

Supporting Survivors of Sexual Violence

A Nova Scotia Resource

We all have a role in making this world a better place for those who have survived sexual violence.

Supporting Survivors of Sexual Violence:

A Nova Scotia Resource was created as part of the province's Sexual Violence Strategy to help Nova Scotians learn more about sexual violence and how to support someone who has survived it.

This training is for service providers, friends, family members, neighbours, teachers, first responders, counselors, and anyone who is acting as a support person, or is concerned about sexual violence.

"This training was created through the commitment, compassion, expertise and care of a broad range of Nova Scotians. It is our hope that we can come together as a community to support those who have been impacted by sexual violence and ultimately prevent it from happening in the first place."

– Provincial Committee on Training

The course is free of charge and open to all, and provides a Certificate of Completion to individuals who have registered and complete the course. There are no requirements to register, however, if someone does register for the course, their email will never be used for any other purpose than to secure their login.

What Does This Course Include?

This dynamic training is made up of six separate modules, which include a mix of text and interactive elements such as videos, infographics, timelines and quizzes. The training is not graded; a person has completed the training once they have interacted with all the content.

Sexual Violence: An Introduction includes the basics about what sexual violence is and who is impacted. It dispels common rape myths and explores how rape culture normalizes sexual violence.

Responding to a Disclosure provides information about what you might expect when supporting a victim/survivor, the effects of trauma, and how you can respond if someone tells you they have been subjected to sexual violence.

Choices following Sexual Violence explains some of the options that a person has after surviving sexual violence. It describes resources for victims/survivors, and what they might expect when navigating these resources.

Exploring Sexual Consent outlines the basic elements of sexual consent, ways to ask for consent, consent and age of consent laws, and the impacts that power imbalances can have on someone's ability to consent or communicate no.

Enhancing the Well-being of Support People outlines signs of stress in support people, and both individual and organizational strategies to foster mental and physical well-being.

Indigenous Perspectives explores the connections between colonization, intergenerational trauma, racism and sexual violence. It also focuses on Mi'kmaq resilience and pathways to healing.

How to Take the Training

The training can be done as a whole, or in parts, all at once, or over a period of time. If someone needs to stop a module part way through, they will be able to resume the training where they left off later on. The training can be accessed at nscs.learnridge.com

Each module ends with links to a wealth of local, national, and international resources on sexual violence, supporting victims/survivors, trauma, rape culture, missing and murdered Indigenous women, cyber misogyny, consent, self-care, and more. Through the inclusion of these resources we aim to feature the work of a wide array of inspiring groups and individuals, specifically victims/survivors of sexual violence and those from marginalized communities. These resources are also available through the Learn More Grid under the Resources tab.

Part of the Whole

Throughout the development of this strategy Nova Scotians strongly indicated the need for increased knowledge, compassion and understanding of the issue of sexual violence – the absence of which contributes to the perpetuation of myths, misconceptions and victim-blaming. Consistent training materials and delivery is one way in which to have more knowledgeable and skilled service providers across sectors and may alleviate the judgment and stigma many victims/survivors encounter when disclosing their experience and accessing support services.

This training compliments the other aspects of the Strategy which include a Public Awareness Campaign, Community Support Networks, The Prevention Innovation Fund and the Interdepartmental Committee on Sexual Violence.

Acknowledgments

A Provincial Committee made up of community members from across Nova Scotia dedicated nearly two years of time, energy and expertise to develop this important resource. This training would not exist without their unwavering dedication and passion. The Indigenous Perspectives module was developed with the invaluable guidance of and input from a Mi'kmaq Advisory Committee, for which we are extremely grateful. All who contributed to the training are credited on the training site.

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