impacted by sexual violence. Whatever you experience is understandable and normal.



2



3

Your voice matters

You are the only one who can tell your story. You have the right to be listened to and believed. Survivors decide to share their story with trusted people at many different points in their healing journey. Whenever you choose to talk about your experience is okay. Choosing to never talk about it is also valid.

You have the right to be safe

You have the right to set boundaries and advocate for yourself to ensure you feel safe in all areas of your life. Being welcomed into safe spaces by trustworthy and understanding people can help you on your healing journey. Seek them out when your ready.



4

You choose what happens next

We're here to help!
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