

Guide for

Student Survivors of Sexual Violence



Making a disclosure



Get support



Support in the community



Reporting & complaints



Take care

Are you safe?

If you do not feel safe in your home, arrange to stay with friends or contact one of the emergency housing services on page 16.

If you are having suicidal thoughts and/or think you may harm yourself or someone else, please go to the nearest emergency room or call 911.

If you are having trouble discerning how you feel or what you need, contact OCAD U's Health & Wellness Centre, or any of the helplines or mental health services listed on page 12.

In an emergency:

**If you are on campus and you —
or anyone else on campus —
is at imminent risk of harm:**

Contact:
OCAD U Safety & Security Services Emergency Line:
at 416-977-6000, Ext. 511

Health & Wellness Centre
416-977-6000, Ext. 260
Monday to Friday, 9 a.m. to 4 p.m.

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Purpose

This guide is provided to give OCAD University students who are survivors of sexual or gender-based violence information on how to receive support such as counselling services and academic accommodations, and options for reporting, regardless of whether or not they chose to disclose their experience to anyone at OCAD U.

What is sexual violence?

Sexual violence is any sexual act or act targeting a person's sexuality, gender identity or gender expression, whether the act is physical or psychological in nature, that is committed, threatened or attempted against a person without the person's consent, and includes sexual assault, sexual harassment, stalking, indecent exposure, voyeurism and sexual exploitation. Sexual violence can be perpetrated both in person and online.

If you have experienced sexual violence

OCAD University recognizes your experience as a survivor of sexual violence is valid and may require support. The university understands that anyone can be subjected to sexual violence regardless of gender, sexual identity, disability status, age or race and acknowledges that instances of sexual violence disproportionately affect women and trans/gender non-conforming individuals.

OCAD U's *Policy on Prevention and Response to Sexual and Gender-based Violence* establishes the Health & Wellness Centre as the primary point of contact for students who experience sexual violence. Through the Centre, students can access medical and counselling services, academic accommodations, learn about options for reporting, and receive guidance on formal complaint options through the policy.

Health & Wellness Centre

416-977-6000, Ext. 260

hwc@ocadu.ca

www.ocadu.ca/hwc

230 Richmond St. W., 6th Floor

Monday to Friday, 9 a.m. to 4 p.m.

Urgent same-day appointments are available.

Even if you're unsure what your options are, or what your next step should be, Health & Wellness staff will discuss all options with you in a confidential, non-judgmental and safe environment. You will be respected and supported in whatever decisions you make about next steps. A student is not required to make a report or file a complaint about an incident of sexual violence in order to obtain support or accommodations from the university.

Reacting to sexual violence

Sexual violence is a traumatic violation of the body, mind and spirit. It profoundly affects a person's health and well-being.

Each person reacts in a unique way to sexual violence. Whether one experiences some or none of these feelings, each reaction is normal for each person. **There is no right or wrong way to cope or feel after experiencing sexual violence.**

- A survivor's self-esteem often diminishes after an assault or abuse. You may feel shamed, humiliated, guilty, angry, and powerless

- Your attitude toward your body may be negatively affected. You may feel ashamed, or embarrassed by your body
- You may experience physical symptoms of stress, for example: headaches, stomach problems, eating and sleeping problems
- You may feel anxieties, depression, shame, anger/rage or fear
- You may feel shock, disbelief
- You may feel disconnected from self and others
- You may feel frozen or numb
- You may feel loss or grief
- You may have mood swings
- You may feel hyper-alertness
- You may use alcohol or drugs to numb or cope with feelings or memories
- You may cut, burn or scratch yourself to numb or cope with feelings
- You may find it difficult to trust others or to be emotionally close with others
- You may not want sexual intimacy for some time
- Oppositely, you might engage in risky sexual behaviors
- You may feel that sexual activity is meaningless or empty
- You may become aggressive, angry or withdrawn
- You may experience flashbacks of what you went through
- You may experience fear of being alone and fear of future attacks
- You may experience nightmares or other sleep disturbances
- You may not be able to concentrate, or experience performance issues at work or school

Remember that responses to sexual assault vary, and can change over time. Keep in mind that a survivor of sexual assault may experience a variety of different emotions and may cope in a variety of ways. This is normal. Every person is unique.

OCAD U provides support to assist student survivors in processing these feelings through the Health & Wellness Centre. See page 15 for additional supports in the community.

Your rights

As a survivor of sexual violence, you have a right to:

- Be treated with compassion, dignity and non-judgmental respect
- Be given timely and supportive assistance
- Be informed about referral options and possible academic accommodations
- Determine how you wish to proceed in regards to criminal or non-criminal reporting
- Be the final decision maker about your own best interests

Disclosing and limits to confidentiality

If you decide to make a disclosure of sexual violence to an OCAD U faculty member, staff person or a student peer, you are entitled to be informed, before disclosing, about the level of confidentiality you can expect.

Everything you disclose to an OCAD U community member is confidential unless the recipient of your disclosure becomes concerned about your immediate safety, or the safety of others. If this happens, that person is obligated to notify a member of OCAD U's Safety & Security team.

Keep in mind not all faculty, staff and students have received specialized training for responding to incidents and/or disclosures of sexual violence. OCAD U's Health & Wellness Centre staff, and members of the Safety & Security team have this training.

Urgent medical care following an assault

Sexual Assault/Domestic Violence Treatment Centres are hospital-based centres located across Ontario that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence (intimate partner) abuse. Services include:

- Emergency medical care
- Crisis intervention
- Collection of forensic evidence
- Access to emergency contraception and preventative treatment for sexually-transmitted infections
- Medical follow-up
- Counselling
- Referral to community resources

You can choose to have centre staff conduct a physical examination, offer medical care and/or collect any physical (forensic) evidence of a recent sexual assault. It is your decision whether you wish to report the assault to the police or provide the forensic evidence. If you think you were drugged and sexually assaulted, Sexual Assault/Domestic Violence Treatment Centres can also test to determine the presence of drugs in your body.

The nearest Sexual Assault/Domestic Violence Treatment Centre to the OCAD University campus:

Women's College Hospital:

Sexual Assault/Domestic Violence Care Centre (SA/DVCC)

76 Grenville St., Main Floor (Bay & College)

If assaulted in the last 72 hours, call 416-323-6040

The SA/DVCC offers medical care centre for individuals who have been victims of sexual assault, providing acute and emergency care, follow-up care and counselling M-F, 7:30 a.m. to 11 p.m. Outside those hours, the

Get support

SADVCC will send a Sexual Assault Nurse Examiner to their affiliate emergency rooms across the city to care for a survivor if the survivor requests that service.

Other emergency rooms near the OCAD University campus:

Mount Sinai Hospital:

Emergency Room
600 University Ave, Toronto
416-596-4200

Toronto General Hospital:

Emergency Room
200 Elizabeth St, Toronto
416-340-3111

Toronto Western Hospital:

Emergency Room
399 Bathurst St, Toronto
416-603-2581

St. Michaels Hospital:

Emergency Room
30 Bond St. Toronto
416-360-4000

Staff from OCAD U's Safety & Security Services team are available to escort you to nearby facilities, or to the Health & Wellness Centre. For assistance, contact: 416-977-6000, Ext. 366.

Other emergency rooms in Toronto:

The Michael Garron Hospital

825 Coxwell Ave, Toronto
416-461-8272

St. Joseph's Health Care Centre

30 The Queensway, Toronto
416-530-6000

Sunnybrook Health Sciences Centre

2075 Bayview Ave, Toronto
416-480-6100

For other Sexual Assault/
Domestic Violence Treatment
Centres across the Greater
Toronto Area and across Ontario,
visit www.satcontario.com

On-campus support

Health & Wellness Centre

The Centre is OCAD University's primary point of contact for students affected by sexual or gender-based violence. Staff will provide information on internal and external supports and services, coordinate academic accommodations, outline options for reporting the incident

and formal complaint options through the university's *Prevention and Response to Sexual and Gender-based Violence* policy.

416-977-6000 Ext. 260

hwc@ocadu.ca | www.ocadu.ca/hwc

6th Floor, 230 Richmond St. W.

Monday to Friday, 9 a.m. to 4 p.m.

Urgent same-day appointments are available. Drop-in for a day-of appointment or email/call to make a scheduled appointment time.

Safety & Security Services

Emergencies: 416-977-6000, Ext. 511 or pick up the closest red phone on campus to be immediately connected

Non-emergency: 416-977-6000, Ext. 366

Safety & Security Services staff are trained to respond to sexual assault disclosures. They will support members of the OCAD U community who wish to report a sexual assault either to the Toronto Police or internally through the *Policy on Prevention and Response to Sexual and Gender-based Violence*. Safety & Security Services can also work with you to develop a personal safety plan.

Through the Safety & Security Services **Walk Safe Program**, a personal security escort can be arranged 10 minutes prior to departure to walk you to or from the subway station/streetcar stops, parking facilities, between buildings on campus, inside buildings when changing locations, as well as to the Health & Wellness Centre or nearby supports.

Academic accommodations

Your experience may affect your participation and ability to focus on your courses at OCAD U. In such cases, the Health & Wellness Centre will help facilitate academic accommodations such as extensions on assignments, extam deferrals or late withdrawal from courses. These accommodations will be facilitated without providing detail about your experience to your instructors.

Supports in the community

Counselling

Toronto Rape Crisis Centre / Multicultural Women Against Rape

Offers legal support, referrals, a 24-hour crisis line, support groups and in-person counseling for victims of sexual assault.
24 hour crisis line at 416-597-8808 or crisis@trccmwar.ca
Main: 416-597-1171
trccmwar.ca

Two-Spirited People of the First Nations

Counseling, information, and support for LGBTQ individuals of the First Nations community.
416-944-9300
www.2spirits.com

519 Anti-Violence Program

Service for people experiencing relationship abuse, or violence based on sexual identity or orientation.
416-392-6877
www.the519.org

Sherbourne Health Centre

Serving LGBTQ people, homeless and under-housed individuals, and newcomers to Canada.
416-324-4180
<http://sherbourne.on.ca/counseling-services/>

Non-urgent medical support

Planned Parenthood

Serving people ages 13 to 29 years old; services include emergency contraception; anonymous HIV and STI testing/treatment; help finding housing, legal aid and mental health services. Services provided with or without health card.
416-961-0113
www.ppt.on.ca

The Hassle Free Clinic

Provides free medical and counselling services in many areas of sexual health, including women/trans and man/trans clinics. Counselling support available through the women's clinic.
416-922-0566
www.hasslefreeclinic.org

Immigrant Women's Health Centre

Providing clinical and counselling services free of charge, regardless of health card, to immigrant women, refugee women and women of colour.
416-323-9986
www.immigranthealth.info

Housing

Eva's Place

40-bed emergency shelter for homeless youth aged 16-24 providing supports youth need to return home or to transition to housing in the community.
Call in advance (24 hrs): 416-441-1414
360 Lesmill Road, Toronto, ON
www.evas.ca

City of Toronto Housing & Homelessness Services

To access emergency shelter, call 311 or central intake at 416-338-4766
Toll-free: 1-877-338-3398
www.toronto.ca/housing

ShelterSafe.ca

Helps women and their children seeking safety from violence and abuse. Quickly identify a shelter in a specific geographic area.
www.sheltersafe.ca

Helplines and mental health services

Assaulted Women's Help Line

Provides an anonymous emergency help line for women that have been assaulted, available 24/7.
416-863-0511
or 1-866-863-0511
(toll-free in Ontario)
www.awhl.org

Good2Talk

24/7 free, professional and anonymous counselling and support for post-secondary students in Ontario.
1-866-925-5454

Mental Health Helpline

Free mental health services in Ontario.
1-866-531-2600
www.mentalhealthhelpline.ca

Gerstein Crisis Centre

24-hour community-based mental health crisis service.
416-929-5200
www.gersteincentre.org

LGBT Youth Line

A toll-free Ontario-wide peer-support phone line for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people.
1-800-268-9688
or text 647-694-4275
www.youthline.ca
(supports online chat)

Talk4Healing: A Helpline for Aboriginal Women

Supports aboriginal women and their families who are living in urban, rural and remote communities, both on and off reserve, throughout northern Ontario.
Toll-free: 1-855-554-4325
www.talk4healing.com

Paths for reporting

OCAD University acknowledges that a decision to report sexual violence, either externally within the criminal justice system or internally through the university's policies and procedures, involves potential implications. A complainant has the right to be informed of possible outcomes and implications of each relevant external or internal process and has the right to choose whether to report the incident(s) or not. The only exceptions to the complainant's right to determine whether a report or complaint proceeds are in situations involving imminent risk (as outlined on page 9 "In disclosing and limits to confidentiality").

OCAD U's Health & Wellness Centre can answer your questions about reporting or making a formal complaint and the potential implications of doing so.

Reporting to police

An incident of sexual violence should be reported to the police division, municipal police agency or First Nations police agency in which the incident(s) took place. If you are uncertain of the police division, municipality or agency you should be reporting to, contact Toronto Police non-emergency line at 416-808-2222.

Incidents occurring on the OCAD U campus should be reported to:
Toronto Police, 52 Division
255 Dundas St W., Toronto
Non-emergency line: 416-808-5200

Information about what happens when you report to police can be found in Toronto Police's *Guide for Sexual Assault Survivors*, published online.

Reporting to OCAD University

OCAD U's *Policy on Prevention and Response to Sexual and Gender-based Violence* outlines a detailed report and complaint process, and potential outcomes. OCAD U's Health & Wellness Centre can walk student survivors through these processes in detail. The policy can also be found on the OCAD U website.

It is important to remember that OCAD University has limited jurisdiction to address allegations made against a person who is not a member of the university community. In these cases, survivors who wish to report are encouraged to contact police.

A report of sexual violence should be directed to Safety and Security Services non-emergency: 416-977-6000, Ext. 322.

If you chose, Health & Wellness staff may assist you in the reporting process.

A report of sexual violence to the university may result in one or more of the following measures and outcomes:

- a safety plan for the complainant;
- support in reporting the incident to police;
- clear communication to the respondent that the behaviour is unwelcome and must stop;
- measures to protect the complainant during any internal or external process, including interim measures placed on the respondent;
- measures to protect the university community in situations where a risk is determined, including interim measures placed on the respondent.

A complainant has the right not to report an incident of sexual violence and move directly to the complaints process.

Filing a complaint

A survivor has the right to file a complaint under OCAD University policy with respect to an incident of sexual violence in which the respondent is also a member of the university community for the purposes of initiating the process set-out by university policy.

A complaint in which the respondent is a member of the staff or faculty of OCAD University will be filed with the Office of Diversity, Equity & Sustainability Initiatives (ODESI) and dealt with as per the provisions of the *Respectful Work & Learning Environment Policy*.

A complaint in which the respondent is a student or a student employee, will be filed to the Vice-Provost, Students in accordance with the provisions of the *Policy on Prevention and Response to Sexual and Gender-based Violence*.

A complaint can be filed if the respondent is currently a member of the university community, or was a member of the university community at the time of the incidents alleged in the formal complaint.

OCAD University's Health & Wellness Centre can assist you with making a complaint and/or connect you with the appropriate office for receiving it.

We support your choices

OCAD University is committed to a survivor-centred approach to addressing issues of sexual violence. You will be respected and supported in whatever decisions you make regarding your experience.

Please know that you continue to have a right to supports, services and accommodations from OCAD U at any point during your healing, and regardless of whether you choose to report or make a formal complaint.

Your health, safety and healing is of utmost importance.

Take care
of yourself

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